

# Eat drink

ISSUE #9 ~ SUMMER 2025

A celebration of the amazing food, drinks,  
and delights of the Northern Rivers



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# Eat drink

Issue #9, Summer 2025

Produced by Echo Publications

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# WELCOME

**W**elcome to summer – it's time to let your hair down, relax, and enjoy a little respite from the winter months as the days lengthen and the warmth gets us up early and out later in the afternoons and evenings.

There is no shortage of experiences to draw you in, take you out and let you have fun. Throughout this edition of *Eat Drink* you can explore what the Northern Rivers has to offer on a plate, in a garden or farm, or in a jar, tin, or glass depending on your setting.

With food being grown throughout the region you can explore gathering your own produce at places like The Paddock, or selecting it from stalls at farmers' markets and turning it into delicious home-cooked meals to eat al fresco as the sun sets and the heat subsides.

If you are a little over making your own delights then make sure you explore the pages ahead for the diverse range of options available to you from farm to plate, high-end to casual restaurants and cafes, to having special catered meals delivered to your favourite setting.

One of the delights of the region is taking the chance to explore and creating a personalised trail of food and drink delights that can give you the perfect opportunity to explore some of the best scenery in the region.

From cafes and restaurants on the coast to bars and native forest meanders in the hinterland, if you take the chance to explore what's on offer you will also have the opportunity to explore the beautiful nature and spaces that the region is renowned for.

Whether it is a solo journey, a family adventure, or a romantic getaway there is something on offer for every budget, and style.

Similarly, you have every chance to tailor your food and beverage experience to suit your dietary and libation preferences. If it's vegan and organic there are plenty of delights to be had as is the case for the full meat-lovers' experience and everywhere in between.

Local distilleries and breweries abound, offering you everything from beautiful views and tours, to great venues to hold your events. For those who might prefer a delicious drink without the alcohol there are plenty of delights on offer that make you feel special and tantalise your taste buds.

As a local this is a great chance to remind yourself of all the region has on offer and for visitors take the time to make your experience special, meet your needs, and create memories that will last a lifetime.

– Aslan Shand, editor



The Paddock Project, Mullumbimby.  
Photo by Jeff Dawson

# DINING

## Frida's Field

Frida's Field is a farm-to-table restaurant located just ten minutes from Bangalow in the beautiful Byron hinterland. Serving contemporary country cuisine – the food is rustic, yet refined, creative and full of flavour.

Award-winning chef, Alastair Waddell, curates a produce-driven dining experience, which captures the essence of the Northern Rivers throughout the seasons.

Frida's Field hosts three set menu long lunches per week, on Friday, Saturday and Sunday.

Bookings via [www.fridasfield.com](http://www.fridasfield.com)  
76 Booyong Road, Nashua • 0484 544 978



## Experience the best of local dining at Azure Bar and Grill

At Elements of Byron, Azure Bar and Grill celebrates the region's rich landscapes with a forest to foreshore menu inspired by the land and sea. Each dish showcases premium local produce, crafted into flavours that reflect Byron's natural abundance.

Open seven days a week, welcoming both resort guests and the public, we invite you to experience a culinary sensation that evolves with the seasons. Plus, locals save 10% with the Pegs app.

Join us for our next special event; **Chef x Distiller with Highwayman Whisky** – a five-course dining experience with paired whiskies on 4 December at 6pm, for \$149 per person. Hurry, spaces are limited.

[www.elementsofbyron.com.au/dining/azure-bar-grill](http://www.elementsofbyron.com.au/dining/azure-bar-grill)  
@azurebarandgrill

[www.echo.net.au/eat-drink](http://www.echo.net.au/eat-drink)

## No Bones – plant-based dining with soul

Tucked away in the vibrant heart of Byron Bay, No Bones is redefining what it means to dine sustainably.

This stylish, plant-based haven dishes up bold, imaginative flavours that make even the most devoted carnivores pause. From salt-baked beetroot ravioli to banana blossom 'fysh' tacos, every plate is crafted with creativity and care. The vibe is pure Byron. Relaxed, conscious, and effortlessly cool, with cocktails that flow as freely as the conversation.

More than just a restaurant, No Bones is a movement toward mindful eating, proving that doing good for the planet can taste downright amazing.'

11 Fletcher Street, Byron Bay  
0481 148 007  
[www.nobones.co](http://www.nobones.co)  
Reservations:  
[opentable.com.au](http://opentable.com.au)  
@nobonesrestaurants



## Bay Pizza Lab

Bay Pizza Lab is a modern pizzeria serving up seriously good pizza in the heart of Byron Bay – where Italian craftsmanship meets modern innovation. Just steps from Byron's bustling town centre and iconic beach, Bay Pizza Lab is a hotspot for good food, great drinks and an effortlessly cool vibe. Expect inventive, flavour-packed pizzas, Italian-style share plates and cocktails with a creative twist – plus a wine list that celebrates the best of Australia and Italy. Every detail, from dough fermentation to ingredients, is refined to perfection. With good tunes, warm service and a buzzy atmosphere, Bay Pizza Lab captures the spirit of Byron – relaxed, vibrant and always a good time.

Shops 4/5 2 Fletcher Street, Byron Bay  
Open daily 5pm–9pm • 02 6684 5285  
[www.baypizzalab.com.au](http://www.baypizzalab.com.au)  
@baypizzalab



# DINING

## Bangalow Tuckshop

Smack bang in the middle of Bangalow, Tuckshop is where good food and good times bump into each other and decide to stay for a drink. We've taken modern Aussie cuisine, given it a cheeky spin, and packed it with the best locally-sourced produce the Northern Rivers has to offer. Step inside and its equal parts cool and comfy, with eclectic local art splashed across the wall and a laid-back charm.

Whether you're a local, or just passing through, Tuckshop offers a dining experience that feels special and familiar, where great food, local culture, and genuine hospitality come together.

Wednesday to Saturday for lunch and dinner, Tuesday dinner only.

[www.bangalowtuckshop.com.au](http://www.bangalowtuckshop.com.au)

@bangalowtuckshop



## New ShakShuka Bar in Byron Bay

After serving up *Orgasmic Falafel* in Bay Lane for 18 years, the team invites you to ShakShuka Bar, their new adventure next door.

Their signature dish, the Shakshuka, looks and tastes amazing – two poached eggs nestled in a rich slow-simmered tomato sauce made with onions and fragrant spices, served in a hot sizzling skillet with hot bread. Add your favourite toppings like chorizo, bacon, feta or lamb, or choose the white creamy base with smoked salmon or mushrooms. Other offerings include pancakes, eggs your way and tasty wrap to name a few.

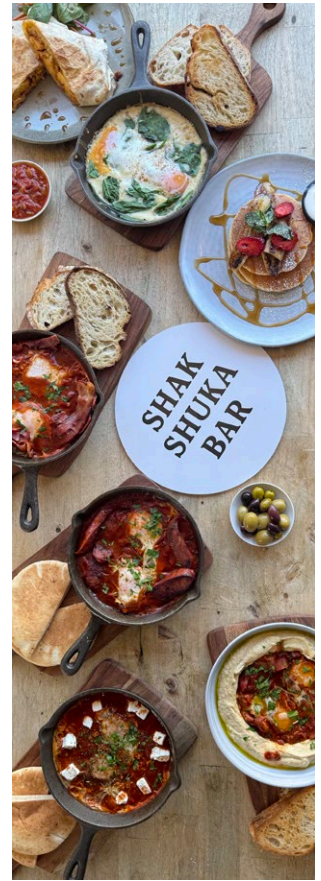
From November the ShakShuka evening bar will be open for amazing cocktails and tapas. Live music and community events soon to follow. Find them behind the Beach Hotel in Bay Lane next to *Orgasmic Falafel*.

Open seven days from 7.30am.

Bay Lane, Byron Bay

0438 247 791

@shakshuka\_bar



## Roca Byron Bay

Perched in the heart of town, Roca brings the flavours of Latin America to Byron Bay. With locally-sourced ingredients and a specially built traditional Parrilla BBQ, every dish bursts with smoky, chargrilled flavour and coastal freshness.

They've just changed up our the spring menu, bringing new exciting flavours and fresh local produce to the table. Think vibrant tapas plates, cocktails that taste like summer, and a buzzing vibe that rolls from long lunches into sunset sips.

And just when you thought Byron couldn't get any better... this summer they're unveiling a brand new pool bar next door!

See the new spring menu and keep up with the buzz on socials.

14 Lawson Street, Byron Bay @rocabyronbay

[www.rocabyronbay.com.au](http://www.rocabyronbay.com.au)



## Bistro Sicily, Billinudgel's new Italian

Bistro Sicily serves authentic Italian staples, daily specials, handmade pasta and typical long-fermented-dough pizza with passion and experience. Giuseppe began churning olive oil and stretching cheese at age four, growing up surrounded by the rich traditions of Italian cooking. His humble roots and refined craft come to life in Billinudgel's newest bistro, where old-school flavours meet modern flair. Expect generous plates of handmade pizza, gnocchi, risotto and more served with warmth, authenticity, and Giuseppe's unmistakable love for good food.

[www.bistrocicily.com.au](http://www.bistrocicily.com.au) • @bistro\_sicily



# DINING

## Forest Byron Bay welcomes summer with a lighter, brighter menu

Summer in Byron means longer days, lighter plates and a new menu at Forest Byron Bay. Under the helm of Executive Chef Tiffany Jones, the restaurant at Crystalbrook Byron has launched a line-up that celebrates the warmth and brightness of the season through fresh produce, coastal flavour and a distinctly local spirit.

With views across the lawn and rainforest canopy, Forest is a place to linger. Sunlight filters through palm fronds, fans turn lazily overhead and cicadas hum in the background. It's an ideal spot for a long lunch and a chilled glass of New South Wales wine shared among friends.

Jones' new summer menu brings a bright, produce-led energy to the table. Starters include Brookie's Gin-cured kingfish with green olive and pickled kohlrabi, or Byron Bay stracciatella layered with roasted beetroot and native vincotto. Mains follow with pressed terrine of local summer vegetables dressed in fennel velouté, or pan-fried market fish in citrus and caviar beurre blanc. For something generous, the slow-braised lamb shoulder with green olive and mint jus is made for sharing.

For Jones, it's about capturing the feeling of a Byron summer. 'Everything tastes a little fresher this time of year,' she says. 'I wanted the menu to reflect that sense of ease, with dishes that are full of life but never heavy. It's food that lets the produce speak.'

Vegetarians and vegans are well looked after. The spinach gnocchi with coconut feta and slow-roasted sugarloaf cabbage glazed with native muntrie are both thoughtful, flavour-driven and far from an afterthought. To finish, a coconut ice-cream sandwich with guava sorbet and hibiscus gel captures the mood of summer in one cool, sweet bite.

From Tuesday to Saturday, Golden Hour runs from 4pm to 6pm – Forest's relaxed take on happy hour. Cocktails and small plates flow as the rainforest softens in light and the evening begins to unfold.

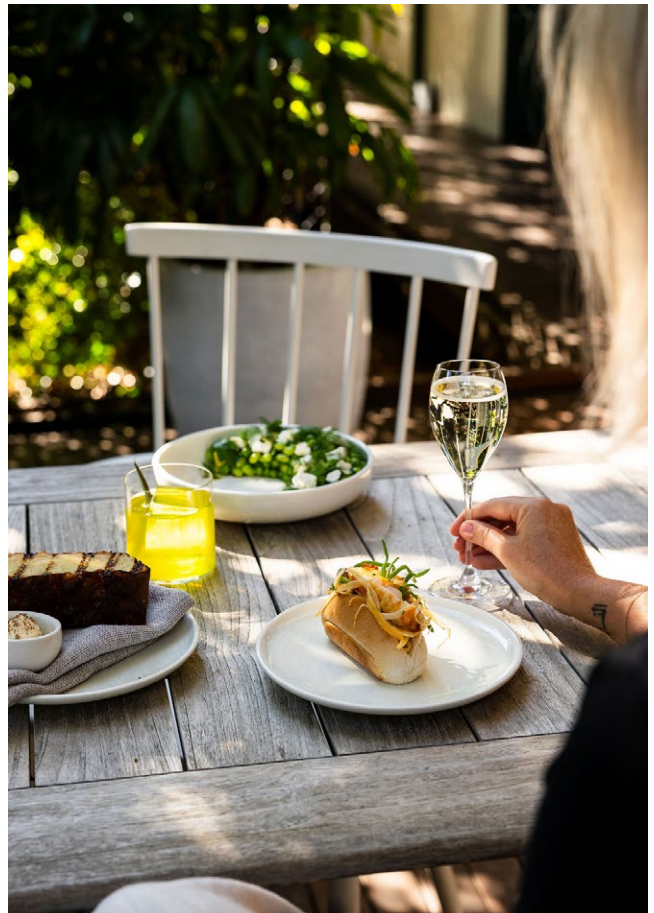
Whether it's breakfast beneath the trees, a languid lunch or a drink at the bar as the light fades, Forest continues to capture what makes Byron so special: nature, flavour and a pace that invites you to stay awhile.

### Hours:

- Breakfast: 7.30am to 10.30am
- Bar menu: 12pm to 9pm
- Lunch: 12pm to 3pm from Friday to Saturday
- Dinner: 5.30pm to 9pm
- Golden Hour: 4pm to 6pm Tuesday to Saturday

[www.crystalbrookcollection.com/byron/forest](http://www.crystalbrookcollection.com/byron/forest)

@crystalbrookcollection



# DINING / CASUAL EATS



## Ebiya Japanese Eatery

Started by Ebi and Yuko, and brought to life every day by their amazing team, in a little corner of Byron Bay this delightful Japanese eatery has one simple wish: to share the warmth of real Japanese food – honest, nourishing, and full of soul.

Their flavours are deeply rooted in the kind of food they grew up with – simple, nourishing, home-cooked meals passed down through their families and refined through Ebi's experience as a chef in various restaurants. Each dish is thoughtfully recreated with local ingredients and global inspirations, reimagining tradition in a way that feels fresh and warm.

At Ebiya they don't prepare food just to serve, but to nourish – to offer a moment of calm in your day. Every meal is designed to feed both body and mind. It's not just 'authentic,' but thoughtful, seasonal, and full of care.

The Ebiya team believes food should leave you feeling better than before. That's why they cook with real ingredients, often gluten-free, low in refined sugar, and as local as possible. Not just serving food, but sharing a story, sparking curiosity, and helping people feel good from the inside out.

They can't wait for you to visit.

6 Tasman Way, Byron Bay  
0478 724 317

@@ebiyakitchen Ebiya Japanese Eatery

## Bonito Peruvian Eatery

Take a trip to Wollongbar in Ballina's beautiful hinterland region to discover this hidden gem.

Bonito Peruvian Eatery provides a contemporary twist on traditional Peruvian cuisine in a relaxed atmosphere, combining the rich flavours of Peru with fresh, locally-sourced ingredients from the Northern Rivers region.

Chefs Andres Soldi and Franco Reverditto, calling Australia home for over a decade, infuse their culinary artistry with the region's finest ingredients.

Classic dishes like fresh fish ceviche, aji de gallina and causa are on their seasonal changing menu, as well as delicious cocktails made with Peruvian pisco. The licensed bar also offers a curated selection of Australian wines, local beers and other cocktails made with the Peruvian national spirit. Happy hour 3–5pm Wednesdays to Saturdays!

Shop 10/54 Simpson Ave, Wollongbar  
02 6628 3111

[www.bonitoperuvian.com.au](http://www.bonitoperuvian.com.au)

@@bonitoperuvian



*Food is fuel, food is health, food is culture, food is our past and future, but most importantly... food is love and it brings us together in difficult times.*

– José Andrés

# CASUAL EATS

## Views, brews, cocktails, beats and eats – welcome to Lennox Pizza Bar and Kitchen

For more than 18 years, Lennox Pizza Bar and Kitchen has been serving up epic eats and good vibes. They're all about ocean views, funky décor, and a laid-back, family-friendly atmosphere – plus a free pool table to keep the good times rolling.

Their menu is packed with all your favourites: hand-stretched pizzas, in-house handmade pastas, ribs, wings, loaded fries, fresh local seafood, and drool-worthy desserts. With their licensed bar, you can sip your way through creative cocktails, local brews, and delicious drops while soaking up the coastal buzz.

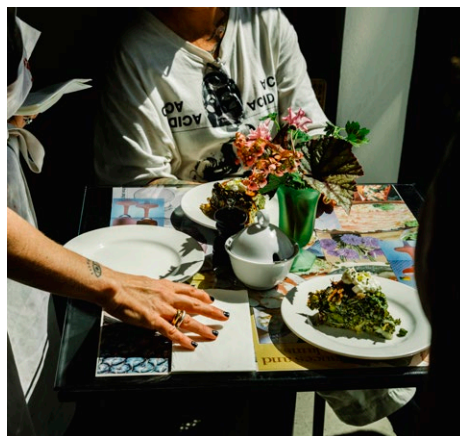
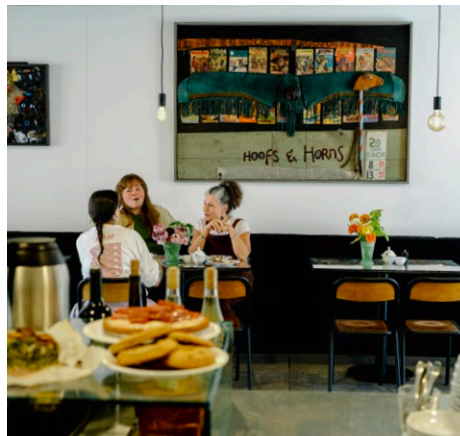
A relaxed dinner with friends, a family feast, or just a cheeky cocktail while the sun sets, the best way to experience Lennox Pizza Bar and Kitchen is to book a table or a booth in their 80-seat dining room, where the funky tunes, friendly team, and wicked views bring the full vibe to life.

Email them if you are planning a celebration or event and they'll help you create something special.

Join them for Happy Hour every Friday, Saturday, and Sunday from 3–5pm, and stick around for live music on Sundays from 5–8pm to wrap up the weekend in true Lennox style.

Please note that summer holiday hours may differ – check the website for the latest info and updates. Takeaway and delivery also available.

4/74 Ballina Street, Lennox Head  
02 6687 7080 • [hello@lennoxpizza.com](mailto:hello@lennoxpizza.com)  
[www.lennoxpizza.com](http://www.lennoxpizza.com)  
@lennoxpizzabarandkitchen @lennoxpizza



## Take Care Food at Lismore Regional Art Gallery

Take Care Food resides at the Lismore Regional Art Gallery and operates as a cafe, events and catering space both alongside and independently. Serving coffee, interesting alc and non alc beverages, colourful sustenance, handmade pastries and cake. The menu, like the style, is contemporary and classic. Partners Nigel and Flossy like to make food and host in a way that is always alternative and always approachable. In the daytime shifting buckwheat galettes and mainstay date scones can be eaten with coffee in casualty by the grassy outdoor quadrangle while vegetal plates, oily fish and wine can be lunched inside. Take Care curates dining corresponding with exhibiting artists, grills delicious things over coals and experiments with the changing form of food through fermentation and social circumstance.

11 Rural Street, Lismore  
[www.takecarefood.com.au](http://www.takecarefood.com.au)  
@take.care.food

# Love and books and protein

**Mandy Nolan**

feel sorry for bread. It used to be our friend. Bread was there for us. Even Jesus came to us in the form of bread.

We used to wake up to bread. The smell of toast is always the smell of morning to me. It was our breakfast buddy. Popping a slice of bread in the toaster, waiting for the transformation – bread, now toast, all warm and buttery as a jam-delivery device.

Bread was our reliable lunch companion. It welcomed ham. It worked with cheese and tomato. Bread was very egalitarian. It worked with everyone. Sometimes, bread even made an appearance at dinner – as a plate-cleaning carb. Bread was busy, filling our shopping baskets and our guts. But bread has become the bad guy. It turns out, bread has been making us fat. What a perpetrator.

Here's the main problem with bread. Sure, in its most beneficial form it's a complex carbohydrate, but in its most delicious fluffiness, it's simple evil. It doesn't contain protein.

And protein has become the messiah of the dietary world. If you don't contain protein, you're over.

Hell, they even tried to rescue bread by putting protein in it. Bread which is supposed to be a carbohydrate, has in some instances tried to rebrand itself as 'paleo'. I bought a loaf the other day and it was so heavy I could have used it as a weapon. Then eaten the evidence. And not gained weight.

Because let's be honest. The reason we're in love with protein is because it's been shown to be a pretty effective weight management tool. It does this by increasing the feeling of being full and reduces appetite. You literally feel fuller for longer. And who doesn't love that? So, in a sugar-fuelled world where we can never be satiated, it's proteins, not carbs, that calm the hunger beast.

Although, protein doesn't seem to have much impact on emotional wellbeing. I've never heard of a single person who breaks up with the person they love, locks themselves in a room, so distressed, the only way they can self-regulate is eating steak. Protein fuels the physical body. Clearly the emotional body still needs ice cream. Hang on, someone just released paleo ice cream. Dairy-free. Although dairy is a protein, actually a high-quality protein, it's the addition of sugar which transforms it to a confectionary that demotes the protein benefits. So, ice cream, while technically dairy, therefore technically a

protein, is probably not going to burn fat the way a lean poached chicken breast can.

In an obesogenic environment where foods are chocka block with sugar and a collection of numbers none of us should ingest, protein is the hero. It actually reduces the hunger hormones. A higher level of protein intake can increase the levels of appetite-suppressing hormones like GLP-1 and ghrelin, while also suppressing hunger-inducing hormones. Basically, it makes you feel full so you

eat less. And most of us probably could be eating less, more. More or less. Well less, more.

Protein also helps build muscle. As a post-menopausal woman I know how important and how difficult muscle building can be. Protein literally feeds your muscles. And your muscles – well, they burn fat. Thank you protein! The protein also does this cool thing where it increases the thermic effect in your body. That's the energy your

body needs to digest protein.

So eating a steak, or a can of beans is actually a digestive workout. You're fat burning while you're eating. Maybe after. I don't really know. I'm not a dietician. I'm just a regular person being inundated with lots of messages in my social media feed telling me to eat more protein. Funny they call it a social media 'feed'. It's clear social media could do with more protein too – that's if protein were facts and not sugary emotional click bots that heal self-loathing with 'Buy Now' buttons.

I've done one of those high protein diets. I lost weight. I had more energy. But if I was honest, I was eating far too much cheese. I don't think you are supposed to down an entire wheel of brie in a sitting. And you can't use a carb delivery device like a cracker, so you have to eat it whole. That's a lot of cheese. As they say, you can't have your cheese wheel and eat it too. Or you can. Well you can, but you will end up with high cholesterol and a bowel blockage.

The biggest issue on my protein binge was that I got bored. I think I bought every single food that advertised protein that shouldn't have protein. Even protein water. What even is that? That's marketing. Protein-dense marketing. But man, that water was filling!

So while we need protein (e.g. meat, fish, eggs, dairy, legumes, nuts, seeds, broccoli, and quinoa) we don't need to go nuts on it. For those of you halfway through skolling your second bowl of bone broth this might be radical. Too much protein can have a negative impact on your body, particularly digestion.

**While we are busy  
feeding our gut,  
we forgot about our  
brains. Try a book.  
They're delicious.  
And they're low-carb.**

It can lead to constipation (which can be incredibly painful). Which is never easy to talk about. But if you're in the laxative aisle, I'm talking to you. You need fibre-rich foods. Otherwise, the bloated agony of a life lived on protein powder can leave you burning fat AND losing friends. Constipated people aren't pleasant to be around. They're distracted. They're holding back. They're in pain. They're not focused on anything you are saying. All they are thinking about is release.

Protein overconsumption can also lead to the opposite. Fatigue, dehydration, nausea, and ...diarrhea. Yucky. And you're at higher risk for kidney stones. Which men tell us is more painful than childbirth (I challenge a man to pass a three-kilo kidney stone with a 10cm circumference).

So, all I am saying, is give carbs a chance. Complex ones. Ones with fibre. Ones filled with joy. Because food should be joyful shouldn't it? It should be more than just fuel. It's shared. Carbs are better eaten in groups. But the protein devotee eats alone.

I know it's shocking to hear a woman with no medical training say you can eat too much protein. There's a guy reading this smashing his post-gym roast chicken going 'Nooooooo!'. But I think it's true. You need salad mate. Maybe a piece of fruit. Even a small piece of grain bread. Hummus. Maybe try going plant-based. Mix it up.

And here's some dietary advice no nutritionist gives. A food group everyone has forgotten. While we are busy feeding our gut, we forgot about our brains. Try a book. They're delicious. And they're low-carb. Reading is even better than protein. Education can help regulate your world view. It can help you develop compassion. It can help you heal your trauma. Understand yourself. Then maybe you won't be craving so much sugar to fill the unfillable human hole you're currently putting chicken in?

Love is good too. Love and books and protein – the ultimate diet for a long life. Oh, and sometimes, maybe on Sundays, have a piece of toast.



# CASUAL EATS

## Combi

Tucked away in the heart of Byron Bay, Combi is your go-to haven for soulful eats and Byron Bay charm. More than just a cafe, it's a vibrant community hub where locals and travellers connect over nourishing food made with love.

Every dish is handcrafted using the finest organic, locally-sourced ingredients – bursting with colour, flavour, and good vibes.

Whether you're starting your day with a smoothie, sipping on perfectly brewed coffee, or indulging in house-made creations, Combi is where wholesome meets feel-good.

5b/21-25 Fletcher Street, Byron Bay

[www.wearecombi.com.au](http://www.wearecombi.com.au) • @wearecombi



## Paséyo

Looking for fresh, wholesome food without waiting ages? Come to Paséyo. Paséyo is a family- and pet-friendly cafe with a lovely outdoor setting. The menu offers a range of delicious plant-based meals, nutrient-dense smoothies, awesome vegan treats and single origin aromatic Colombian coffee. Come and discover what is fast becoming the favourite place to be in Mullum. Don't have time to dine in? Phone in your order and they will have it ready for collection.

Paséyo supports local farmers and businesses, implements sustainable practices wherever possible and encourages a healthy and vibrant working environment.

Open 6am–2.30pm Monday to Friday, 6am–2pm Saturday.

Corner of Stuart Street and Tincogan Street, Mullumbimby  
0498 010 881 • [www.paseyo.com](http://www.paseyo.com)

## Rosefina's Mexican

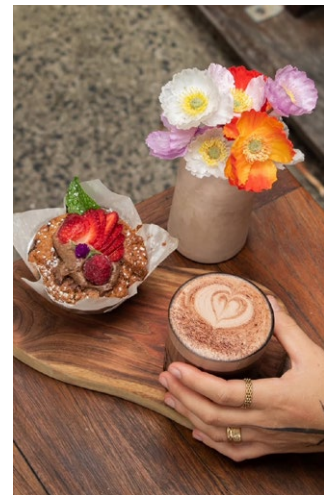
At Rosefina's they embrace what makes Mexico special; a lust for life and a little craziness.

Tucked away in Billinudgel, Rosefina's serves authentic Mexican dishes. Some recipes have been handed down for generations. A rare find is the Pollo Con Mole, poached chicken Maryland drowning in a rich and spicy, chocolate-based sauce. Their Ceviche Tostada, served on a fried tortilla, is zesty, light and crunchy. Their signature Beef Birria, slow cooked using locally sourced beef and with its own broth and tortillas on the side, is an authentic Mexican experience.

Sundays are for 'Tacos and Tunes' and cooking 'street-style' over their open, charcoal BBQ. Offering a simplified menu, casual grazing throughout the day and live DJs and musicians.

10 Wilfred Street Billinudgel

[rosefinas.place](http://rosefinas.place) • @rosefinas\_ @rosefinasmexican



## The Byron Bay General Store

A Byron icon serving up the good stuff – they're all about real food, good coffee, and easy coastal energy.

Everything they do is grounded in sustainability – from locally-sourced ingredients to the way they serve your morning brew. It's the kind of place you roll into barefoot, chat to a stranger, and leave feeling like a local.

Good vibes only, with food that's fresh, honest, and made with heart.

26 Bangalow Road, Byron Bay  
[www.byrongeneralstore.com](http://www.byrongeneralstore.com)  
@byron\_general\_store

# DRINK



## Savvy Beverages

Nutritionist-owned health brands aren't exactly new to Byron Bay. However, Savvy Beverages is creating new functional nutrition options for brain health! Savvy is now Australia's most-awarded nutrition business with over 20 awards for their mental wellbeing and performance drinks, bars and nutritive powders.

Savvy Beverages was started in 2016 by Mark Curry, who, after experiencing burnout as a lawyer, recognised the lack of healthy options to support energy and cognitive demands while balancing stress and mental health. He quit law, studied nutrition, and started Savvy with naturopaths and health experts to create a new wave of functional nutrition.

What makes Savvy's approach different is their use of natural, science-backed formulas using adaptogens, vitamins, nootropics and superfoods. They use up to 20 times more ingredients than other brands, which provides a lot more benefits.

Savvy operates as a social enterprise, donating a large percentage of every sale to mental health organisations, supporting education, planting trees and local Byron Shire initiatives.

Try the Savvy difference online or instore at: Santos, IGA, Jing, Go Vita, Baz & Shaz and more stores in the Shire.

[www.savvybeverage.com.au](http://www.savvybeverage.com.au)  
@savvybeverages

## Azteca Margarita: The best shire's best marg – according to very wise and clever people

Why do locals love Azteca? Because it's handcrafted right here in Billinudgel – where Jessie Rae and Tommy, plus a crew of absolute legends, brew up small-batch magic with a whole lotta love (and zero BS).

Born in their kitchen by two (then) young lovers – one from Mullum. Azteca has grown into a feel-good local icon that's fun, original and unapologetically real. Some have said too real but Azteca says, 'get stuffed!'

Made with fresh Aussie citrus, organic agave nectar and a pinch of sea salt, pre-batched or add the booze, choose your own adventure. Whichever road you take, they all lead to no preservatives, no colours, no numbers, no shit, the Azteca way!

So as we roll into margy season, whether you're cracking RTDs, mixing up that 5L party size Cowboy Cube, or booking one of their epically fun full bars for your Chrissy bash – do it with the one and only, Azteca Margarita; handcrafted in Billinudgel, poured with mucho love and yeeehawwww!

[www.aztecamargarita.com](http://www.aztecamargarita.com)  
@aztecamargarita @AztecaMargarita



## Wandana Brewing Co

Wandana is a local brewery situated on the outskirts of the eclectic township of Mullumbimby, featuring a family-friendly taproom and beer garden with stunning views of the iconic Mt Chincogan. It's the perfect spot to relax with friends, enjoy fresh craft beers brewed on-site and, if you're lucky, sample an upcoming brew straight from the tank.

The brewery has something for everyone, from a kids' room filled with toys to a dog-friendly environment. You don't have to be a beer lover to enjoy Wandana – there's also a range of cocktails, wines and non-alcoholic drinks available.

Local DJs create a lively vibe at sunset, and the 'Sunset Eats' food truck serves up gourmet burgers, nachos and more from lunchtime. Takeaway beers and growler fills are available seven days a week.

20 Manns Road, Mullumbimby

[www.wandanabrewingco.com.au](http://www.wandanabrewingco.com.au)

📍 @wadanabrewingco 📺 @wadanabrewco



## 'I don't sell coffee – I sell taste'

Mark Bullivant is one of Australia's most experienced and respected master roasters. From his early days shaping Sydney's emerging coffee scene to over two decades roasting in the Northern Rivers, Mark's passion for flavour has never faded.

As the founder and roaster behind Mark Bullivant Coffee, Mark personally selects, sources, and roasts every batch – ensuring uncompromising quality, balance, and consistency in every cup. His small-batch roasting approach allows for truly bespoke results, with blends and profiles crafted to match the customer's exact taste.

Mark Bullivant Coffee specialises in Grade 1 / AA specialty coffees, roasted or green, sourced from the world's finest estates – including the exclusive Byron Blue Estate micro-lot coffee grown in the Byron Bay hinterland. From rich, bold espressos to smooth, nuanced filter roasts, every bean is treated with precision and respect.

Working directly with cafes, restaurants, and passionate home brewers, Mark offers a personalised seed-to-cup service that covers sourcing, roasting, blending, and packaging. This holistic, hands-on approach has earned him loyal wholesale clients and a five-star reputation built on integrity and expertise.

A lifelong advocate for the local coffee community, Mark supports nearby growers and businesses, believing that every great cup tells a story of craft, patience, and dedication.

4/79 Southern Cross Drive, Ballina

0448 878 874

[www.markbullivantcoffee.com](http://www.markbullivantcoffee.com)

📍 @mark\_bullivant\_coffee 📺 @MarkBullivantCoffee

## Lord Byron Distillery

Since 2017, Lord Byron Distillery has made spirits naturally from local ingredients in their zero waste, 100% renewable energy distillery. Enjoy tours, tastings, cocktail-making classes and even distil-your-own gin sessions. Swing by their Tiki Bar to try Byron's legendary Pina Colada. Book an activity or just drop in for a tour and tasting. Open from Tuesday to Saturday, 10am to 5pm. They look forward to seeing you soon!

4 Banksia Drive, Byron Bay Arts & Industry Estate

[www.lordbyrondistillery.com.au](http://www.lordbyrondistillery.com.au) • 📍 📺 @lordbyrondistillery



*The most important things to do in the world are to get something to eat, something to drink and somebody to love you.*

– Brendan Behan

# DRINK



## Stone & Wood's Byron tasting room: a craft beer haven in the heart of the Arts & Industry Estate

Whether you're a thirsty local, or planning a trip to Byron Bay, Stone & Wood's tasting room and brewery is an essential addition to your summer in the bay itinerary.

Conveniently located in the Byron Arts & Industry Estate, this social hub with a laid-back atmosphere is the 'spiritual home' of Stone & Wood, a place where craft beer lovers and families alike come together to enjoy good food, music, events and, of course, exceptional beer. With 31 brewing tanks, a canteen run by local culinary legends 100 Mile Table, and a lush beer garden, there's nowhere better to while away an afternoon. Plus doggos are welcome, so bring your good mate.

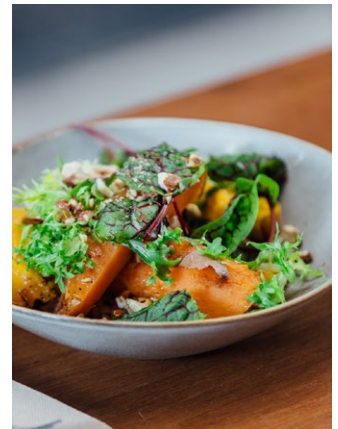
Peckish? You're in for a treat. The Canteen at the Stone & Wood Brewery delivers some of the best food in the bay. Expect a delicious range of options from hearty platters to burgers, the freshest salads and more, with vegan, vegetarian, and gluten-free dishes available. Perfect lunch or a casual snack, the menu changes with rotating specials, keeping each meal as fresh and exciting as your brew.

Stone & Woods 'Friday Afternoon Delight' is a local weekly hang that brings the community together for live music from 3:30pm until closing at 7pm. With great local artists setting the vibe, and the best brews on tap, it's a great place to unwind into your weekend. Check weekly lineup info on Instagram @stoneandwoodbyronbay.

Ever wondered what goes into crafting that perfect glass of beer? Stone & Wood offers 90-minute guided brewery tours that delve into the history of beer, the brewing process, and the story behind Stone & Wood's commitment to sustainable and conscious business practices. Starting with a welcome beer, participants witness each stage of production first-hand. The tour wraps up with a tasting session of five beers, including core favorites, pilot batch exclusives, and limited releases. It's a fun and informative way to deepen your appreciation for craft beer – whether you're a seasoned connoisseur or a newcomer.

Immerse yourself in the best that Byron Bay has to offer – great beer, delicious food, and the lively spirit of a community-focused brewery.

100 Centennial Circuit, Byron Bay  
[www.stoneandwood.com.au](http://www.stoneandwood.com.au)  
@stoneandwoodbyronbay



# DRINK

## Seven Mile Brewing Co

Conveniently located right next to the Ballina airport, Seven Mile Brewery is an unassuming venue offering locally-brewed craft beer, delicious food truck options, and a welcoming atmosphere. All their beers are brewed on-site, made where possible from locally-sourced ingredients. From light and crisp to bold and rich, they have a beer for every taste, whether you're a craft beer enthusiast or new to the scene.

Seven Mile Brewing Co was crowned Champion medium-sized Australian brewery in 2024, a well-deserved accolade. The Northern Rivers punches well above its weight when it comes to producing world-class products.

Seven Mile Tap Room is open Thursdays 4–7pm and Friday to Sunday 12–6pm. Join them for great beer, delicious food, and even better company. They also host live music every first and third Sunday, along with private events, creating a lively atmosphere for all.

Drink fresh. Drink local.

188–202 Southern Cross Drive, Ballina  
0439 345 537

[www.sevenmilebrewing.com.au](http://www.sevenmilebrewing.com.au)

@sevenmilebrewingco



## Hiatus Beers Non-Alcoholic Pale Ale

As summer arrives and the days grow longer, there's more time to slow down, explore, and make the most of weekends outdoors.

Whether it's a full-day hike or a quick coastal wander, your next adventure just found its perfect companion, Hiatus Beers Non-Alcoholic Pale Ale. Think stone fruit and citrus hop aromas, refreshing bitterness and a dry finish, quench your thirst for adventure, whether you have been out exploring for five hours or five minutes.

Enjoy a Hiatus.

[hiatusbeers.com](http://hiatusbeers.com)

@drinkhiatusbeers

## Highwayman Whisky

Visit Dan at Highwayman Whisky for an in-depth tour and masterclass tasting, an essential experience for all whisky lovers.

Dan honed his craft working around the world before launching Highwayman in Byron Bay in 2020. It has fast become one of the most sought-after whiskies in the country, with a cult following. A new batch is launched monthly – with a huge variety of casks to choose from. Each release is different, collectible and most importantly, very tasty! Each batch is unfiltered and undiluted making it the purest whisky you'll ever taste.

So, book in for an intimate tour and masterclass, for your chance to see, smell and taste what it's all about! The cellar door is not open to the public so bookings are essential.

[www.highwaymanwhisky.com.au](http://www.highwaymanwhisky.com.au)

[dan@highwaymanwhisky.com.au](mailto:dan@highwaymanwhisky.com.au)

@highwaymanwhisky



# DRINK / FOOD EXPERIENCES



## Caldera Brewing & Blending Co

The team at Caldera Brewing & Blending Co. in South Murwillumbah isn't just making beer – they're crafting a rarity. Specialising in small batch, barrel-aged, mixed culture saisons, they are one of only a handful of breweries in Australia dedicated to this complex style, making it truly unique in the Northern Rivers.

Their distinct flavour comes from an unwavering focus on traceable, local, organic, and regeneratively farmed ingredients. Fermented in oak with a unique house culture, their additive-free brewing process creates a beer with exceptional character and food-friendliness. Expect the unexpected; a balanced and nuanced beer, marked by a clean, dry finish and a subtle tartness.

Contact Caldera Brewing for cellar door opening times, guided tastings and events.

Unit 18/13 Thornbill Drive, South Murwillumbah

[www.calderabrewing.com.au](http://www.calderabrewing.com.au)

[hello@calderabrewing.com.au](mailto:hello@calderabrewing.com.au)

@cbbc.beer

## Natural Wine Shop & Bar

A venue in the heart of Burringbar, combining mystery, craft cocktails, some with fire elements, and natural wines as well as seasonal food offerings, enhanced by rotating pop-up chef events.

By day the 'Pour Good' cafe serves expertly crafted coffee, pastries and snacks. By night, it transforms into a speakeasy-style venue, with hidden entry and secret codes, adding an element of adventure to the regional nightlife scene.

29 Broadway, Burringbar

0492 906 997

[naturalwineshopandbar.com.au](http://naturalwineshopandbar.com.au)

@pour.good

@naturalwineshopandbar



## All aboard Byron's first floating cocktail bar: MV Jasmine

A brand-new dining experience is setting sail to elevate the local scene. Introducing MV Jasmine: an 18-metre, purpose-built luxury vessel boasting two levels of restaurant, a cocktail bar and upper deck for lounging, dining and moving to the curated soundscape.

MV Jasmine offers a unique perspective on hospitality. You can expect Mediterranean dining by their resident caterers, Maria's, who will run lunch and sunset cruises. Once on board for your 3-hour scenic cruise through Cape Byron Marine Park's Brunswick River, you can enjoy the high-end cocktail bar serving signature cocktails to the cool vibes of live music.

## The best of the region on rotation: local flavours, floating in style

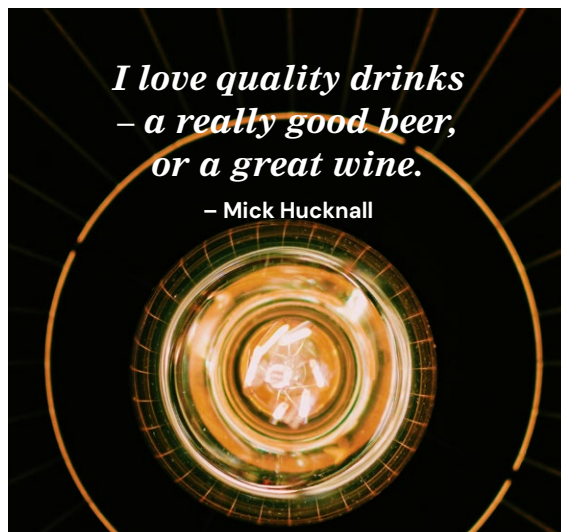
MV Jasmine will also serve as a pop-up venue for exploring the best restaurants, boutique alcohol suppliers and musicians.

'We have partnered with standout local venues like The Hut, Light Years, Azteca, Mullum Conti, Mare Nostrum, Luna Wine Store, and FLO Records to name a few. Each event brings new tastes, soundscapes, and stories aboard – celebrating the best of the Northern Rivers', says Helen Caruana, co-owner of MV Jasmine.

Join them for a sunset or lunch cruise, or book the MV Jasmine privately for you next event.

Departing from Brunswick Heads Marina

[www.jasminebyronbay.com](http://www.jasminebyronbay.com)



# Eating and enjoying fresh local organic produce

Pancho Symes

**D**o you ever find yourself in a vast supermarket, but feeling like the walls are closing in? You're in a brightly-lit Coles or Woolies, clutching your shopping list like a map that can eventually lead you out of this vapid place. It's the end of the working day and you are tired and hungry, and you've got needs to fulfil, so you've come to this institution of packets and containers to get your food and go, in the conveyor-belt style. But you're marching along, getting what you need, under the harsh light, breathing in the fumes of chemical-laden fruit. Your eyes are blinded by apples that shine like they've been nail-varnished, and could live 200 years without ageing a day. You're listening to the shit song blaring on the loudspeaker, trying to avoid eye contact with strangers whilst simultaneously navigating the barrage of shopping trolleys coming at you, and you're thinking that this is an intensely oppressive and lonely experience. The Clash wrote a song about this sensation – it's called 'Lost in the Supermarket.' It is an ode to the blinking vapidness and loneliness of supermarket culture.

Supermarket culture is the modern death of the food experience. But luckily, the Byron Shire is a haven for farmers' markets. The benefits of organic produce lie not only in healthy clean eating, but an escape from the above, offering a return to localised markets – gathering spaces to purchase and consume your produce from the source, and in the company of your fellows.

The Byron region is a truly privileged place – it provides so many opportunities for the enjoyment of organic, locally-grown produce. So many towns have open-air farmers' market it means there is one for every day of the week. Byron Farmers Markets are every Thursday, Mullum runs Friday mornings, Bangalow is Saturday, New Brighton is Tuesday, and Murwillumbah is on Wednesday (see *The Echo's* handy guide opposite and online at [www.echo.net.au/market-guide](http://www.echo.net.au/market-guide)).

They are a heart-warming affair, offering a wide array of locally-produced, spray-free produce in lovely outdoor settings. People can buy delicious fresh produce that ranges from honey to cheese to macadamias to blueberries, and they can

*I'm all lost in supermarket,  
I can no longer shop happily,*

*I came in for the special offer  
– a guaranteed personality.*

*I'm all tuned in, I see all the  
programs, I save coupons  
on packets of tea.*

*The silence makes me lonely.*

– Joe Strummer

do so at a leisurely pace, often serenaded by live music. It is not just a function, but an experience, like the traditional marketplace of old, where one can meet and greet, discuss life, and spend hours of the day enjoying the vibe. It is an Edenic little slice of paradise, where the consumer can actually smell the produce that they are buying out in the open air. Dirt and blemishes on the produce are welcome reminders that the fruit and veg can be trusted. Proof that they came from the earth, and weren't hijacked by science in some offshore lab.

Gina and John's 'Crabbes Creek Wood Fired' has been serving the farmers' markets for 13 years, using only sustainably-sourced flour from Gunnedah to create 100 per cent sourdough in their wood-fired oven. They sell 13 different sourdough loaves. Khorasan – originally an Iranian grain – is their most popular loaf. You can find them at the Murwillumbah, New Brighton and Mullum markets.

Andy Burke and his wife Michelle Costanzo started selling apples at Byron market 15 years ago. They are all unwaxed, unwashed apples that hail from Michelle's family farm at Stanthorpe. In 2022 Apple and Pear Australia Limited voted their Stanthorpe Farm 'grower of the year.'

'We sell royal gala, fuji, pink ladies, granny smith and Packham pears, and also do peaches, nectarines and plums coming up to Christmas,' says Andy.

Andy's wife Michelle and her brother Robert Costanzo also run The Nomadic Kitchen – a breakfast culinary delight every Tuesday at the New Brighton Farmers Market. Robert recently returned from working in restaurants in London and started up The Nomadic Kitchen with his

sister Michelle, serving traditional Sicilian-based food breakfasts, with all produce used hailing from the market.

The Paddock is a Mullumbimby 'food forest' business where the customer can literally see their produce growing right along the main road. Customers can buy food and drink made with produce from the farm, and can even walk through the food forest and harvest what they desire themselves. It is an interactive experience that keeps the traditional practice of growing and gathering alive.

The Paddock sets itself apart from other organic farms in that it is a regenerative 'syntropic farm.' Manager Rodrigo, who has worked here for eight years, defines syntropic farming as a 'type of agroforestry that uses the principles of the forest to grow food, planting many different species to create biodiversity in the soil.'

'The problem nowadays for agriculture is monoculture,' he explains.

'Monoculture involves the cultivation of a single crop species. Then you have one type of plant taking all the same nutrients, and that is what depletes the soil. Then, a year later, you are adding chemicals to the soil to supplement this.

'Large-scale farmers mainly practise monocultural farming. Different plant families require different soil nutrients to grow. The polyculture of syntropic farming helps plants support each other,' Rodrigo says.

## Chemical fertilisers for soil also used in bombs!

'After the First World War, people started using the excess chemicals used for bomb production in agriculture,' Rodrigo says. 'Ammonia nitrate is a very effective chemical fertiliser that provides the soil with nitrogen. The excess of these chemicals generated by the war were therefore implemented into agricultural use, and this was where things really began to turn bad.'

It is important to support these small, local businesses like The Paddock, farmers' markets and other suppliers of locally-grown, organic and spray-free produce, who are not only offering quality produce, but a traditional, immensely satisfying experience of harvesting and eating that is dying out around the world.

## Australia's harmful approach to pesticides

There is a great difference between the quantity of pesticides used in Australian food production and the EU and the UK. As of December 2024, Australia has banned 24 pesticides, while the UK and EU have banned 225 pesticides – nearly ten times more. It is clear that Australia has much less rigorous standards on pesticides than Europe and the US.

According to an article from *The Guardian*, while Europe has banned 70 chemicals because of their toxicity to humans, animals, and environment, in Australia they are still routinely used.

An example of this is 'paraquat.' This herbicide has been used since the 1950s but it has now been banned in more than 50 countries. This is a chemical known to increase the rates of Parkinson's disease. But in Australia, paraquat has been under review by the Australian Pesticides and Veterinary Medicines Authority (APVMA) since the 1990s and is still used commercially.

Environmental campaigners have complained of the fact that grapes from Australia are allowed to contain 200 times the amount of the insecticide 'methomyl' – a suspected endocrine disrupter – than their UK equivalent. They also claim that an Australian apple can contain 100 times the amount of 'fenitrothion,' another suspected endocrine disrupter.

On a global scale, Australia is one of the heavier users of pesticides in food production, and yet there persists a myth that we are a country with 'clean food.' This myth has been promoted by agricultural marketing arms, farming groups, the government and the agricultural and veterinary chemicals industry, which is represented by a powerful lobby group, called 'Croplife.'

Our heavy reliance on pesticides in food production is partly due to Australia's unique conditions and harsh landscapes. But it is also because Australian food laws permit the continued use of harmful chemicals long since banned in Europe and beyond.

Dr Tanzim Afroz, a lecturer at Edith Cowan University, cited in *The Guardian* article above, has called Australia's approach to pesticide regulation 'incautious' compared with EU policy.

'The EU approach is to adopt the "precautionary principle" – where there is scientific uncertainty, take precaution,' she says.

'Australia doesn't implement the precautionary principle when we're talking about pesticide management, at the legislative nor at executive level.'

Instead, Australia has taken a 'regulatory approach.' This has 'stemmed from a belief that pesticides improve competitiveness [and productivity] of farm businesses,' Dr Afroz says.

## Weekly Farmers Markets

[www.echo.net.au/market-guide](http://www.echo.net.au/market-guide)

Each TUE **New Brighton Farmers Market:** 8–11am

Each TUE **Lismore Organic Market:** 7.30–10.30am

Each WED **Murwillumbah Farmers' Market:** 7–11am

Each WED **Nimbin Farmers Market:** 3–6pm

Each WED **Newrybar Hall Twilight Market:** 3–7.30pm

Each THU **Byron Bay Farmers Market:** 7–11am

Each THU **Lismore Produce Market:** 3–6pm

Each FRI **Mullumbimby Farmers Market:** 7–11am

Each FRI **Evans Head Farmers Market:** 2.30–6.30pm

Each SAT **Bangalow Farmers Market:** 7–11am

Each SAT **Duranbah Road Farmers Market**  
(at Tropical Fruit World): 8–11am

Each SAT **Uki Farmers Market:** 8–1pm

Each SAT **Lismore Farmers Market:** 7.30–11.30am

Each SUN **Ballina Farmers & Producers Market:** 7–11am

# PUBS & CLUBS

## The Australian Hotel Ballina – where summer starts

Summer in Ballina means long afternoons, live tunes and the smell of something delicious coming off the grill – and at The Australian Hotel Ballina, that’s just a regular weekend.

Fresh off a revamp, the venue is heading into the warmer months with a new outdoor stage, stacked entertainment lineup, and a refreshed summer menu worth planning your holidays around.

Highlights? The fish burger. Grilled daily catch with saffron aioli, fresh jalapeños and pickled onion on a potato bun. For something heartier, the slow-cooked beef short rib with housemade pepper sauce is a standout, or go classic with a 300g NY striploin and rosemary gravy. There’s also the cult-favourite Mexican street corn for those chasing big flavour, minus the meat.

It’s a space for everyone: families love the free kids’ activities on Sundays, locals pop in for \$10 margi happy hour 4–6pm daily, and late-night crews roll through for DJs and dancefloor antics come the weekend.

With reviews like ‘BEST PARMY EVER!!’, ‘Best tacos in town’, and ‘Such a vibe after the renovation,’ it’s easy to see why The Australian is fast becoming one of the Northern Rivers’ must-visit destinations for visitors and locals alike.

From spicy margs and cold cervezas, to Sunday sessions in the beer garden, this is the kind of pub that gets it right. Find the fun at the corner of River and Cherry Street, Ballina.

103 River Street, Ballina • 02 9188 2454  
[www.australianhotelballina.com.au](http://www.australianhotelballina.com.au)  
 @theaussiehotelballina



## Mullumbimby Ex-Services Club – where the whole family feels at home

In the heart of Mullum, the Ex-Services Club isn’t just a place to grab a bite – it’s a local institution where good food, great company, and entertainment come together under one welcoming roof.

Start your day at the Northside Café, open daily from 10am, serving up light, fresh options like smashed avo toast, buttery croissants, and homemade banana bread. Pair your pick with barista-made coffee or a chilled juice and settle in on the all-weather deck or in the comfy lounge.

Looking for a family-friendly space? The kids’ playground offers a fun distraction while parents relax, and big-screen TVs mean sports fans never miss a game.

TAB facilities and 12 beers on tap cater to punters and casual sippers alike, while the rotating cocktail menu and wine list keep things interesting.

Come lunchtime or dinner, Gurkhas on Dalley Bistro delivers. This popular spot offers club classics alongside Nepalese-inspired favourites, with generous portions, weekly specials, and prices that won’t break the bank.

Live entertainment rounds out the experience, with regular music nights and community events bringing locals together. Whether you’re meeting mates for a drink, sharing a meal with family, or catching the footy with fellow fans, Mullum Ex-Services Club makes everyone feel at home.

Discover what’s on. It’s more than a club, it’s a community.

58 Dalley Street • [www.mullumexservices.com.au](http://www.mullumexservices.com.au)  
 @mullumexservices

# PUBS & CLUBS

## Ballina RSL

Located right on the stunning Richmond River, Ballina RSL offers breathtaking water views, a vibrant atmosphere, and an exceptional mix of dining, entertainment and leisure experiences.

Savour a delicious meal at The Boardwalk Restaurant, where a carefully curated menu highlights fresh, local ingredients, perfectly complemented by a glass of wine or a handcrafted cocktail. For a more casual bite, Level One Cafe serves up all-day classics alongside barista-made coffee, perfect for any time of the day. And for those with a sweet tooth, their house-made cakes and desserts, lovingly created by their talented in-house pastry team, are not to be missed.

Live entertainment is at the heart of Ballina RSL, with exciting shows in the Auditorium, weekend solo performances in The Boardwalk, and the ever-popular Sunday Blues Sessions, setting the perfect riverside mood. Happy Hour specials keep the good times flowing, and their weekend raffles offer the chance to take home fantastic prizes.

For sports lovers, their Sports Lounge is the ultimate place to catch all the live action. With a massive screen and a lively atmosphere, it's the perfect spot to cheer on your favourite team with a drink in hand.

Whether you're dining with family, unwinding with friends, or looking for top-tier entertainment, Ballina RSL is the perfect riverside destination.

1 Grant Street, Ballina  
02 6681 9500  
[www.ballinarsl.com.au](http://www.ballinarsl.com.au)



## Eat, drink and play at the Ocean Shores Tavern

The Tav has completed the second stage of its major redevelopment, and it's looking better than ever! Think: a rippin' sports bar, breezy beer garden, lush gin garden, and a fully-fenced playground that will absolutely delight the youngest of your crew. It's an ideal place to host your next kids' party – mum and dad can kick back and relax with a cheeky vino (or two!), while the little ones run wild.

With over 40 screens, you'll never miss a moment of the action, from NRL, AFL, NFL, NBA, MLB and UFC, more abbreviated codes than you can poke a crooked pool cue at, to every race at Randwick, Flemington and Sha Tin. There's poker, punters club, and pool comps galore.

When hunger strikes, head straight to Meat n Mingle Burger Bar & Smokehouse, home to epic burgers, slow-smoked barbecue and share plates made for mates. Pair your feast with cracking cocktails and stick around for comedy on the deck.

Byron Shire's number one destination for sport, food, and good times. Follow them on Facebook or Instagram, or better yet – just ask a local.

84 Rajah Road, Ocean Shores  
[www.oceanshorestavern.com.au](http://www.oceanshorestavern.com.au) • [@OceanShoresTavern](https://www.facebook.com/OceanShoresTavern)

*I think human beings thrive on communication,  
and pubs and restaurants are a great way of  
communicating, a great way of enjoying each other.*

– Rick Stein

# CATERING



## Wicked Woodfire mobile pizza

Wicked Woodfire, mobile catering for parties, weddings and events. Delicious woodfired pizza made from scratch and cooked to perfection in the woodfire oven, as well as an array of succulent meats cooked to order. Find them at the Burringbar Rainforest Nursery Friday evenings making pizza, and Saturdays at Burringbar Quality Meats roasting delicious cuts from the farm to the plate.

wickedwoodfire.com.au • 0499 448 128 • @wickedwoodfire

## A Chef's Pocket

Sit back, relax and enjoy your next dinner party with your own private chefs. A Chef's Pocket offer a unique event catering service, preparing the menu of your choice in the comfort of your own home or holiday accommodation in Byron Bay and the Northern Rivers region.

They will work with you to create a custom menu to delight your taste buds, or you can select from their delicious Peruvian menu, tapas menu or sit-down menu. They're always happy to discuss any food preferences, particular ingredients or selection of dishes to best accommodate your needs.

Be transported on a gastronomic journey to the chefs' home in Peru with their favourite tastiest Peruvian dishes. Take your pick from their selection of premium tapas, which can be served as finger food at your event, or as part of a shared sit-down meal. With a mix of both classic Peruvian and some of their favourites dishes from around the world, this is the perfect choice for those who like a little bit of everything! Their sit-down menus are designed to give you a fine dining experience, all with a unique selection of items to choose from using the best local produce.

[www.achefspocket.com](http://www.achefspocket.com)

@achefspocket



## Catering made simple, events made memorable

The Larder Byron Bay caters for life's best moments. From casual backyard BBQs and intimate gatherings to grand celebrations, The Larder lets you relax and savour the fun. Let them handle the heat so you get the most out of your event.

Be a guest at your own party. Enjoy every moment while establishing unforgettable memories.

[www.thelarder.com.au](http://www.thelarder.com.au)  
catering@thelarder.com.au  
@larder\_catering\_byronbay  
@TheLarderByronBay



*Food is our common ground,  
a universal experience.*

- James Beard

# CATERING



## Maria's catering

Maria's Byron Bay is a local catering business, launched by sisters Maya and Chelsea, where food is always at the heart of creating lasting memories and shared experiences.

Showcasing the best local and seasonal ingredients, Maria's celebrates the joy of authentic cuisine that is to be shared among friends and family.

Some of the best memories are made around the Christmas table – the smell of something roasting, everyone talking over each other and that familiar mix of laughter, love and too much food.

This year, let Maria's bring a little of that home-cooked magic to your celebration. Christmas catering is made the way they cook for family – with care, tradition, and a love of sharing good food. From slow-roasted mains to fresh summer sides and sweet treats, every dish is made with care, seasonal produce, and has a Maria's touch. Perfect for families, a girls' Christmas lunch, or anyone who'd rather be sipping bubbles than basting a turkey. Available to order from Maria's website during December.

Whatever you are planning – be it a product launch, birthday, or hosting a wedding – Maya and Chelsea will work with you to curate a package specific to your event.

[www.mariasbyronbay.com](http://www.mariasbyronbay.com)  
17 Banksia Drive, Byron Bay  
0433 969 981  
[feedme@mariasfood.com](mailto:feedme@mariasfood.com)  
@mariasbyronbay



## Elevate your next retreat or event

Chef David Lisken specialises in retreat catering and private chef services across Byron Bay, the Northern Rivers, and beyond. Passionate about wholesome, plant-based cuisine, David creates nourishing, flavourful menus designed to support wellness, balance, and enjoyment.

Whether curating vibrant meals for a health retreat, crafting intimate private dining experiences, catering special gatherings or private chef services, Chef David tailors every dish to reflect your unique needs and preferences. Using only the freshest, highest-quality ingredients, his cooking celebrates both nourishment and indulgence. Drawing inspiration from diverse culinary traditions, David is dedicated to creating memorable, meaningful dining experiences that leave a lasting impression.

Discover how Chef David can elevate your next retreat or event.

[www.chefdavidlisken.com](http://www.chefdavidlisken.com) • @chefdavidlisken  
[hello@chefdavidlisken.com](mailto:hello@chefdavidlisken.com) • 0432 979 590



## Vesper Cocktail Catering brings the bar to you!

With over 15 years' experience in the industry, Vesper Cocktail Catering create fabulous cocktail experiences for weddings, birthdays, and corporate events.

Fully licensed and completely mobile, their stylish bar setup and professional bartenders take care of everything, so you can relax and enjoy the party. From classic favourites to custom creations, they mix, shake, and serve whatever you want, however you want it.

To turn your next event into something truly memorable, reach out to Vesper Cocktail Catering today.

[vesper.catering@gmail.com](mailto:vesper.catering@gmail.com) • 0476 799 596  
[www.vespercatering.com](http://www.vespercatering.com)  
@vesper\_cocktail\_catering

# TO TAKE HOME

## Koala Tea – a local icon reimaged

Born in the Northern Rivers and established in 1990, Koala Tea is Australia's first certified-organic tea brand. For over 30 years, it has been a trusted name in organic herbal teas, loved by health-conscious tea drinkers across Australia. Now, this local icon is experiencing an exciting revival with new packaging, while remaining true to its organic roots and commitment to quality.

Proudly blended and packed locally, Koala Tea supports organic farming and helps protect Australian wildlife, with a portion of sales going to conservation efforts. Every cup of Koala Tea is a reminder of the beauty of nature, made with carefully selected organic ingredients.

Whether you're looking for a soothing herbal infusion, a wellness-boosting blend, or a rich organic black tea, Koala Tea has something for every tea lover.

Discover the new Koala Tea at your local health store or online. It's time to rediscover this Northern Rivers original!

[www.koalatea.com.au](http://www.koalatea.com.au)  
@koalateabyron



## Lifecykel

Founded in Australia ten years ago, Lifecykel is a leading, vertically-integrated, mushroom biotechnology company focused on creating the highest quality and purest functional mushroom products on the planet. Their products are rooted in the deepest scientific understanding and highest ethical standards, enabling global-wide adoption into daily life, offering natural, advanced solutions for nutrition and wellbeing.

As a leader in sustainability, Lifecykel pioneers eco-friendly production methods that not only minimise environmental impact but actively contribute to ecological restoration. Lifecykel also works alongside the Byron Bay Herb Nursery, a not-for-profit disability charity that offers job opportunities and community engagement to those living with a disability. The amazing individuals at the Herb Nursery help to create Lifecykel's Alkaline Greens and Bee Pollination Grow Kits, as well as growing seedlings for their Grow & Gift a Tree program.

With their team of full-time scientists, global education initiatives and community involvement, Lifecykel is focused on creating the highest quality and the purest functional mushroom products available. Find their renowned mushroom liquid extracts at local health retailers and experience the potency and superior bioavailability for yourself!

[www.lifecykel.com](http://www.lifecykel.com) • @lifecykel

## Benilato Authentic Italian Gelato

Providing a classic Italian gelato experience, Benilato is made using authentic recipes passed down through generations.

A must-have experience at your wedding or event. Benilato can also be found in stores throughout the region, at markets from Yamba to Currumbin, and at various pop-up locations – check Instagram for weekly updates. With a mouthwatering selection of flavours, now including delicious cannoli and cold-pressed juices, Benilato offers a treat for everyone. Yes please!

[www.benilato.com](http://www.benilato.com)  
@benilato



## Satvik Foods loves local

Celebrating 15 years of nourishing our community, Satvik Foods brings you simply delicious, easy to cook meals like red lentil dhal, quinoa salad, and royal rice, all infused with unique Ayurvedic spice blends. With fully home-compostable packaging, they're as committed to sustainability as they are to your health. Enjoy them as they are, or let them inspire your culinary creations.

Find them at your local supermarkets, health food stores, IGA, or order online with discount code: ECHOTAKE15.

[satvikfoods.com.au](http://satvikfoods.com.au)  
@satvikfoods



# TO TAKE HOME

## Devine Quality Meats – a century of service to Mullum

For more than a century, Mullumbimby's main street has had a butcher shop at its heart – an institution built on local tradition, hard work, and community connection. The shop at 64 Stuart Street was purpose-built as a butcher shop in 1924 by the Olive family, designed by architect George Pullinger, setting a new standard for food retail in the Northern Rivers.

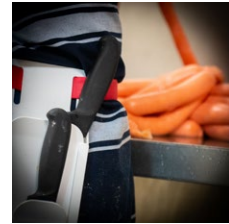
For over 30 years, the business was operated by local butcher Vince Devine, who built his reputation on quality, community spirit, and strong ties with regional farmers. His legacy continues today under the stewardship of farmers Jay O'Harae and Greg Cromwell, who are dedicated to upholding the values that made Devine Quality Meats a cornerstone of the community.

'We're farmers first and foremost,' says Jay O'Harae. 'We know the land, and we know the importance of supporting local producers. It's about community, sustainability, and good, honest food'. The shop offers a wide variety of fresh, locally-sourced meats, prepared with care, and with a strong focus on ethical and sustainable practices. Regular customers come not just for great cuts and friendly advice, but for the connections and sense of belonging that only a true local butcher can provide.

Devine Quality Meats stands out as a rare example of an independent country butcher – a true community cornerstone and a trusted part of Mullumbimby for generations.

[info@devinequalitymeats.com.au](mailto:info@devinequalitymeats.com.au)  
02 6684 2015

[www.devinequalitymeats.com.au](http://www.devinequalitymeats.com.au)  
@devinequalitymeats



## Yoflo Byron Bay

Byron Bay's iconic frozen yoghurt and dessert bar. Our self-serve experience is all about creativity, quality ingredients and celebrating our vibrant local community. Build your perfect treat, sip on something refreshing or settle in and enjoy a moment that feels as good as it tastes.

Yoflo began on the streets of Byron in 2011 and fast became a favourite for travellers and locals alike, we proudly showcase Byron's best: Brookfarm granolas and muesli, honey-roasted macadamias, Byron Brownies and Byron Bay Peanut Butter!

Located on Lawson Street, just moments from the beach, Yoflo is the perfect spot for locals, tourists, families and everyone in between. Drop in for your daily dose of Byron sunshine and flavourful fun. Open seven days.

3/19-23 Lawson Street, Byron Bay  
@yoflo @yoflo.byronbay

[www.echo.net.au/eat-drink](http://www.echo.net.au/eat-drink)

## The Paddock Project – where love lives

The Paddock is now fully certified organic, growing as a vibrant community hub where fresh flavours, learning, and connection thrive.

The Paddock Cafe serves organic coffee and paddock-to-plate meals made with produce straight from the garden.

The Paddock Project proudly supports NDIS participants through meaningful work in the cafe, garden and nursery.

The nursery specialises in edible plants, including herbs, vegetables, and fruit trees, all suited to our local climate.

The Paddock Shop offers daily harvested produce, seedlings, and herbs – and don't miss Curry & Jam Wednesdays, with live music, tasty curries, and a friendly community vibe.

0400 348 209 • [paddockworkready@gmail.com](mailto:paddockworkready@gmail.com)  
[www.paddockproject.com](http://www.paddockproject.com)



# TO TAKE HOME



## The Mullumbimby Chocolate Shop

Head on over to The Mullumbimby Chocolate Shop for some refreshing, award-winning gelato and sorbet. With 18 ever-changing flavours on offer, you won't be disappointed!

Step back in time as you check out their old fashioned chocolate and lolly bar with over 100 lollies to choose from for your own special lolly bag.

Their range includes a large assortment of chocolates, pralines, truffles, liquorice, hard boiled lollies, sour lollies, chocolate bars, chocolate covered fruits and nuts, marzipan, nougat, Belgian cherry liqueurs, brittles, fudge and so much more.

There are plenty of organic, gluten-free, dairy-free and sugar-free options too! 'See You at the Sweetest Shop in Town!'

Shop 1/104 Dalley Street, Mullumbimby • 02 6684 4825  
[www.mullumbimbychocolateshop.com.au](http://www.mullumbimbychocolateshop.com.au)



## Food Culture – Ocean Shores

In the heart of Ocean Shores Shopping Village, Food Culture Bulk and Wholefoods is dedicated to real, honest nourishment. For over a decade it has supported local growers, ethical producers and low-waste living, offering a slower, more conscious way to shop. You'll find a curated range of organic pantry staples, bulk wholefoods, hand-mixed herbal teas, house-made blends, natural body care, rare and specialty items, and quality chocolate. As well as fresh local flowers, Bread Social, and kombucha on tap.

New owners Rash and Jem, herald a new chapter, honouring Food Culture's roots and deepening connection to community, sustainability and food sovereignty. With its grounding ethos, Food Culture continues to play a vital role in shaping a healthier food future for the Northern Rivers.

Ocean Village Shopping Centre, 82 Rajah Road, Ocean Shores  
[www.foodculturebulkfoods.com.au](http://www.foodculturebulkfoods.com.au)  
 @foodculturebulkfoods

## Panettone by Bay Pizza Lab

Each year, Bay Pizza Lab brings a slice of Italian Christmas tradition to Byron Bay with its handmade panettone – a light, buttery brioche-style cake layered with festive flavours and finished with a golden almond sugar glaze.

Made by hand and slow-fermented to perfection, it's soft, aromatic and delicately sweet, proof that good things really do take time. Perfect for gifting or as the centrepiece of your holiday table.

Available in Chocolate and Classico, you can purchase at [baypizzalab.com.au](http://baypizzalab.com.au) or in-store at Bay Pizza Lab, Byron Bay.

Available until sold out!

[baypizzalab.com.au](http://baypizzalab.com.au)  
 @baypizzalab



## Byron Bay Peanut Butter, 'nuts about it!'

Byron Bay Peanut Butter is a family-owned Australian business, offering premium peanut butter and mouth-watering satay sauces made with Kingaroy hi-oleic peanuts and all-natural Australian ingredients. Eat it by the spoonful directly from the jar, spread it on toast or sandwiches, or add it to countless recipes to elevate flavour, protein and nutrition! It's vegan and gluten-free, with no nasties.

If you have a sweet tooth, their peanut brittles are sure to hit the spot... but be careful, one bite will not suffice! Enjoy the flavours of peanuts, maple and chilli.

They have also created a peanut butter specifically for dogs, and cookies made with all natural ingredients and wholesome to boot.

Unit 1, 16 Tasman Way, Byron Bay • 02 9188 8826  
[www.byronbaypeanutbutter.com.au](http://www.byronbaypeanutbutter.com.au)  
 @byronbaypeanutbutter



# TO TAKE HOME

## Sunshine Low GI Sugar

Enjoy the sweeter things in life with Sunshine Low GI Sugar!

Let's face it, sugar gets a bad rap these days and we all know that it should be enjoyed in moderation. But, times are changing thanks to Sunshine Low GI Sugar.

Low GI sugar is a natural sweetener that is more slowly digested, absorbed and metabolised – resulting in a lower and slower rise in blood glucose that keeps you feeling fuller for longer.

Sunshine Low GI Sugar is made using the Nucane™ process. Developed in Australia, this process ensures the naturally occurring and beneficial antioxidants are retained during the milling process that turns sugarcane into sugar crystals. It contains just one ingredient, 100% natural cane sugar, and has no additives or preservatives. Rich in naturally occurring minerals such as calcium, magnesium and potassium makes it suitable for all diets including gluten-free, vegan and vegetarian.

Enjoy the natural, sweet goodness of Sunshine Low GI Sugar in any food or beverage recipe in which sugar is used.

[www.sunshinesugar.com.au/low-gi](http://www.sunshinesugar.com.au/low-gi)

Instagram: @sunshinesugar\_nsw

Facebook: @sunshinesugarNSW



## Byron Bay Pork & Meats

Byron Bay Pork & Meats in Mullumbimby and Byron Bay are your family-operated butchery, sourcing premium quality pork, beef, lamb and goat from their family farms. They offer specialty sausages, including a gluten-free variety, smoked leg hams, free-range chickens and ducks. All meats are organic, antibiotic- and hormone-free and they have a great range of smallgoods.

Open Monday to Friday from 6am to 5pm, Saturday 6am to 12pm.

70 Dalley Street, Mullumbimby • 02 6684 2137



# WHOLESOME & FRESH

## Organigrow certified organic free-range eggs

Bringing the best eggs to market requires a lot of hard but satisfying work. Before sunrise, the Organigrow morning rounds check that all the hens are well, with ample water and feed, and the nesting boxes are ready for laying. Chickens that aren't well are separated from the others and nursed.

In their large enclosures, the hens are free to safely roam between their sleeping perches, laying boxes, scratch pits, shade, sunshine, food and water. They feed freely throughout the day, on choice certified organic grain.

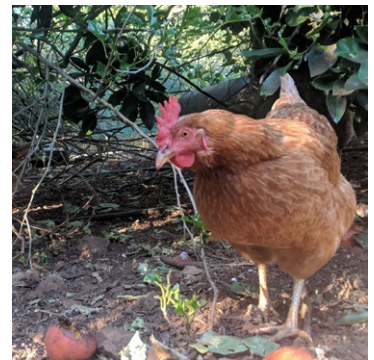
Late morning, all runs and hens are rechecked, and then hens go out to wander and forage around the farm. They are sheltered by the wide variety of fruit and nut trees that Simon, the owner and manager, planted on the farm more than 20 years ago. These trees, along with the farm's beautiful and much-loved Maremma dogs, help to protect the hens from aerial predators.

Eggs are collected in the afternoon, and the hens return from the pastures in the evening and settle for the night. Final checks are after dark, making sure all is still well, and the chickens are closed in for the night to protect them from foxes and other predators.

Each week, Simon loads his truck and delivers his organic eggs directly to the stores. This means your local store has the freshest, grain and pasture-fed, free-range organic eggs that are rich in omega-3 and nutritionally superior. They are a true taste sensation.

[www.organigrow.com.au](http://www.organigrow.com.au)

📷 @socialhandles

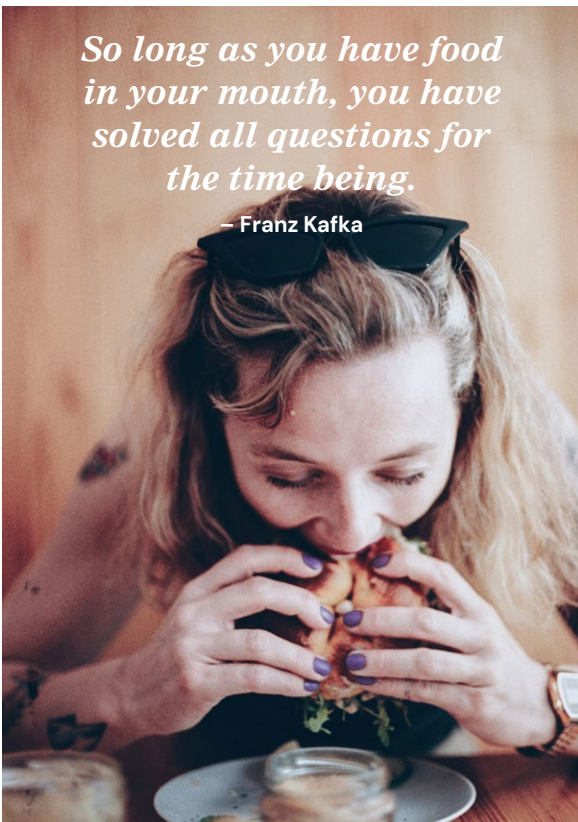
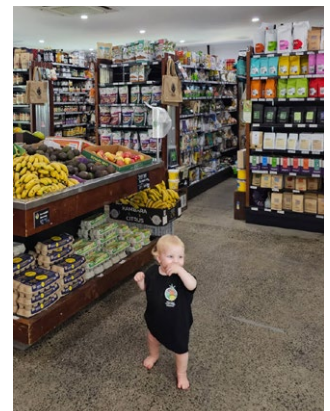


## Baz & Shaz Fruit & Veg Byron Bay

Proudly family-owned-and-operated for over 25 years, Baz & Shaz Fruit & Veg is committed to supporting the community by sourcing the freshest local produce. They have a strong relationships with regional growers and wholesalers, enabling them to provide the community with the freshest fruit and vegetables, both organic and conventional, delivered to the store daily.

Whether you're after seasonal staples or specialty grocery items, they've got a wide variety to suit every need. Quality, freshness and community are at the heart of everything they do. When you shop at Baz & Shaz, you're not just getting top-quality groceries and produce – you're supporting local families, farmers, and a healthier way of living. Come in and experience the difference!

44 Beech Drive, Suffolk Park  
02 6685 4445  
[www.bazandshaz.com.au](http://www.bazandshaz.com.au)



*So long as you have food  
in your mouth, you have  
solved all questions for  
the time being.*

– Franz Kafka



## Experience Australia's Most Awarded Retreat

Gaia Retreat & Spa is proud to be recognised once again among the best in the world, recently named **Australia's Leading Retreat 2025** at the World Travel Awards, and winner of **Best Wellness Cuisine 2025** in the Asia Pacific Spa & Wellness Awards.

At the heart of the Gaia experience is our cuisine. Crafted daily by our talented chefs, every dish celebrates the connection between nourishment and wellbeing. Our ever-changing menu is guided by what is freshly harvested from our organic gardens.

Vibrant produce, creative techniques and balanced flavours come together to create meals that are both wholesome and indulgent. This commitment to mindful dining is what earned Gaia recognition for the Best Wellness Cuisine across the Asia Pacific region.

You don't need to stay overnight to experience it. Book a Day Spa treatment and add a gourmet lunch to enjoy a taste of our award-winning retreat. Book online or call our team to book and receive **10% locals discount** with the code **LOCAL10**.

933 Fernleigh Rd, Brooklet - (02) 6687 1216 - [gaiaretreat.com.au](http://gaiaretreat.com.au) - [info@gaiaretreat.com.au](mailto:info@gaiaretreat.com.au)



# MARK BULLIVANT COFFEE

Merchant of high-grade, specialty coffees, roasted or green, including traditional and custom blends, single origins and micro-lots and rare and exotics. Specialising in superior quality, bespoke and one-of-a-kind coffees from around the world.



HAPPY CHRISTMAS TO EVERYONE

[www.markbullivantcoffee.com](http://www.markbullivantcoffee.com)

