

Eat drink

ISSUE #10 ~ AUTUMN 2026



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

FREE for you to take

Echo

WELCOME

Belts might have tightened but Australians are still enjoying someone else cooking them a meal or a snack or providing them with a dynamic drink. That is no less the case in the Northern Rivers with plenty of people looking out for a good, delicious meal and tasty delight that allows them to sit down with family and friends.

From hatted restaurants (see page 26) to take-away menus, there is a wide variety of food tastes being catered to. But it is not all about sitting down and dining. People are looking for a wide range of food and beverage experiences.

So much about food and a delicious drink is about getting together with someone for a chat, a catch up, and a chance to spend time together. This can be at home trying a great recipe with the family; out and about at one of the great microbreweries; at a specialist rum, gin, whisky distilleries; or kombucha, and other non-alcoholic beverage companies that are evolving throughout the Northern Rivers. They give you a chance to get together, relax, enjoy the amazing hinterland and coastline, and truly get into the spirit of adventure and connection.

As we move into 2026 there is a lot happening in the food space from snacks to healthy living that is shaping how we are looking at, making, and enjoying our food.

Getting healthy in mind, body, and spirit is certainly the focus of some. Lifecykel (page 12) have developed an entire range of mushrooms, mushroom extracts, and more to help you build wellness, health, and look after the world all at the same time.

The food trends of 2026 (page 30) combine taste, health, and great eating. People, chefs, and foodies are all looking at how they can be sustainable, healthy, and enjoy delicious food all in the same package.

While these are the vital ingredients that are shaping our 2026 favourites don't forget that this can spill over into the way we snack and how we imbue our bodies with all those little delights in between our meals. Whether you are making them at home or picking them up at local stores, cafes, and restaurants snackable treats that are healthy and fun are not only good for us but for everyone around us – whether they are kids, parents, friends, or grandparents. No one wants to be left out when it comes to a delicious, bite-sized delight.

As the summer melds into autumn and we enjoy the last of the warmth through Easter, it is a time when we can come together, enjoy ourselves in the company of family, friends, and strangers – it is a time to ensure we not only eat well but feel our best.

– Aslan Shand, editor



REAL FARMERS, REAL FOOD



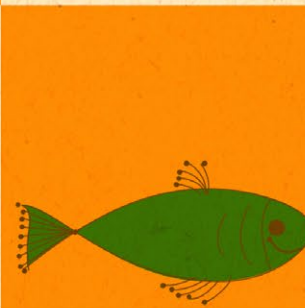
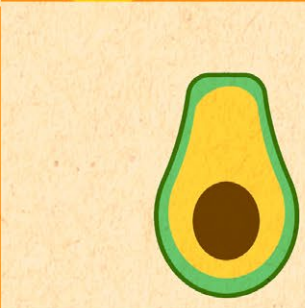
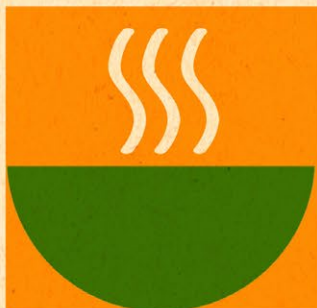
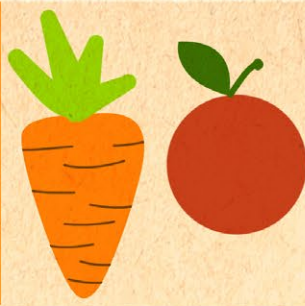
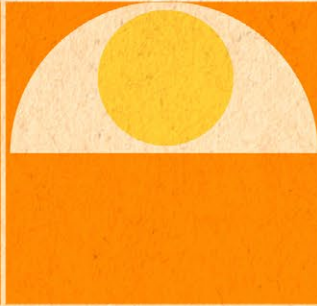
Thursdays 7-11am
Butler St Reserve



Saturdays 7-11am
Piccabeen Park

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Eat drink

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Echo

www.echo.net.au

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Inside Eat Drink Easter 2026

Welcome ~ page 2

TO TAKE HOME ~ pages 6–10

Loco Love, Devine Quality Meats, Byron Bay Pretzels, The Paddock Project, Yoflo Byron Bay, Pizza Lab, Mullumbimby Chocolate Shop, Food Culture, Sunshine Sugar, Lifecycle, Satvik Foods, Byron Bay Pork & Meats, Benilato

Food Experiences ~ page 10

M.V. Jasmine

Wholesome & Fresh ~ page 11

Organigrow, Baz & Shaz

Article: The healing power of the mycelium network ~ page 12

Recipe: Sweet Corn, Mussel & Snapper Chowder ~ page 14

By Shelter Restaurant, Lennox Head

Catering ~ pages 14–15

Vesper Cocktail Catering, The Larder Byron Bay, Chef David Lirken, Wicked Woodfire, Maria's Catering

Drink ~ pages 16–17, 20

Stone & Wood, Aurum Wines, Cape Byron Distillery,

Caldera Brewing, Azteca Margarita, Highwayman Whisky, Hiatus Beers, Ventura Brewing, Wandana Brewing Co, Natural Wine Shop & Bar

Article: Bite Size Bits ~ page 18–19

Dining ~ pages 21–24

Shelter, No Bones, Three Blue Ducks, Frida's Field, Azure Bar and Grill, The Roadhouse, Rosefina's, ShakShuka Bar, Bay Pizza Lab, Bangalow Tuckshop, Bistro Sicily, Forest at Crystalbrook Byron

Casual Eats ~ pages 24–25

Ebiya, Paséyo, Saint Helena, Take Care Food, Combi, The Byron Bay General Store

Article: Hats off to the hatted restaurants of the Northern Rivers ~ page 26–27

Pubs & Clubs ~ pages 28–29

Ocean Shores Tavern, Brunswick Heads Bowling Club, Kingscliff Bowling Club, The Australian Hotel, Ballina RSL

Article: Key flavour, health, and sustainability trends for 2026 ~ page 30–31

Australia's Finest Chocolate Coated Fruit & Nuts



OVER 30 DIFFERENT FLAVOURS TO CHOOSE FROM
AVAILABLE AT ALL LEADING LOCAL STORES

www.byronbaychocolateco.com.au

02 6685 8062 @byronbaychocolateco

TO TAKE HOME



Loco Love

Loco Love is Byron Bay's home of high-vibe chocolate, where rich, ethically sourced cacao meets wholefood ingredients, tonic herbs and a little everyday magic.

Born from a deep reverence for cacao and its long-held connection to the heart, each bar is crafted as a small ritual, an invitation to slow down, savour the moment and reconnect with the simple pleasure of truly good chocolate.

Expect silky dark cacao layered with flavours like roasted hazelnut, crunchy caramel and peanut butter. Made with organic ingredients and thoughtfully chosen botanical elements, Loco Love chocolates are as beautiful to eat as they are to gift.

Visitors exploring Byron Bay can step inside the Loco Love showroom, where the full collection of chocolate bars, seasonal creations and cacao treasures await. It's the perfect place to pick up a sweet souvenir, a thoughtful gift, or a few favourites for the road.

One bite and it's easy to see why Loco Love has become a Byron favourite, chocolate designed to be savoured, shared and loved.

63 Centennial Cct, Byron Bay
www.locolove.com
@ @locolovechocolate

Devine Quality Meats – a century of service to Mullum

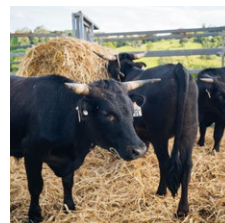
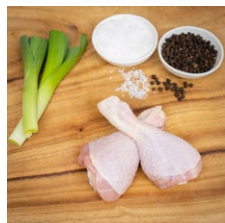
For more than a century, Mullumbimby's main street has had a butcher shop at its heart – an institution built on local tradition, hard work, and community connection. The shop at 64 Stuart Street was purpose-built as a butcher shop in 1924 by the Olive family, designed by architect George Pullinger, 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
02 6684 2015
www.devinequalitymeats.com.au
@ @devinequalitymeats



TO TAKE HOME



Byron Bay Pretzels

Founded in March 2024, Byron Bay Pretzels brings German Black Forest specialties to the Northern Rivers with purpose at its core. Their signature soft pretzels are baked fresh from scratch using traditional techniques and stocked at Bay Grocer, Byron IGA, Suffolk Park Spar, Mullum IGA and Lennox Good Food Market. They are also at local markets such as Bangalow Community Market, or order via their website, with pick-up or home delivery.

Beyond their classic pretzels, they cater to private celebrations, corporate events and community gatherings, offering choices like pretzel finger food platters, Black Forest pasta, chocolate nut corners or custom requests.

A certified social enterprise connected to Fletcher St Cottage, every sale supports Byron Bay's rough sleepers – creating genuine, lasting community impact (<https://brekky-legends.raisesite.com>).

Pick up in Mullumbimby Wednesday and Thursday mornings. Deliveries Thursday and Saturday mornings.

14 Smith Street Mullumbimby (unit 5)
www.byronbaypretzels.com.au • 0431 358 639
@byronbaypretzels • @Byron Bay Pretzels



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, they 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

The Paddock Project

The Paddock Project is happy to welcome the community over the Easter period. They will be closed on Good Friday and Easter Sunday, while maintaining their usual opening hours on the remaining days.

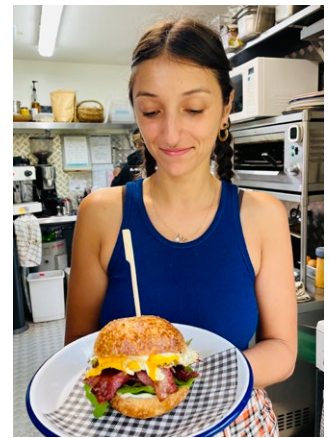
It's a lovely time to visit and enjoy their great food, quality coffee and relaxed, welcoming atmosphere.

The gardens are looking beautiful, making it the perfect season to wander through, soak up the surroundings and pick up some healthy seedlings to plant at home.

They warmly invite everyone to drop in, enjoy the space and experience all that is growing at The Paddock.

Open: Mon, Tues, Thurs, Fri
7am-3pm, Wed 7am-6pm,
Sat 7am-2pm, Sun 7am-1pm.
Closed Public Holidays

64 Argyle St Mullumbimby
0400 348 209
www.paddockproject.com
@paddockproject



Frozen pizza done right

For Bay Pizza Lab, pizza is an obsession.

The Byron Bay pizzeria has taken the same dedication behind its restaurant, and translated it into a range of frozen pizzas designed for home. Combining their Italian heritage with a scientific-like approach, the team has spent years perfecting their recipe.

The result? Superior bake-at-home pizza that's perfectly crispy, beautifully balanced and seriously delicious every time. Real pizza. No shortcuts.

Available at select retailers across the Northern Rivers, including Bay Grocer and The Little General Newrybar.

baypizzalab.com.au
@baypizzalab



TO TAKE HOME

The Mullumbimby Chocolate Shop

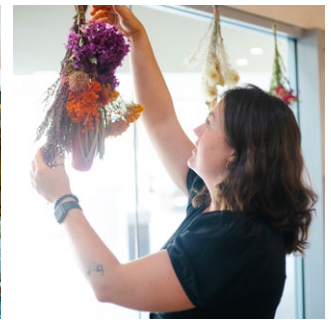
Head on over to The Mullumbimby Chocolate Shop for some refreshing, award-winning gelato and sorbet. With 18 ever-changing flavours on offer, you won't be disappointed!

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



Food Culture: Growing a regional food ecosystem

As Food Culture grows, so does their reach. What began as a tiny corner shop has become a thriving ecosystem of nourishment. While maintaining the warm, connected in-store experience their regulars love, they now have their sights set on the wider Northern Rivers.

From postal orders to cafe supply and Steiner-inspired baking packs, they are expanding with care and intention. By strengthening local relationships, they are working to shorten supply chains and keep value circulating locally.

It's time for Food Culture to become an east coast culture – connecting communities from the Tweed River through the hinterland hills and beyond. If there's something you need, give them a call. Food Culture: food as connector, food as creator.

Open 9am–6pm weekdays, 9am–5pm Sat, 10am–4pm Sun.

Ocean Shores Village Shopping Centre
02 6680 1122 • shop@foodculturebulkfoods.com.au
@foodculturebulkfoods

Not all sugar is the same – and that's a sweet thing

It's easy to think sugar is just sugar. A small crystal, a spoonful of sweetness, a pantry staple we've all grown up with. But look a little closer and you'll discover that where sugar comes from, how it's made, and what it's used for can make a real difference, not just to your cooking, but to your choices as a consumer.

Different sugars behave differently in the kitchen.

Caster sugar dissolves effortlessly into cake batters and meringues, creating light, even textures. Coarser sugars add crunch and character to biscuits and toppings. And for those looking to manage energy levels, Low GI sugar offers a way to enjoy sweetness with a gentler impact.

At Sunshine Sugar, that difference starts long before sugar reaches your pantry. Every product in the Sunshine Sugar range is made from Australian sugarcane grown and milled right here in New South Wales. From the fertile paddocks of the Northern Rivers to the finished pack on supermarket shelves, this is sugar with a clear and sustainable story.

Sunshine Sugar is proudly the only 100% Australian grown, made and owned sugar brand. That means every bag supports local cane growers, skilled mill workers, and regional communities that have been part of Australia's sugar story for generations. It's not just about sweetness, it's about sustaining an industry and the people behind it.

From paddock to pantry, Sunshine Sugar represents more than an ingredient. When you know your sugar, every spoonful tastes a little better.

sunshinesugar.com.au

@sunshinesugar_nsw f @sunshinesugarNSW



TO TAKE HOME

Lifecykel

Lifecykel is an Australian-founded wellness company dedicated to helping people optimise their health and performance through the power of functional mushrooms and superfood nutrients. Founded in Fremantle, Western Australia in 2015, the brand began as a sustainability initiative and has since evolved into a globally recognised leader in functional mushroom cultivation and extraction. Today, Lifecykel is trusted globally by over 300,000 customers seeking to biohack their performance, supported by more than 19,000 five-star reviews.

At the core of Lifecykel's philosophy is a simple idea: supporting daily vitality through nature's most intelligent fungi. Functional mushrooms have been used traditionally for centuries to support energy, focus, endurance, immune health and overall wellbeing. Lifecykel has built on this traditional knowledge by combining it with modern scientific processes to create highly bioavailable liquid extracts designed for everyday routines.

A defining feature of Lifecykel's products is their full-spectrum extraction approach, which utilises both the mushroom's fruiting body and its mycelium; the underground root-like network that produces a wide range of bioactive compounds. This approach allows the extracts to deliver a broader range of beneficial compounds such as polysaccharides, terpenoids and phenolic compounds that may support immune, cognitive and cellular health.

Each extract undergoes a dual-extraction process using purified water and organic sugarcane alcohol. This method captures both water-soluble and alcohol-soluble compounds, resulting in a more potent and highly bioavailable extract compared to powders or single-extraction products. The brand's patented purification process removes more than 99% of starch and grain from the growing substrate, producing clean extracts containing less than 1% starch and zero fillers.

Quality and transparency are central to the Lifecykel approach. Mushrooms are grown, extracted and manufactured in-house at the company's farm and facility in the United States, where cultivation and production are guided by a team of in-house scientists and specialists with decades of experience. Every batch undergoes independent third-party laboratory testing to verify purity, safety and consistency, ensuring products are free from heavy metals and contaminants.

Lifecykel's range includes functional mushroom extracts such as Cordyceps for energy and endurance, Reishi for relaxation and sleep, Chaga for antioxidant support, Turkey Tail for immune and gut health, and Shiitake for skin vitality. These extracts can be easily incorporated into daily routines by mixing them into coffee, tea, smoothies or water.

Complementing the mushroom range are additional biohacking tools and superfood nutrients, including Liposomal NR+ for cellular NAD support, Shilajit resin for vitality and Bee Pollen for natural energy and nutrition. Together, these products form part of Lifecykel's broader mission: empowering individuals to think, feel and perform at their best every day through science-backed natural solutions.

lifecykel.com
@lifecykel



TO TAKE HOME / FOOD EXPERIENCES

Satvik Foods loves local

Nourishing our community for more than 16 years, 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
@satvikfoods



M.V. Jasmine

Aboard M.V. Jasmine, April invites guests to experience Byron Bay from a different perspective, where relaxed luxury meets the beauty of the river.

Known for its elevated yet fun bar and dining experiences, M.V. Jasmine introduces leisurely brunches, sun-soaked long lunches and its signature sunset cruises. A newly launched ANTIPASTI BAR joins a refreshed autumn menu celebrating local Northern Rivers flavours. From colourful weekend brunches to relaxed lunches on the water, dishes are designed to reflect the season and the shifting river views, paired with morning coffee from Loma and afternoon cocktails and wines curated by Luna Wine Store.

More than a floating bar, M.V. Jasmine is a setting for memorable moments, from private charters and milestone birthdays to intimate weddings and celebrations, with only a few coveted autumn dates remaining.

Upcoming Events:

- 3 and 5 April – Easter Sunset Series
- 4 April – Easter Brunch on the Water
- 10 and 17 April – Brunch on the Water
- 11 April – Trouble San on the Water (lunch)
- 19 April – Pilates by Brooke on the Water (brunch)
- 24-26 April – Sunset Series

Mention this *Eat Drink* article for a complimentary coffee or prosecco on board.

www.mvjasmine.com • @jasminebyronbay



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

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
@benilato



*Life is so
endlessly delicious.*

– Ruth Reichl

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



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

www.echo.net.au/eat-drink

*If more of us valued
food and cheer and
song above hoarded
gold, it would be a
merrier world.*

– J.R.R. Tolkien

The healing power of the mycelium network

Mandy Nolan

It has often been said that necessity is the mother of invention. For Julian Mitchell, co-founder of Lifecykel, the producer of the world's most-trusted mushroom extracts, the driving force for innovation was definitely what he perceived as a critical need in human health.

'I was working as a physio in a very high-level sport, working in premier league soccer where there was so much focus on optimising the body and human performance,' Julian explained.

What Julian identified was what he calls the 'pain point'.

'We were questioning the food cycle. There was so much fake meat. Fake protein. People are encouraged to eat a healthy diet, but it's not the case anymore. The soil is depleted, GMO is slipping into things – then there are the environmental stressors, pesticide use, endocrine stressors – we aren't living like our parents lived. Sadly, we live in an over-fluoridated, over-medicated, over-caffeinated society. We need better tools. And the best tools are natural and organic.'

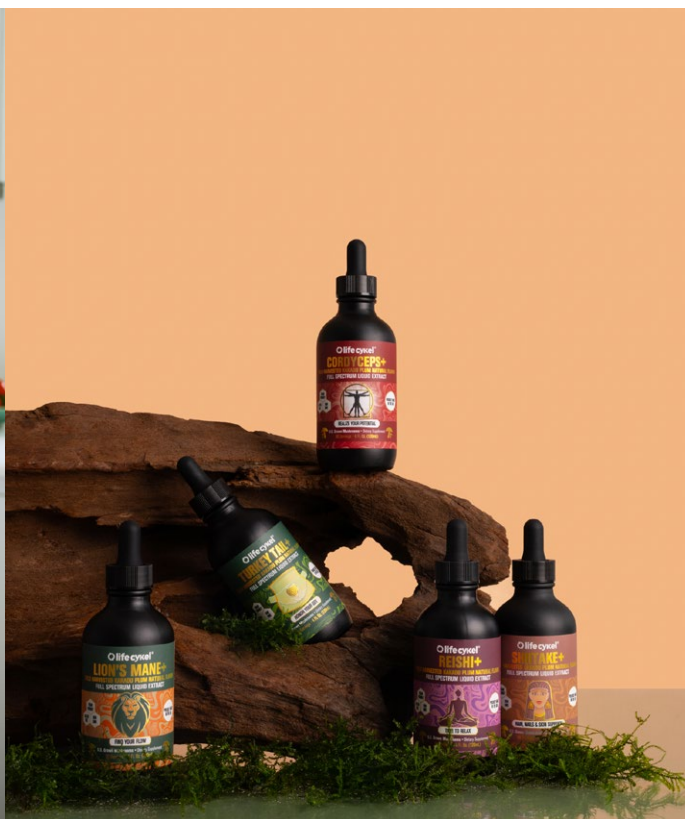
Julian was inspired by the 2008 TED Talk by the world-leading mycologist Paul Stamets: '6 Ways Mushrooms Can Save the World' where he lists the ways the mycelium fungus can help save not just the world, but the universe. 'It's simple and profound,' says Julian and it became their call to action to create Lifecykel.

Initially Julian was interested in developing mushrooms as food.

'We fitted out sea containers, recycled shipping containers, as grow rooms for mushrooms for restaurants and cafes,' he said.

Lifecykel started in Fremantle then moved to Byron in 2017 and started growing at the Byron Herb Nursery where their research and development lab is still located.

'We got into the extracts when we got to Byron,' says Julian. 'The research led us to that as the next step. We saw mushrooms as a functional food, and recognised the health benefits of other mushrooms that Australians are unaccustomed to, like lion's mane, cordyceps, reishi, shiitake, and turkey tail.'



Lifecykel create liquid extracts that are designed for human optimisation, health, and longevity.

Julian believes everyone can benefit from improving their gut health. That's one of the many properties for example of turkey tail mushrooms. The exciting part is that different mushrooms have different impacts, and Lifecykel creates a range of products for consumers depending on whether they want a more general or more targeted approach.

'Lion's mane is the most instantaneous. It helps you get in the flow state, where you are energised but calm. Cordyceps is for smoother energy without the crashes and adrenal fatigue of coffee, giving you a four-to-six-hour flow. Finally, reishi helps you access the zen of wind-down mushrooms, which calm the mind and body – functional mushrooms bring you back into your body,' says Julian.

'One of our newest generation of products is Shilajit, it was just launched. This probably wasn't necessary ten years ago, but soil mineral depletion means less minerals in our body, so this has 92 different minerals in one. Fulvic acid is good for hormonal balance, shilajit is known as rock sweat as it sweats out of

'Sadly, we live in an over-fluoridated, over-medicated, over-caffeinated society. We need better tools. And the best tools are natural and organic.'

**~ Julian Mitchell,
Lifecykel**

rocks at high altitude.' It's one of the products from outside of the fungi world.

The most popular product is without a doubt, Liposomal NR+, a form of B3 that supports NAD levels. Nicotinamide adenine dinucleotide (NAD) boosts metabolism and supports brain power. 'Without NAD we'd be dead it lives in every cell of the body, but as we age it rapidly declines,' says Julian.

'If you are interested in longevity, your NAD levels are a key marker – so you give your body Liposomal NR+ and it makes more NAD naturally. That's the philosophy of our company – supporting, nurturing, and working symbiotically with human biology.'

'There is a mushroom for everyone,' says Julian who now employs over 30 people, selling into 80-plus countries.

'I was just the guy complaining in the lunchroom,' says Julian of what motivated him to create a sustainable health-based business. 'It's a form of activism, building a business that is good for business and good for the community.'



CATERING



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.

hello@vespercatering.com • 0476 799 596

www.vespercatering.com

@vesper_cocktail_catering



Food to a large extent is what holds a society together and eating is closely linked to deep spiritual experiences.

— Peter Farb

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

catering@thelarder.com.au

@larder_catering_byronbay

@TheLarderByronBay



Sweet Corn, Mussel & Snapper Chowder

Recipe provided by Shelter, Lennox Head

Serves 4–6

INGREDIENTS

1 leek (white part only), finely sliced
1 large white onion, finely sliced
8 corn cobs, cooked
3L mussel stock
2L corn & coconut base
4 snapper fillets (skin on)
Olive oil
Sea salt
Lemon juice

METHOD

Prepare the corn

Cut the kernels from the corn cobs and set aside. Reserve the cobs for making the corn base.

Cook the aromatics

In a large pot, heat a splash of olive oil over medium heat. Add the sliced onion and leek with a pinch of sea salt. Cook gently until soft, sweet and translucent.

Add the corn

Stir in the corn kernels and cook slowly until tender, ensuring they don't take on colour.

Build the soup

Pour in the mussel stock and simmer until reduced by about half to concentrate the flavour.

Finish the chowder base

Add the corn and coconut base and continue simmering until reduced by roughly a quarter.

Blend the soup

Blend the chowder until smooth using a high-speed blender or Thermomix, then pass through a fine sieve for a silky texture. Season with sea salt and lemon juice to taste.

Cook the snapper

Season the snapper fillets with salt. Heat a pan with a little olive oil over medium-high heat and cook the fish skin-side down until crisp (about 3–4 minutes). Turn and cook for another minute until just cooked through.

To serve

Ladle the hot chowder into bowls and place a seared snapper fillet on top. Finish with cracked pepper, a drizzle of olive oil and sea succulants.

www.shelterlennox.com.au

CATERING

Let Chef David Lisken 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

@chefdavidlisken

hello@chefdavidlisken.com

0432 979 590



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



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 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. Catering is made the way they cook for family – with care, tradition, and a love of sharing good food.

From slow-roasted mains to hearty autumn sides and sweet treats, every dish is made with care, seasonal produce, and has Maria's touch. Perfect for families, a girls' lunch, or anyone who'd rather be sipping bubbles than be in the kitchen.

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.

17 Banksia Drive, Byron Bay

0433 969 981

www.mariasbyronbay.com

feedme@mariasfood.com

@mariasbyronbay

DRINK



Stone & Wood

At Stone & Wood's Byron HQ, locals and visitors gather for some of the freshest brews and best food in the Shire. With a 31-tank brewery, guests can enjoy all their Stone & Wood favourites, as well as exclusive pilot batches.

Head on down for 'Friday Afternoon Delight', cold beers and live music in the beer garden, every Friday arvo from 3.30pm to 6.30pm.

Feeling peckish? They have an unbeatable menu of meals and snacks from the Stone & Wood canteen, with a menu that pairs perfectly with their wide variety of beers.

So drop on by, slow down and soak it up with your crew... even the doggos are welcome!

100 Centennial Circuit, Byron Bay
0429 060 262

www.stoneandwood.com.au

📷 @stoneandwood • 🍷 @stoneandwoodbrewing

Aurum Premium Manuka Wines

Aurum Premium Manuka Wines' cellar door in Newrybar delivers one of Byron Shire's most distinctive tasting experiences. This award-winning local Byron winery has transformed the world's oldest drink into a refined, modern collection of fine wines made from premium Northern Rivers' manuka honey. Offering a true alternative to traditional grape wine and champagne, Aurum is quickly becoming recognised globally as a leader in its category.

Guests will be guided on a tasting journey by award-winning French-Australian winemaker Louis Costa. Relax on the deck and enjoy a wine flight of six premium sparkling and still honey wines, paired with six gluten-free, Michelin-designed canapés and manuka honeys, all for \$45. For group bookings and canapé pairings, please book ahead via Aurum's socials.

The cellar door is open at Newrybar Hall all Easter weekend. Saturday and Sunday 4-5 April, 10am-4pm. Walk-ins welcome.

www.aurummead.com • 📷 @aurummead



Cape Byron Distillery

Award-winning spirits and immersive experiences in a regenerated subtropical rainforest setting, just 15 minutes from Byron Bay. Home to Brookie's gin and Australia's only B-Corp certified whisky distillery, they provide unique tasting experiences and tours that showcase their commitment to sustainability and craft.

On a Rainforest Tour and Guided Gin Tasting, guests can stroll through the rainforest with a gin and tonic in hand learning about the Big Scrub while seeing, smelling and touching native botanicals that go into making Brookie's Byron Dry Gin. The whisky tour guides guests through the barrel room to learn about the whisky-making process and taste the full single malt range, which is matured in the unique coastal rainforest environment. The cellar door offers a unique and exclusive fill-your-own-bottle experience, allowing whisky enthusiasts to fill and label their bottle straight from the cask.

Cape Byron Distillery also welcomes private functions and corporate events on their stunning rainforest balcony, offering tailored experiences from guided tastings to full cocktail sessions featuring seasonally-crafted drinks and local grazing platters. Guests are also welcome to drop in for a casual cocktail at the bar or browse the retail wall stocked with their full range of spirits, limited releases and local goodies.

Open Thursday to Sunday, 10.45am to 6pm.

80 St Helena Road, McLeods Shoot
www.capebyrondistillery.com

02 6684 7961

cellardoor@capebyrondistillery.com
[@brookiesgin](https://www.instagram.com/brookiesgin) [@capebyrondistillery](https://www.instagram.com/capebyrondistillery)



DRINK

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 tours, tastings and events.

18/13 Thornbill Drive, South Murwillumbah
www.calderabrewing.com.au
@cbbc.beer



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
dan@highwaymanwhisky.com.au
@highwaymanwhisky

AZTECA Margarita

Iguana sits on a rock.

What is Azteca? Azteca Margarita is... BLAMMO!

A plume of smoke shocks the air.

Ready to bust through the double doors and fly kick life square in the knackers.

Iguana struts down the wedding aisle in a purple leather suit as petals fall from the sky.

And what does Azteca lack? F#@cking nothing according to every human that's been lucky enough to rest their lips on the side of a glass containing the good sh!t.

Azteca is all thangs margaritas. Mexico in Billinudgel. Bloody fun!

Iguana takes a sip, throws his hat to the heavens and looks you straight in the eyes... Then winks.

Open Monday to Friday 10am–3pm.

2/17 Lucky Lane, Billinudgel • info@aztecamargarita.com
www.aztecamargarita.com • @AztecaMargarita





Bite Size Bits

The Northern Rivers offers a delicious mix of beachy vibes, lush landscapes, local produce and a health-conscious food scene. Whether you're searching for the right spot, the right mood or simply something to satisfy your appetite, here are a few *Eat Drink* team picks to get you started.



By the beach

For a toes-in-the-sand cafe or oceanfront restaurant.

CAPICHE, BALLINA

Italian flavours with a view. Perfect for lunch with friends or dinner with someone special, this seaside spot at Main Beach, Ballina serves relaxed coastal dining with a touch of Italian charm.

Photo: capicherestaurant.com.au



Salt air, cold drink

Perfect casual coastal bar or brewery.

BEACH HOTEL

The iconic Beachy overlooks Main Beach, Byron Bay from its breezy beer garden—offering a laid-back seaside escape with cold drinks, live music and easy coastal vibes. What more could you ask for?

Photo: beachhotel.com.au



Post-swim hunger

Burgers and cold brews earned after the ocean.

OLD MAIDS

Epic food, super-friendly staff, and a laid-back streetfront buzz. Grab a juicy burger, coffee or smoothie and join the post-beach crowd – locals, families and plenty of furry friends included.

Photo: [instagram.com/oldmaids_brunswickheads](https://www.instagram.com/oldmaids_brunswickheads)



The local favourite

A place everyone 'just knows' – no hype needed.

BANG BANG BYRON BAY

So popular you might struggle to score a table – but it's worth booking ahead, or grabbing a walk-up spot outside. Expect bold Southeast Asian flavours served with a modern twist, plus standout cocktails and excellent service. It's hard to go past Bang Bang for a memorable dining experience.

Photo: [instagram.com/bangbangrestaurants](https://www.instagram.com/bangbangrestaurants)



Worth the drive

Idyllic hinterland, slightly out-of-the-way gem.

THE ELTHAM HOTEL

Great for lunch, an afternoon session or a night out with live music. The Eltham blends country pub charm with a cool edge – good food, cold beer and plenty of space to settle in.

Photo: elthampub.com.au



No meat allowed

Awesome vegetarian offerings

NO BONES

Byron Bay's standout vegan restaurant and a favourite across the Northern Rivers. Living by their motto 'Eat flora, not fauna', they serve bold, flavour-packed dishes in a buzzing setting. Even meat-lovers are surprised by how satisfying the menu is. If you've got a vegan or vegetarian in your crew, this spot is a must.

Photo: nobones.co



Comfort done right

For unfussy, deeply satisfying food.

LELLO'S

Dishes that warm the belly and satisfy the soul. Lello's Pasta Bar is a family-owned Italian spot specialising in handmade pasta. Expect a seasonal menu packed with simple, comforting flavours – the kind of food that keeps locals coming back for more.

Photo: lellospastabar.com



The bean that matters

Where to find the best coffee brew in the region

BYRON MOONSHINE COFFEE

Sustainably sourced, flavour-packed coffee roasted right here in the shire. Visit the roastery and coffee shop in Billinudgel, or stop by the Federal cafe for a fresh brew. You can also grab a bag to take home. Smooth, rich and seriously tasty.

Photo: moonshinecoffee.com.au



Long lunch territory

Great for relaxed, sun-drenched dining.

FRIDA'S FIELD

Set on a 120-acre regenerative farm, this dining experience celebrates contemporary country cuisine. The speciality here is the long lunch, with three set sittings each week on Friday, Saturday and Sunday. Award-winning chef Alastair Waddell delivers a rustic yet refined menu – honest, creative and full of flavour.

Photo: fridasfield.com



Drinks with a view

Golden hour, wine, snacks, no rush.

HORIZON BAR

Open to everyone and located at Hotel Marvell, this rooftop cocktail bar offers panoramic views across Byron Bay. Settle in with a drink and a bite to eat as the sun dips and the sky glows. It's the perfect spot for afternoon snacks and cocktails, a chilled-out evening, or a relaxed catch-up with friends.

Photo: hotelmarvell.com.au



Come hungry

Big flavours, generous plates, zero restraint.

THE MIDDLE PUB

In the heart of Mullum, this iconic pub dishes up some of the most affordable and generous meals in the region. Most of the menu sits around the \$20 mark, with a few cheaper bar snacks and some premium options if you're feeling fancy. Expect all the pub classics – steak, fisherman's basket and schnitzel – alongside slow-cooked comfort favourites like pork belly and lamb shank.

Photo: themiddlepub.com.au



Fine dining

For that fancy affair

FEU AT THE BELONGIL

In Byron Bay, celebrity chef Shannon Bennett has opened a multi-venue dining destination. At the top end is Fue, a premium experience where opulence is front and centre. The restaurant promises a return to curiosity, instinct and trust – a reimagined approach to dining.

Photo: instagram.com/feu_belongil

DRINK

When friends get together? Hiatus Beers & Ammazza Pizza!

The laid-back coastal vibes of Byron provide the perfect pairing: pizza and non-alc beers. Hiatus Non-Alc Pacific Ale alongside a tropical pizza is pure sunshine on a plate – think bright hops, gentle bitterness and a refreshing finish that lifts sweet pineapple and salty notes beautifully. Prefer something classic? Hiatus Non-Alc Lager with pepperoni is a no-brainer. Crisp, clean and easy-drinking, it cuts through the spice and richness, keeping each bite balanced and satisfying. It's proof you don't need alcohol for a full-flavoured experience, just good ingredients and good friends.

www.hiatusbeers.com • www.ammazza.com.au
@drinkhiatusbeers • @ammazza__pizza



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
@wandanabrewingco f @wandanabrewco

Ventura Brewing

Ventura Taproom is now open! With polished concrete floors, natural stone finishes and a lush sub-tropical courtyard garden, their brewery taproom is the perfect spot to kick back with a few friends, enjoy an ice cold bevy straight from the taps, and watch sunset over Wollumbin and the scenic caldera.

With 12 taps of nectar pouring a rotating selection of their award-winning hard kombucha, along with craft beers, natural wines and quality non-alcohol options – there's plenty for everyone. Paired with easy, delicious snacks, they guarantee your taste buds will be happy and your stomach smiling. Because it tastes better when it's made in paradise!

Open Thursday to Saturday, 1pm–8pm.

10/141 Lundberg Drive, Murwillumbah
@ventura_brewing • www.venturabrewing.co



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
@pour.good
@naturalwineshopandbar



DINING

Shelter – Lennox Head

Shelter celebrates Northern Rivers produce in a relaxed coastal setting; simple, seasonal food done well, with a focus on community and connection.

Located in the heart of Lennox Head, Shelter was created as a place where locals and visitors can gather, slow down and enjoy the best of what our region has to offer. The kitchen works closely with local farmers, fishermen and producers to build menus that reflect the seasons, highlighting fresh seafood, quality meats and vibrant local vegetables.

A coastal take on Modern Australian, inspired by Asian flavour – thoughtful, generous and designed to be shared. Whether it's a long lunch with friends, breakfast after a morning swim, or dinner with a glass of wine as the sun goes down, Shelter aims to create an experience that feels both special and effortless.

The space itself is inspired by the laid-back beauty of the Northern Rivers; open, welcoming and connected to the natural surroundings that make this part of the world so unique. Our team believes great hospitality is about more than just food – it's about creating an atmosphere where people feel comfortable, looked after and excited to return.

At Shelter, they're proud to be part of the Lennox Head community, and to showcase the incredible produce and talent found here in the Northern Rivers.

Whether you're a local regular or discovering Shelter for the first time, the door is always open.

41 Pacific Parade, Lennox Head • 02 6687 7757
www.shelterlennox.com.au



All day dining at Three Blue Ducks

From Friday to Sunday, the kitchen at Three Blue Ducks keeps cooking right through the afternoon. There's no break between lunch and dinner, so whether you're arriving for a long lunch or dropping in early for the evening, you can pull up a table and order whenever it suits.

On Sundays, live music kicks off the afternoon before rolling into the restaurant's much-loved Sunday Roast from 4.30pm, giving you every reason to gather a few friends, settle in and make the most of the weekend.

11 Ewingsdale Road, Ewingsdale, Byron Bay
02 6190 8966
www.threeblueducks.com
@threeblueducks

No Bones

At No Bones, evenings are all about bold flavours, great cocktails and good company. In the heart of Byron Bay, the team serves share style dishes designed for the table, alongside a cocktail list worth lingering over.

Planning a celebration? From intimate dinners and weddings to full venue takeovers, No Bones hosts unforgettable events in the restaurant. Prefer to celebrate elsewhere? The full service catering brings the No Bones experience to you.

Whether you're joining for dinner or planning something special, pull up a seat and let them take care of the rest.

Book your table or enquire about events and catering online.

www.nobones.co
@nobonesrestaurants



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
76 Booyong Road, Nashua • 0484 544 978



Azure Bar and Grill

Join Azure Bar and Grill for relaxed coastal dining led by award-winning Executive Chef, Craig Robertson. Celebrating native and seasonal ingredients as part of the forest to foreshore philosophy, the menu brings bold flavours and beautiful local produce to the table – from share platters to desserts designed to linger over.

Fire Pit Fridays from 5pm; enjoy live music, flowing drinks and an easy Byron atmosphere under the stars – a perfect start to the weekend. Settle in for a long dinner, sunset drinks, or make it a Friday ritual.

Open daily 7am–9pm for buffet breakfast, lunch and dinner.

Locals save 10%* on food and drinks at Azure Bar and Grill.

www.elementsofbyron.com.au/dining/azure-bar-grill
144 Bayshore Drive, Byron Bay

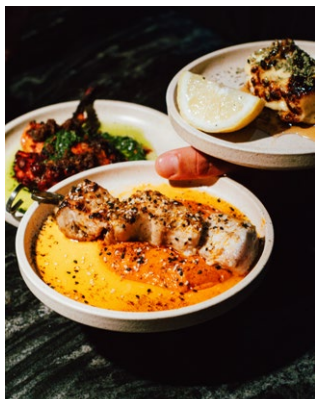
The Roadhouse

Just outside the centre of Byron Bay, The Roadhouse is a long-time local favourite for slow mornings, shared tables and lively nights.

Start the day with Allpress coffee, tonics, and seasonal breakfast plates under the palms – an easy, relaxed spot where locals and visitors cross paths. By evening, the Roady shifts gears. From Wednesday to Saturday, the dining room and open-air terrace come alive with wood-fired plates, cocktails, natural wines and live music.

Equal parts neighbourhood hangout and Byron institution, it's the kind of place you drop in for a coffee and end up staying a little longer – brunch with friends, happy hour drinks, or dinner that rolls into the night.

142 Bangalow Road, Byron Bay
www.roadhousebyronbay.com
@roadhousebyronbay



Rosefina's Mexican

Rosefina's embraces 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 signature dish, Beef Birria, is a labour of love with slow-cooked, locally sourced beef and served with its own broth and tortillas on the side, is an authentic Mexican experience.

Rosefina's also embraces a love of music and celebration supporting local musicians and DJ's to provide some extra picante to your experience. On Friday and Saturday afternoon/evenings DJ's provide background ambience, with live music on Saturday evenings. Keep an eye on socials for regular updates.

10 Wilfred Street Billinudgel
rosefinas.place • @rosefinas_ @rosefinasmexican

DINING

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.

The ShakShuka evening bar is open for amazing cocktails and tapas. book in for private events; birthdays, hens parties or any celebration. 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



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 • 02 6684 5285

www.baypizzalab.com.au

@baypizzalab

Bangalow Tuckshop

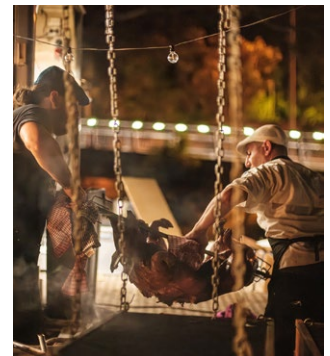
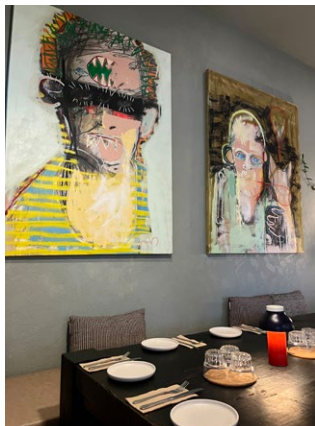
Smack bang in the middle of Bangalow, Tuckshop is where good food and good times bump into each other and decide to stay for a drink. They've taken modern Aussie cuisine, given it a cheeky spin, and packed it with the best locally-sourced produce the Northern Rivers has to offer. Step inside and its 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. Wednesday is BYO night.

www.bangalowntuckshop.com.au

@bangalowntuckshop



Bistro Sicily

Bistro Sicily brings the heart of Italy to Billinudgel, serving authentic Italian staples, handmade pasta, daily specials, and traditional long-fermented dough pizza crafted with passion and experience.

Giuseppe's love for cooking began at just four years old, growing up immersed in the rich traditions of Sicilian cuisine.

Today, their dishes reflect both humble heritage and refined skill, with generous plates of gnocchi, risotto, and handmade pizza served with warmth and authenticity, while prioritising the use of local produce and high quality ingredients.

They offer both takeaway and dine-in options, along with a beautiful outdoor area available for private events, creating the perfect setting for celebrations, gatherings, and special occasions.

Hours : Tuesday to Sunday 5-8pm

www.bistrosicily.com.au

0423 877 086 • 2-4 Mogo Place, Billinudgel

@bistro_sicily

DINING / CASUAL EATS

Forest at Crystalbrook Byron

Celebrate the Easter long weekend at Forest with rainforest views, golden afternoons and seafood platters on special across the weekend. Sip Easter-inspired cocktails and graze on a chilled platter of oysters, smoked salmon, Ballina prawns and pickled octopus, or share a hot platter of market fish, char-grilled prawns, scallops, garlic bugs and crispy calamari. Whatever time of year you come, a long lunch at Forest is best enjoyed slowly beneath the trees.

crystalbrookcollection.com/byron/forest



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



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



Saint Helena

Saint Helena was born in December 2025, and founded by chef, author and presenter Katie White.

It is known for its beautifully crafted, European-inspired food made fresh daily, drawing on the flavours of Italy and France. From fresh baguettes, French pastries and pistachio tiramisu to indulgent toasties and vibrant salads, the menu is generous, nostalgic and deeply satisfying. There's organic local coffee, and options to stock your fridge for the days ahead – or let Saint Helena cater your next gathering with ease.

Tucked into the heart of Byron, making it easy to drop in for a coffee, a slow brunch, or one of their intimate cooking classes.

9/8 Fletcher Street, Byron Bay • 0427 037 111

www.sainthelena.com.au

@@sainthelenaculinary

CASUAL EATS



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. During the daytime buckwheat galettes and mainstay date scones can be eaten casually with coffee by the grassy outdoor quadrangle while others choose to dine inside on vegetable plates, oily fish and wine.

Take Care matches dishes with exhibiting artists, grills delicious things over coals and experiments with the changing form of food through fermentation and social evolution.

Take Care hosts a dinner service on Thursday nights offering a small bar and seasonal menu that is suitable to settle in for midweek. Featuring plates that highlight floral flavours and forgotten classics, from 4pm.

11 Rural Street, Lismore
www.takecarefood.com.au
 @take.care.food

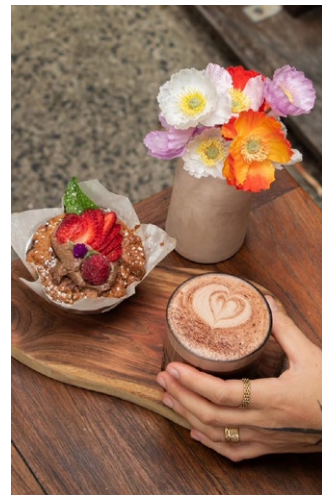


Combi

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 • @wearecombi



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
 @byron_general_store

Hats off to the hatted restaurants of the Northern Rivers

David Lowe

This beautiful part of the world is blessed to be the home of many fine restaurants, with a number being recognised by chef hat awards from both the *Australian Good Food Guide* (AGFG) and the *Sydney Morning Herald's Good Food Guide*.

The AGFG has been awarding chef hats to restaurants since 1977, with 17 recognised in the latest listings, from Murwillumbah to Byron Bay, and Lennox Head to Possum Creek, all enjoying the friendly rivalry.

For chefs and restaurant owners, the awarding of a hat can be the drawcard that brings curious foodies out to try a new place, a reward for hard effort, or a yardstick of quality over the years. Of course, the process is entirely subjective, but with reviewers being anonymous, it's one way to sort the best of the best, from those who take their food and wine seriously.

Not far from Byron Bay, in Nashua, Frida's Field is a family-run hatted restaurant which started at the height of Covid, a very difficult time for hospitality businesses.

Owner Jeanie Wylie says chef Alistair 'Ally' Waddell worked around the world before he joined Frida's Field, which incorporates its own farm, five years ago.

Sourcing locally

'It was just an absolute match made in heaven, because Ally loves food as much as we do,' said Jeanie. 'He cooks all day and goes home and cooks for fun. He's really dedicated to local sourcing, so he goes to the Byron Bay Farmers Market every Thursday morning before coming to work. He's got great relationships with the local farmers.'

'That's what we want to do; grow what we can and when we can't grow something, source ingredients locally,' she explained.

'We change our menu once every six weeks, so that means we have two menus per season. Ally designs his menus by saying, "What have you got? What have we got coming up on the farm?" Everything is produce-driven and seasonal.'

Andrew Love is co-owner of Lennox Head's Shelter, another hatted restaurant with strong local connections.

'We've been here nine years, so we're a bit of an institution now,' he said.

Situated right on the beachfront, Shelter's ethos is all about being local and sustainable, from the drinks to the seafood.

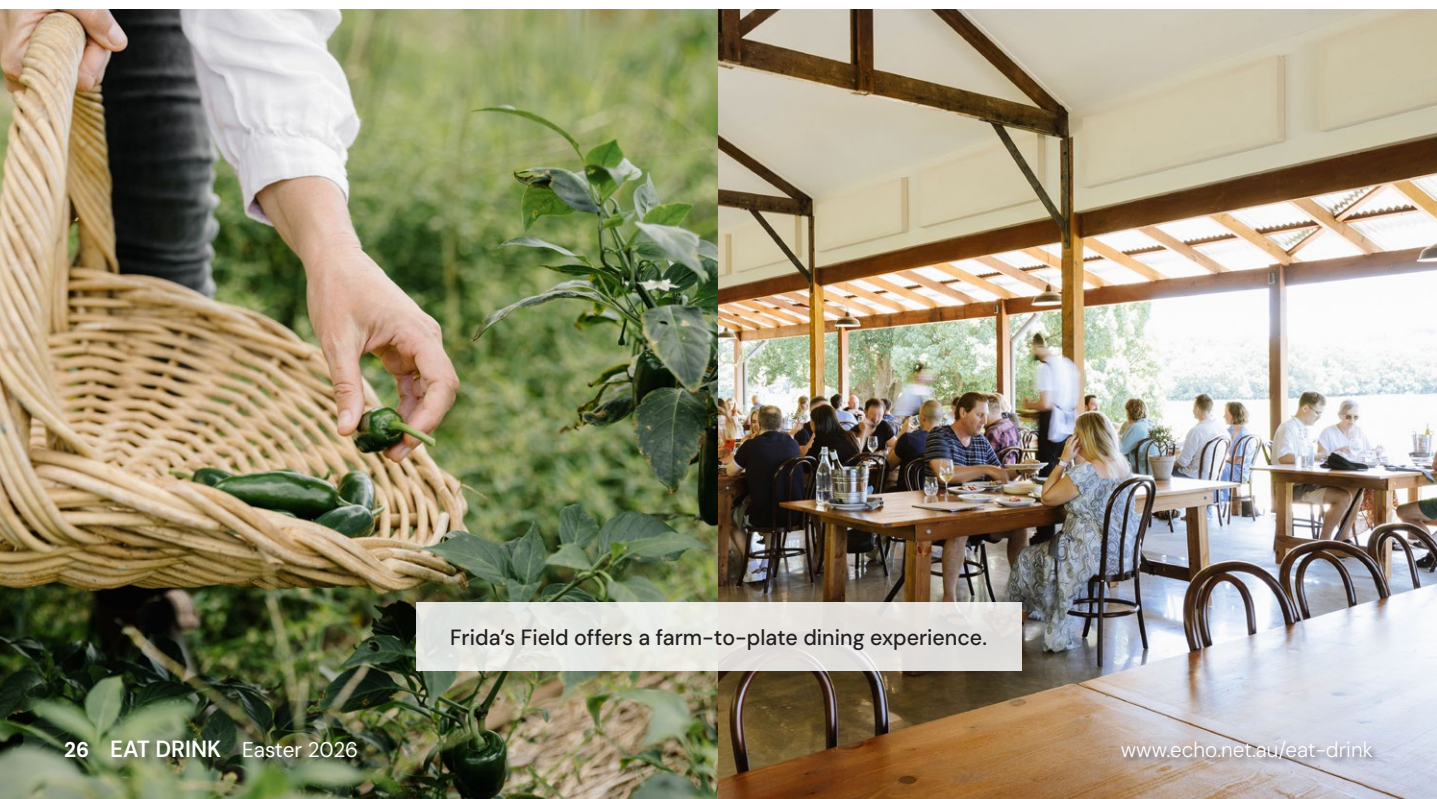
Their executive chef is Cameron Irving, whose restaurant in Sweden was awarded a Michelin Star. At Shelter his focus is on memorable flavours with an Asian influence.

Recognition

As for hats, Andrew Love says, 'it's always a nice feeling to get a bit of recognition for hard work'.

For him, hat ratings are a byproduct of consistent high standards.

Shelter's menu changes with the seasons, but signature dishes include their fish cakes (a popular breakfast choice), scallops, local sashimi, and



Frida's Field offers a farm-to-plate dining experience.

steak frites on Thursday lunches and Sunday evenings.

Vegans aren't left out, with the burnt beetroot, cashew sambar, labne and avocado a standout.

Frida's Field do a set menu, with three lunches per week, on Friday, Saturday, and Sunday. They offer omnivore and vegetarian options, featuring ingredients including wood-fired grilled bee, and eggs from their own farm.

'Our current vegetarian main dish is a tagliatelle, so fresh egg pasta with roasted kelp butter,' said Jeanie Wylie.

'Another thing Ally does is foraging for beautiful, edible succulents. He was mentored by Peter Hardwick, who's a local bush foods foraging expert, so he'll be bringing in whatever's in season and incorporating that into the menu as well.'

Shelter's emphasis on local ingredients goes beyond food to their drinks menu, with a strong emphasis on Australian, independent winemakers and breweries.

'Australia has so many fantastic wine producers,' said Andrew Love. 'I think it would be a shame to buy wine from other parts of the world when you can get equally good wine from a family down the road, or in the next state.'

'That's what we want to do; grow what we can and when we can't grow something, source ingredients locally.'

~ Alistair Waddell,
Frida's Field

The more things change...

With Lennox Head changing fast, it's nice to see some continuity at Shelter, with the building itself being 100 years old (one of only three structures in town back then). The place had a previous history as a restaurant in the 1950s and '60s, when the owners lived upstairs.

'I met the lady last week,' said Andrew. 'She was in for breakfast!'

In those days there must have been a very different culture around dining out than today? 'Yes, it was just like,

birthdays and Christmases,' he said. 'But Lennox still has that small town feel, there's still one main street, one post office, and one pub. I think that's a big drawcard to the area.'

Frida's Field is also keeping in touch with its roots, with the previous long-term family owners of the 120-acre farm at Nashua being lunch guests more than once, and going for walks around the property to remember how things used to be.

Along with a passion for fine food, the focus at Frida's Field is now on regeneration. On the farm, a small herd of wagyu beef cattle is managed along holistic principles, using cell grazing, and there have also been extensive plantings in the riparian zones along Byron Creek and the Wilsons River, using original Big Scrub species.

'Behind the restaurant, we've got a food forest orchard,' said Jeanie Wylie. 'We've planted fruit trees as well as timber trees and rainforest trees, so that's adding even more biodiversity.'

While her husband grew up on a farm, Jeanie was originally from the city, but has fallen in love with the rural lifestyle, and now says she couldn't imagine living anywhere else.

'We're very lucky that we're trying to live our dream,' she said.



Shelter's ethos is all about being local and sustainable.



PUBS & CLUBS

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 Insta, or better yet – just ask a local.

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



The Pacific Bistro at the Brunswick Heads Bowling Club

With a large dining area and a warm family atmosphere, the Pacific Bistro offers à la carte dining with meals from just \$18, as well as catering for functions and events. Open Tuesday to Sunday for lunch 12pm–2pm and dinner 5pm–8pm.

107 Tweed Street, Brunswick Heads • 02 6685 1328
www.brunswickbowlingclub.com



Wok Chop n' Grill at The Kingscliff Beach Bowls Club

Casual dining, stunning views, quality local produce. Wok Chop n' Grill is a great place to eat. Open for lunch and dinner you can sit back, relax and enjoy the gorgeous panoramic ocean views, while dining on fabulous food. Explore the recently refreshed menu, that offers a taste of Malaysia and Aussie classics.

With barefoot bowls, live music and events, Kingscliff Beach Bowls Club is the place to be!

www.kbbc.com.au
02 6674 1404
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*Food brings people
together on many
different levels.*

*It's nourishment of
the soul and body;
it's truly love.*

– Gina de Laurentiis

PUBS & CLUBS

The Australian Hotel Ballina – where autumn starts

Autumn in Ballina means relaxed 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
 @theaussiehotelballina



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.

Kids HQ is a vibrant family space designed to keep little guests entertained while the grown-ups relax. Featuring an interactive, galaxy-inspired play environment with free-to-play arcade games, TV and beanbags and plenty of fun energy, it makes Ballina RSL an easy choice for families looking to enjoy great food, connection and a welcoming atmosphere together.

1 Grant Street, Ballina
 02 6681 9500 • www.ballinarsl.com.au

Key flavour, health, and sustainability trends for 2026

Aslan Shand

While some people are touting the comeback of cabbage as a trend in 2026, I'm not sure any of my kids will ever see that as an option after I recently tried a cabbage recipe I found. However, for a more proficient cook, or one of the amazing chefs we have in the Northern Rivers, I'm sure that the humble cabbage is in a position to retake centre stage, or at least a side plate position this year.

Acclaimed local native food chef and Bundjalung woman Mindy Woods told *Eat Drink* that localisation and seasonal eating are what she sees as coming trends for 2026.

'Eating more of our beautiful native and local foods and getting back into seasonal eating is really starting to come through,' she said.

'I think we're moving away from that fine dining kind of etiquette and bringing food back to its cultural roots, which really makes me happy. It is about dining and eating together, sharing conversations and sharing stories. I think that's really the direction where food is heading, which is an exciting thing. I think it's doing a full circle. We're such an incredible community to be able to showcase what that's really about. We can access some of the best produce in Australia within 100 kilometres from where we all live, and that's really something that we should be proud of as a community.'

In the meantime 'swicy' and 'fricy' combos seem to be charging out of the blocks as new flavour combinations for 2026.

'Swicy' is a sweet-meets-spicy combination which has previously been seen in beverages, but it has now making its way over to the food pantry. 'Swicy' is seeing an explosion in snacks and sauces that bring together the sweet with the heat, think chilli chocolate, but taking it to the next stage with honey and chilli chips, or Korean-inspired chicken dishes which work to balance that sugar and heat combination into new and exciting dishes.

Even newer on the block is 'fricy' which is taking the fruity and spicy combination another step forward. Think strange but good combinations like chillies sprinkled on mango, or watermelon/pineapple and salt. And that is not even taking onto account 'swangy' (sweet, spicy, and tangy) or 'swavoury' (sweet and savoury).

Sustainable and traditional

While flavour combinations are all swinging together to come up with new combos to challenge our taste buds, executive chef at Byron's Crystalbrook, Tiffany Jones, says sustainability is a key trend for 2026.

'Most places, are leaning right into sustainability and doing a lot of the "nose to tail" with many of their

products. We have a bit of a joke here that we do a nose to tail with an onion, because we use the entire onion. We burn skin into an ash and make a salt out of it.'

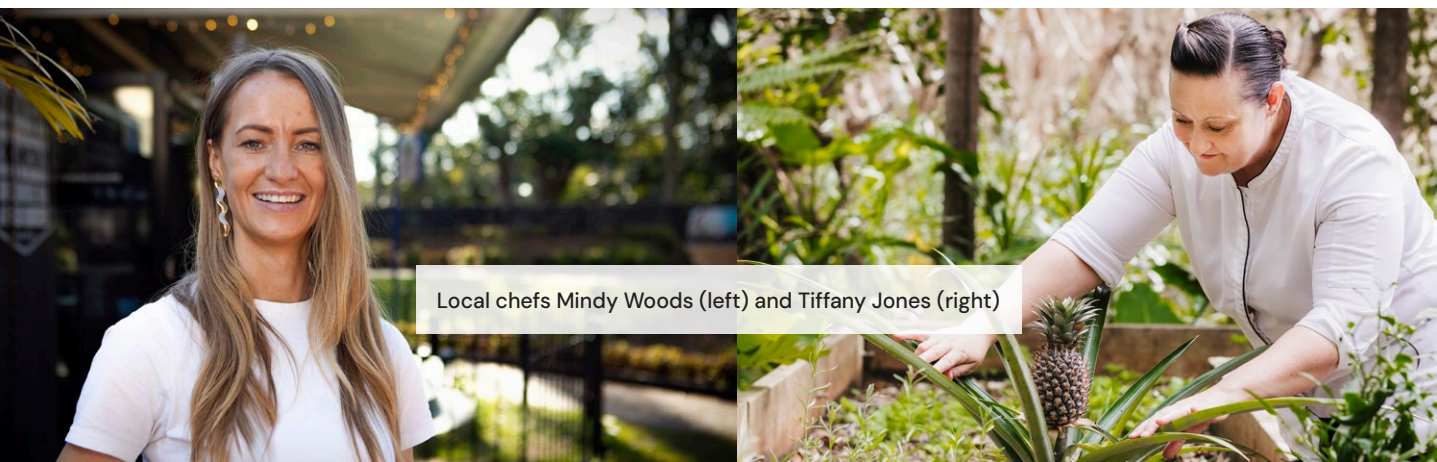
A key part of using all of a product, from onion to meat and seafood, means taking inspiration from some of our traditional approaches to food use and preservation.

'A key part of it is looking to ensure there is very low wastage,' explained Tiffany.

'It is about trying to work out how to use parts of, not just meat, but also vegetables and seafood, that we don't normally use. I think it's definitely a very big trend emerging this year, working with ferments and koji to develop deeper flavours. Also preservation is something that is definitely at the forefront around Byron, especially in our property, we do a lot of pickling.

'We've just started playing around with koji ferments to help tenderise and give meat more flavour and things like that. We haven't launched anything on the menu yet, but hopefully on the next one our koji will be ready.

'It's about delving into a lot of those more ancient techniques, and they're really coming back into modern cooking. I think it's that change in consciousness, and that shift with a lot of people wanting to know where their food comes from. They want that traceability and that provenance in their food.'



Local chefs Mindy Woods (left) and Tiffany Jones (right)

As part of that understanding of where food comes from is also the idea that people are becoming more health-focussed and ensuring that their food is not just tasting good but is also good for them.

‘Something to definitely look out for, and we are really leaning into, are the more health-focused foods,’ explained Tiffany.

‘So things like the vegan dishes that are really interesting, not using fake meat, but using things like mushrooms that we turn into steaks, and using cauliflower that we turn into a crisp, or being really creative with vegetables in that nutritional and vegan space. I think it’s definitely something to watch.

‘There’s a lot of very clever chefs out there doing some really, really interesting stuff. We have definitely noticed the upward trend in people eating for functionality and health focus, rather than just eating for pleasure. So, bringing those two together, bringing that elevated experience into functional, healthy food. I think it’s going to be really big.’

Drinking delights

While there is still many a ‘swicy’ delight in the current 2026 beverages – with many younger people drinking less alcohol there is a trend towards ‘no and low’ alcohol drinks with people seeking to get positive benefits out of their beverages.

‘Swangy’ is apparently one that is creating a few waves in the drinks area as people

‘They [people] want that traceability and that provenance in their food.’

~ Tiffany Jones,
Crystalbrook

look at how to make their beverages stand out from the crowd with new and innovative tastes, flavours, and unique ingredients and combinations being at the forefront of new beverage ideas and creations.

‘I feel like Byron is leaving the en-mass Margarita behind – which seems to have hung around forever,’ said Tiffany.

‘We are leaning into all curated and thoughtful cocktails, and also, again, into that utilisation and extending out of our product. One of the boys at the bar here, for example, has done this wonderful experiment where he gets citrus rind and he then develops that rind, and turns it into a full-blown citrus syrup. He literally has, say, one lemon, and he makes, like a whole bottle of this lemon syrup, and it tastes like he’s got 20 lemons in there.

‘So again, like with the food, it really is about stretching the produce and having very, very low wastage and we are doing that in the bar as well, which is fantastic.

‘At the bar, flavour-wise, they are leaning into a lot of natives that are part of our cocktails at the moment, which is fantastic

as well. We are working with a lot of local producers, including Brookies Gin and Whisky, where they are developing different batches and new flavours. And it’s really, really exciting to work across a lot of those smaller producers.’

While flavour is a key part of beverage trends this year, health and protein are also drivers of what people look for.

According to Innova Market Insights the ‘top food and beverage trends for 2026 reflect a combination of factors influencing food and beverage product innovation in the coming year – health benefits, pleasure, environmental concerns, and affordability.’

They say that protein is showing no signs of slowing down as a popular element while ‘recent Innova consumer trends research shows that at least half of consumers globally actively work to increase the protein in their diet.

The importance of wellness has also led to a focus on gut-health with consumers recognising that a healthy gut means better overall health with improved immunity, energy, and skin health.

While flavour will always be a key focus – the importance of wellness and health means that the challenge for 2026 is how to make sure delightful flavours come together with healthy products to meet the multilayered needs of people who are all looking for that little bit of extra.

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