

Eat drink



an
Echo
publication

Look at our great magazines, just for you!

Family

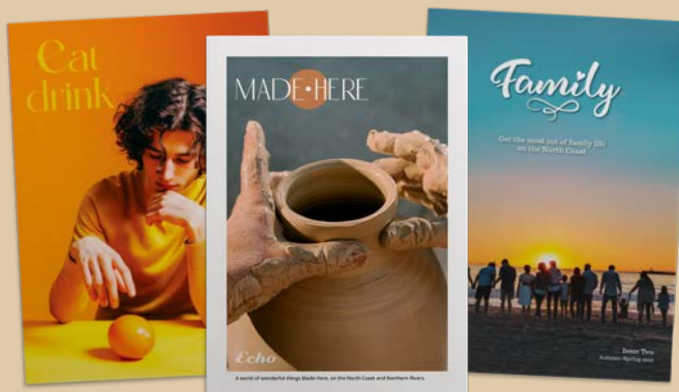
A guide for family living in
the NSW North Coast.

Made Here

Showcasing the products
that are made here, in the
Northern Rivers.

Eat Drink

A collection of the wonderful options
for eating and drinking locally.



If you can't pick up a copy around town go to:

echo.net.au/family • echo.net.au/made-here • echo.net.au/eat-drink



FOREST

Crystalbrook Byron • 77-97 Broken Head Road • 02 6639 2111



crystalbrookcollection.com/byron/forest @ForestByronBay

Forest hours Breakfast daily from 7:30am - 10:30am • Lunch from 12:00pm to 3:00pm • Dinner from 6:00pm - 9:00pm
The Verandah hours All day dining from 12:00pm

real farmers, real food

* LOCAL PRODUCE * LIVE MUSIC * GREAT COFFEE * GOURMET FOOD

BANGALOW
Saturdays 7-11am
Behind the hotel



BYRON BAY
Thursdays 7-11am
Butler St Reserve





tweed river house

murwillumbah, nsw



Perched on the lush green banks of the Tweed River with sweeping views of Wollumbin/Mt Warning and hinterland ranges, resides the Tweed River House, a stunning new bistro located in picturesque Murwillumbah.

Michelin trained chef Joseph McGrattan, curates a prix fixe menu showcasing the very best of each season's produce from the region's fertile farmlands, riverways and ocean.

The magnificently restored century-old grand River House evokes the gentler pace of the Northern Rivers, where you can dine enjoying the panoramic views from the River Terrace or inside under the elegant, pressed tin ceilings.

We look forward to welcoming you.

For bookings: tweedriverhouse.com.au
phone (02) 6672 5269
or email info@tweedriverhouse.com.au



131 River Street, Murwillumbah NSW

 @tweedriverhouse 

In its 10th year!

sample Food Festival

BYRON BAY & NORTHERN RIVERS

Saturday 3 September, 2022

Bangalow Showgrounds

Tasting plates from our region's finest restaurants, all in one place.

SAMPLEFOODEVENTS.COM



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NOW**

eat drink

AN ECHO MAGAZINE

Echo

www.echo.net.au

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Food for thought

The Byron Shire Echo

Your community newspaper,
distributed free throughout Byron Shire
and beyond every Wednesday.

www.echo.net.au

The North Coast's independent and free
online news service.



Welcome, eat, drink and enjoy!

Diversity of industries and businesses is essential for the Northern Rivers to continue to develop both dynamic experiences for visitors and opportunities of local employment.

Gastronomic delights and boutique drinks are a key part of this mix, not just as a martini on the beach but as part of the backbone of the region. While accommodation, restaurants etc for tourists to enjoy a holiday on our beaches or in our hinterland are important, it is the network of innovative farming, local products and a regional approach to promoting these businesses that draws these various elements together, and which makes this a dynamic region.

Retaining young people in the area requires this diversity so that they have opportunities to pursue a variety of career paths that are of interest, rather than being stuck with a narrow field of opportunity. Moving beyond the tourism industry and supporting our farmers, who in turn support our local businesses, is essential so that these jobs are available to both locals and those who are moving to the area.

Having connection to Country, as well as historical connection to the area, provides a generational memory that helps provide the resilience we need as a community moving forward. In our article by Belle

Budden we have the chance to recognise the vital connection that this provides to everyone who calls the area home, as well as those who visit. It is with these connections that we are able to learn lessons from the past and recognise the possibilities of the future.

Building community, opportunity and a future comes from the coming together of people, our shared history and experiences, land, water and imagination and it will take all of this to continue to strive towards the dynamic community future to which we aspire.

– Aslan Shand





MELON MOON SMOOTHIE BAR

Mullum's specialty smoothie bar is the place for wholesome, health-packed, delicious smoothies on the go. They're packed full of fruit and veg, protein and superfoods to make sure you obtain key nutrients. And they're delicious, which makes eating healthy a treat!

Pure ingredients, 100% preservative free and no artificial flavours or sweeteners.

Shop 6, 104 Dalley Street,
Mullumbimby
@melonmoonsmoothieba

AZTECA MARGARITA

Made in Byron, inspired by Mexico – Azteca Margaritas are feel good liquid.

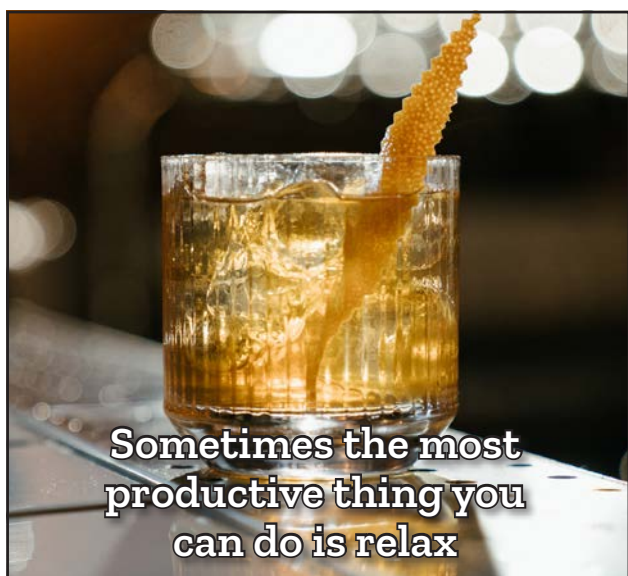
No shit ingredients – no sugar, no preservatives.

Brewed by hand in Billinudgel, each one litre glass bottle makes 12–16 margaritas. Using the botanicals, chillies and citrus from the brew, and dehydrated with Australian sea salt, a badass salt blend is added to the lid.

With a background in Mexican catering, the Azteca team has spent years in Mexico travelling and 'researching'. Available online through their website, at local bottle shops across Byron Shire, or launching soon in 20 and 30 litre kegs.

Available in three flavours – classic lime, smoked jalapeno and grapefruit and hibiscus. Azteca Salty Margaritas – they're good.

Instagram @aztecamargarita
info@aztecamargarita.com
www.aztecamargarita.com



INK GIN AND HUSK RUM

Husk Farm Distillery is nestled on the Messenger family's beautiful 150-acre farm in the ancient Tweed Valley and is home to Ink Gin and Husk Rum.

The multi award-winning cult classic Ink Gin was one of the first Australian gins on the market. It strives to capture the beauty of nature in every bottle. Crafted and bottled by hand at Husk Farm, Ink draws inspiration from botanicals found on and around Husk Farm.

Husk Rum is Australia's only farm-to-bottle rum. Made entirely from sugar cane grown onsite, Husk Rum captures the unique terroir of this region in each bottle. The soil, climate and geology culminate each year in the harvest, which is reflected in these innovative Australian sipping rums sure to challenge your perspective of rum.

Husk is open to the public for tours, drinks, lunch and views Wednesday–Sunday. Bookings recommended on weekends.

1152 Dulguigan Road, North Tumbulgun, NSW 2490
www.huskdistillers.com • 02 6675 9149
reservations@huskdistillers.com



HOLY JOE: THE WORLD'S FIRST MEDICINAL COLD DRIP COFFEE

Rich, dark and smooth. Holy Joe combines their exceptional cold drip flavour with the health benefits of native medicinal mushrooms.

To reimagine your coffee experience, find Holy Joe at participating stockists.

Instagram: @holyoecoffee • www.holyjoecoffee.com



BUN COFFEE

Hand roasting in the traditional style in the Byron A&I Estate since 2005, the local Bun Coffee Roastery and Espresso Bar specialises in Certified Organic, Fair Trade, Rainforest Alliance and Australian grown beans along with a huge range of unique Single Origin beans. It's a favourite among locals, who never tire of their daily ritual of a cup of coffee and a friendly chat basking in the morning sun with their local baristas.

Since Bun Coffee began, their customers' love, knowledge, and demand for coffee has grown with them, and they now roast over 80 single origins from across the globe, sharing the origin story of the specific farms, regions and countries and further supporting the farmers and communities that provide this wonderful crop.

Bun Coffee are incredibly grateful for the loyal support of their customers and local staff, which enables them to continue growing their coffee offerings to the local community and beyond.

Visit the roastery door at 1A Banksia Drive, Byron Bay
7am-4pm Mon to Fri and 7am-11am Sat
02 6680 9798 • www.buncoffee.com.au



STONE & WOOD

Born and raised in Byron Bay, Stone & Wood Brewery has been brewing approachable beer in the Northern Rivers since 2008. Inspired by the idea of the 'village brewery', they strive to operate as a conscious business and give back to the community.

Inside the Arts & Industry Estate, their Byron brewery combines a working brewery, complete with 31 brewing tanks, a canteen by local legends 100 Mile Table and a tasting room.

Most drinkers who swing by already know about their Pacific Ale – or what they call 'Byron Bay in a glass' – but alongside their core range of beers is a rotating series of one-off limited releases, brewed and poured exclusively onsite.

As part of their ongoing commitment to the community, a portion of every beer sold over the bar goes towards a rotating selection of local not-for-profits, which is something we can all toast to.

For those looking for a little more than a glass of beer, the canteen serves up fine old beer food, with a difference. With a regularly changing menu of classics and new age delights, 100 Mile Table are always cooking up an eclectic menu that appeals to all rumbling tummies.

100 Centennial Circuit, Byron Bay
www.stoneandwood.com.au





COMMON PEOPLE BREWING CO IS A BRAND NEW CRAFT BREWERY FOR THE PEOPLE OF BANGALOW AND BEYOND

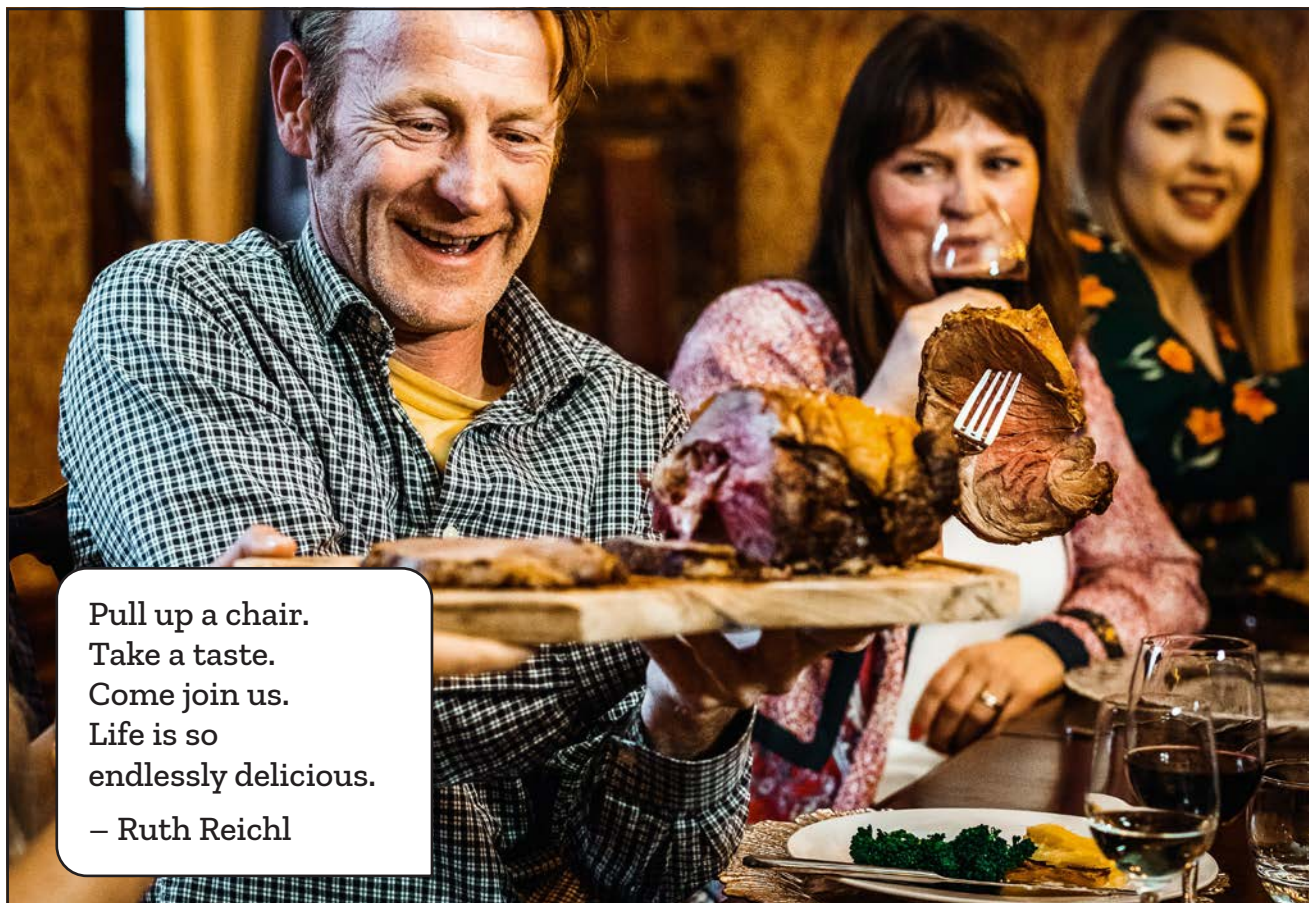
Owned and created by born-and-raised locals and their partners, the team are family and friends – common people. They've converted an empty warehouse in the industrial estate to an inviting tasting room, set amongst a working production brewery.

Common People offers plenty of natural light and plants, with comfy seating options and a purpose built outdoor deck. It's warm in winter, cool in summer and is accessible, family and pooch friendly.

Three core range beers are always on offer, including the Protesters IPA, Villager's Pale Ale and Back Beach White Ale. Seasonal 'special batch' brews rotate regularly so there's always something new to try. Hand-picked, and sparkling wines from Australian wineries, soft drinks, juices and cold press coffee are also available.

Common People recently welcomed The Brewer's Kitchen who serve up a delicious range of treats for your tastebuds like woodfired pizzas, salads, sharing plates, kids' meals and desserts, offering something for everyone and every dietary requirement.

Table and courtesy bus bookings are available via www.commonpeoplebrewing.com.au
Open Thursday-Saturday 12noon-9pm
and Sunday 12noon-8pm
9 Dudgeons Lane, Bangalow



Pull up a chair.
Take a taste.
Come join us.
Life is so
endlessly delicious.
– Ruth Reichl



BANGALOW BREAD CO.

Located in the historic village of Bangalow, a short ride from Byron Bay, Bangalow Bread Co. showcases the diversity of the wonderful local region of the Northern Rivers. Offering seasonal food sourced from artisan producers and local farmers, they bring the age old trade of baking into the modern world. Get ready to be taken all the way back to your childhood with nostalgic memories of reimagined chocolate fudge slice.

Since opening their doors in 2019, owners Tyson and Jess Phillips have been delivering wholesome baked goodness to the community, producing a range of gut loving sourdough breads daily, made traditionally and slowly fermented for a minimum of 24 hours to ensure that delicious taste and perfect chew. Look no further for all your traditional bakery items, and so much more. Selecting other local producers with similar ideals was of the utmost importance for Tyson and Jess, who quickly partnered with the legends from Old Quarter Coffee Merchants, who source and supply sustainable coffee beans from farming partners around the globe.

With all of their products produced on site, including hand rolled pastries baked fresh every morning, it's not hard to see why there is a line out the door every day of the week. You'll need to get in early for their brioche doughnuts filled with Nutella! With a rotating display of delectables, the hardest thing will be deciding between a slice of their famous carrot cake or a chunky olive oil cookie that dreams are made of. The regulars say you can't go past their vanilla slice made with butter puff pastry and passion fruit icing, but we'll leave that decision up to you.

The offerings don't stop at sweet treats – house-made pies made with slow cooked beef are all cooked on site, as are sandwiches made using fresh sourdough and including a variety of fillings. A must-try is the popular 'Reuben sandwich', which boasts layers of silverside, traditional sauerkraut, Swiss cheese and a not-so-modest serving of housemade Russian sauce. Yum!

12 Byron Street, Bangalow
6687 1209
Insta: @bangalowbreadco





DEVINE QUALITY MEATS

Serving the community with antibiotic- and hormone-free meat, Vince and his team have plenty to choose from. Offering grass fed local beef, chicken, duck, pork, ham, bacon and roasting meats, along with award winning sausages. All meats are locally sourced, stocking quality deli and small goods – they have a great range.

Open Monday to Saturday
64 Stuart Street, Mullumbimby • 6684 2015



ORGANIGROW EGGS

Bringing the best eggs to market involves a lot of hard but satisfying work. Before sunrise, the morning rounds check that all the hens are well, the drinkers are cleaned, and chickens that aren't well are separated from the others and nursed.

In large enclosures, the hens are free to roam between the perching houses (where they sleep and nap), the nesting houses, and the feeding lines where they can feed freely, during the day, on choice grain. Later in the morning, the hens are let out to graze all day on the vast pastures, sheltered by the wide variety of fruit and nut trees Simon the owner and manager, planted 20 years ago on the farm. In the evening, the feeders shut and the hens return from the pastures to the perching houses where they settle down. The second set of rounds start, to make sure all is still well and to close the chickens in for the night, protecting them from foxes and other predators.

Once a week, Simon loads his truck and delivers his eggs. This means your local store has the freshest real-pasture-fed, free-range eggs, rich in omega-3 and nutritionally superior. A true taste sensation.

For more information: www.organigrow.com.au



It is difficult to think anything but pleasant thoughts while eating a home grown tomato.





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 small goods.

Open Mon-Fri 6am to 5pm • Sat 6am to 1pm
130 Jonson St, Byron • 6685 6261

Open Mon-Fri 6am to 5pm • Sat 6am to midday
70 Dalley St, Mullumbimby • 6684 2137

TREVOR MEAD QUALITY MEATS & ARTISAN FOODS

Family-owned, local business Trevor Mead Quality Meats has been serving the Byron community since 1982. With a commitment to friendly old-fashioned service and a focus on sourcing high-quality produce, their range will inspire the gourmet in you! They offer a range of award-winning gourmet sausages, all gluten-free with natural casings and exclusively offer local Bangalow Sweet Pork, smoked in house to create their unique ham and bacon. They also dry age the best MSA beef to create dry aged prime rib steaks.

If you're looking for gift ideas you can create your own gourmet hamper including fabulous cheeses, charcuterie and the best local and globally produced artisan deli produce.

Christmas is just around the corner and stocks of their specialty Bangalow Sweet Pork ham are limited, so order now to avoid disappointment. Email info@trevormead.com.au or call the shop on 02 6685 6583.

Shop 1, 109 Jonson Street, Byron Bay
info@trevormead.com.au • www.trevormead.com.au
02 6685 6583 • 0422 392 569



BALLINA FARMERS MARKET

Ballina Farmer's market has become one of the favourite places to visit on a Sunday morning. Here you can get the best farm fresh produce the region has to offer, freshly picked vegetables, oyster mushrooms, apples and crisp salads, lamb and pork.

There is also a wonderful range of artisan produced foods: cheeses, freshly baked organic sourdough bread, pasta, cloud-like sourdough donuts, olives and fermented vegetables and so much more.

Due to the recent flood, Ballina Farmer Market had to relocate to Missingham-Park, Car Park. It is a beautiful setting right next to park and beach. A perfect place to enjoy a cup of coffee with your pick of breakfast options, croissant, donuts, breakfast burger or gyoza just to mention a few of the offerings available.

Ballina Farmers Market is where the community gets together, pack a picnic blanket come and join us this Sunday and every Sunday.

Ballina Farmers Market is held every Sunday morning from 7-11am currently at Missingham Park, Ballina



Supporting local communities to support business

Aslan Shand

Gosh, do you know how much a house is worth now? A crazy amount of money! Well, that is if you are lucky enough to own one. But the impacts of those rising house prices – and the subsequent housing crisis which is no longer confined to Byron Bay but has spread throughout the region – are extensive, and affect individuals and businesses.

'70 per cent didn't have enough staff to run at full capacity, and often they were running on as low as 60 per cent capacity because of staff shortages. We were also told that the cost of labour is going up between ten and 20 per cent.

'Housing staff across the region is a challenge,' Mr Bentley explained.

'We are aware of businesses looking to open in Byron, but they are finding that they can't staff them owing to the lack of affordable housing in the region.'

Jane Laverty, Regional Manager Northern Rivers, Business NSW, confirmed the challenge that businesses are experiencing in getting and retaining staff because of the cost of living and housing.

'Last November we ran a forum with the hospitality sector where we were told stories of business owners moving out of their own homes to put staff up for a month, or to retain their staff through busy times.

'This is also having impacts in areas like aged care, planning staff for councils and other industries.

'It is not just a matter of affordable, but also attainable housing. There could be 50 people going for anything that is put up for rent, and usually it is very basic accommodation at a high price. And this is now being felt across the region. With flood impacted areas there is now even more of a crisis, even if you can afford the rent the housing just isn't there.'

As a result local industries are seeking ways to gain and retain staff, including the development of artificial intelligence (AI) systems and creating employment pathways for people living in the region.

'Destination NSW are looking at possibly developing an AI system that can be used to connect workers and employers together in real time,' said Mr Bentley.

Other types of AI systems are also being considered by businesses who are unable to get the staff they need.

'A lot of local businesses are looking at how can they use more AI, for example guests scanning menus and ordering without waitstaff. We have really struggled over the last few years to fill those positions and businesses are looking at alternative ways to keep their doors open without the staff.'

'The golden triangle of staffing, housing and skills. There has been an acknowledgement of the need to grow our own talent, such as creating those links for students studying for a particular career path to be connected to the right employers in the region. Employers are really beginning to see that they need to put their energy into how they can.



BON BON BY BELLE VIE

Get your cake and eat it too!

Life is too short to be addicted to sugars or missing out on cake. Life is better with Bon Bon by Belle!

Paleo, keto, gluten-free and vegetarian/vegan variations! From platters, french toast loaf, raw treats and cookies to delicious cakes, they have all your decadent eating options covered.

Insta: @bonbonbybelle

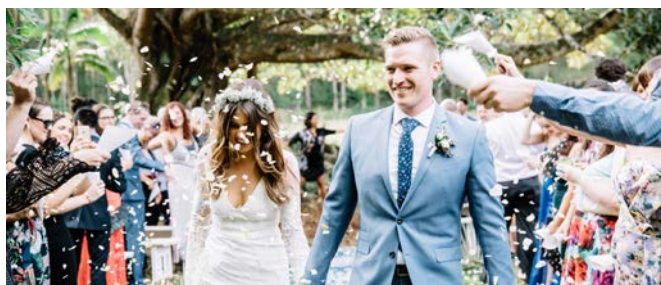


THE MULLUMBIMBY CHOCOLATE SHOP

Who loves chocolate?! The Mullumbimby Chocolate Shop has been serving up sweets for over 20 years. They've doubled their size to include a fabulous selection of all kinds of chocolate, premium gelato and sorbet, and slushees!

Their 'famous' chocolate and lolly bar has over 100 lollies and there are many organic, gluten free, sugar-free and vegan options.

Shop 1/104 Dalley Street,
Mullumbimby • 6684 4825
mullumbimbychocolateshop.com.au



OPEN TABLE CATERING

Unforgettable cuisine for events and parties.

Open Table Catering serve unforgettable cuisine for events and parties. Their signature style is Mediterranean fusion as well as Middle Eastern, Moorish and Moroccan. At Open Table they are passionate about nutritional health and well known for providing delicious meals for guests with special dietary needs, such as kosher food, vegan, vegetarian, gluten-free and many more. They support local sustainable produce – using organic, kosher, pesticide-free ingredients wherever possible.

They can do event management and planning – from intimate dinners, birthdays, corporate events to grand-scale weddings. Their mission is to provide professional catering service suited to your needs and the best cuisine for your budget, making your event not only unique, but sublime.

111 Lagoon Drive, Myocum
02 6684 3013 • 0414 878 290
opentable.net.au
Insta: @opentablebyronbay

Seize the moment,
remember all those
people on the titanic
who waved off the
dessert cart.

– Erma Bombeck





BROOKFARM

It starts on the family farm... 30 years ago a dream to move to the country and a passion for quality healthy food sparked Pam and Martin Brook to transform a run-down dairy farm in the Byron Bay hinterland into a working macadamia farm and to regenerate an ancient sub-tropical rainforest. In 2000, with sons Will and Eddie in tow, the first Brookfarm macadamia products were sold at the Bangalow Markets.

Brookfarm is now a leading gourmet food producer with products sold all around the world. Their award-winning range of macadamia muesli, granola, and snacks are packed with wholesome natural ingredients and cater for gluten free, vegan, paleo, and keto diets. Baked locally in their Byron Bay bakehouse, they never compromise on quality, they always create real food using real ingredients, and most importantly, they make sure it tastes amazing.

A family business, Brookfarm is now led by eldest son Will, with Pam leading innovation in the family kitchen and Martin leading the way in regenerative farming, rainforest and wildlife restoration, having planted over 40,000 trees and more recently installing 13 wildlife boxes on the farm.

To read more or find local stockists – www.brookfarm.com.au



VEG TABLE

Veg Table started from a passion for cooking and wanting to offer the most delicious vegan food. Find them in their van at the local markets and try something from their creatively crafted menu. Burgers, rolls, salads, desserts and much more. They also offer private chef services, catering and functions.

Instagram: @vegetablefoodtruck_byronbay
vegetablefoodtruck@gmail.com



THE SUGAR LAB BYRON BAY

A combination of years of dedication and experience working in the finest kitchens in the Northern Rivers region, a sprinkle of spice, and a whole bunch of love! Gabi supplies events, wholesale, and retail high-end desserts, boutique cakes, pastries and dessert tables.

www.thesugarlab.com.au
 Insta: [thesugarlab_byronbay](https://www.instagram.com/thesugarlab_byronbay)
sugarlab.byronbay@gmail.com



To reduce stress
 I do yoga.
 Just kidding!
 I eat
 pancakes
 while
 wearing
 my
 yoga pants.





MULLUM FARMERS MARKET

The famous, award-winning Mullum Farmers Market is a weekly family affair that simply should not be missed. It bursts into life every Friday morning, from 7am to 11am, at the beautiful Mullum Showgrounds. Weave through the 65 stalls showcasing the region's finest produce, and enjoy the relaxed vibe as your taste buds do a merry dance. Grab yourself a coffee and a delicious breakfast from one of the eight food stalls, and sit down under the giant fig trees and enjoy the outstanding live music. Then pay the Kids Plot a visit, after all, happy kids mean happy families!

Fridays 7-11am, Mullumbimby Showgrounds
www.mullumfarmersmarket.org.au



NEW BRIGHTON FARMERS MARKET

Every Tuesday morning from 7am to 11am the sister market to Mullum comes alive in the cool, laid-back surfing community of New Brighton, opposite the river and minutes from pristine beaches. With 35 stalls, it's smaller than Mullum, but it has everything you need. It is also a favourite secret brekkie spot for locals. With the free Kids Plot and live music, it's a family melting pot loved by all.

Tuesdays 7-11am, New Brighton
www.newbrightonfarmersmarket.org.au





THE FLAVOURS OF THE MEDITERRANEAN ON A SANDWICH

La Cuisine by Byron Bay Olive Co., located in the Byron industrial estate, offers the freshest and most delicious sandwiches, salads and other specialities. Filled with the range of olives and antipasti that Byron Bay Olive Co. is famous for, combined with the freshest local ingredients.

Many visit La Cuisine to pick up their regular supply of olives or for a special occasion or delicious platter, including their famous sweet garlic.

As a French Deli in Byron, they also offer a select range of cheeses that you can enjoy on site or take with you.

They now offer quality coffee and open earlier, from 7am–3pm, Monday–Friday.

You can also find Byron Bay Olive Co. olives, sweet garlic, antipasti and saucissons, locally at the community markets such as Byron Community and Bangalow Community markets.

2/29 Brigantine Street, Byron Bay
www.byronbayoliveco.com



RED GINGER ASIAN BYRON BAY AND BANGALOW

Walking through the doors of the Red Ginger stores in Byron Bay and Bangalow is a delight to all your senses. Like walking the lanes of a Chinese market surrounded by the sights, smells and flavours of Asia.

The dumplings are famous and a great favourite with the locals and tourists alike. It's a treat to sit in the Byron store or on the lovely verandah in Bangalow to eat with free green tea or take them home for an Asian treat.

So much more than an Asian grocery store Red Ginger is a colourful Asian emporium of rich delights for the kitchen and for the home. Japanese ceramics, beautiful teas and teapots, Burmese market baskets, Chinese slippers, beautiful Chinese furniture, and heaps more.

Produce available for home cooks extends to the fridge/freezer, with fresh kimchi (made by a Korean family on the Gold Coast), tofu, miso, fresh noodles, sago and roast duck and pork, locally foraged seaweed, and locally made products and organic vegies.

2/111 Jonson Street, Byron Bay
 38 Byron Street, Bangalow
www.redginger.com.au





FLAVOURS OF BYRON BAY

Treat your friends and family to a gift that supports local businesses 100%.

1% for the Planet business members: every hamper supports the environment.

Flavours of Byron Bay are experts in curating delicious local love, and have been delivering gifts and grins across the country since 2006.

Gourmet gifting at its best!

flavoursofbyronbay.com.au



BERNARDI'S GELATO

Following a traditional Sicilian recipe, Bernardi's homemade artisanal gelato, sorbets and cakes are prepared using premium quality ingredients, natural and locally sourced, whenever possible. You'll also find a wide range of fresh juices, smoothies, healthy treats and delicious coffee.

Brunswick's best spot for a refreshing break.

Open 7 days 10am-5pm • 22 Fingal Street, Brunswick Heads
0452 435 286 • www.bernardisgelato.com.au



JAPANESE COOKING WORKSHOP IN THE NORTHERN RIVERS

Learn how to make authentic Japanese cuisine in this hands-on cooking class with Keita who has 15 years of experience in Japan and Australia. You can take your new skills home to enjoy with family and friends. Beginners, kids, vegetarian welcome.

- Group Class
- Private class at your home
- Private party class (birthday, family event)

Keita Kujiura 0401 831 263
japanesechefbyronbay.square.site
Insta: @japanese_chef_byronbay



LAMBRUK PANTRY

Lambruk Pantry evolved out of a love of food and the desire to use all the beautiful fresh produce that was available in this area. With this in mind they have created their latest hampers; the Byron Nibble hamper and the Luxe Nibble hamper. Both hampers are exclusive to Byron Bay and surrounding areas and can be delivered to your doorstep for you to enjoy. They include Lambruk Pantry sauces, beautiful locally produced cheeses and salami, crackers, olives, chocolate, a nut mix, and a bottle of wine can be added. The Luxe hamper also includes your own timber cheese board. A selection of hampers is also available with Australia wide delivery.

The Lambruk Pantry team has created all of their own recipes for its sauces, chutneys and relishes. Paige collects the produce directly from the local farms so it is fresh, no preservatives are added, and the minimal amount of sugar is used. She relies on the fruit for the sweetness each sauce requires.

They pride themselves on using only Australian products, with most of the products in the hampers supplied by local producers in Byron Bay and surrounding areas, and others sourced from family run businesses, all in Australia.

www.lambrukpantry.com.au
02 6684 1066 • Instagram: @lambrukpantry





HAMPERS ON TWEED

At Hampers On Tweed, their love of the region and all that it offers drives their passion to share and showcase its finest products and support local business. From the finest luxury gourmet produce and world class tipples, to exquisite organic skincare, the Far North Coast of NSW has it all.

At Hampers On Tweed, they love creating that perfect gift for someone special. Whether you are looking to celebrate a milestone, life event or offer comfort, they have the perfect gift for every taste and budget. They also specialise in custom gift hampers for corporate clients.

Time is limited and precious these days, so Hampers on Tweed make choosing the perfect gift easy. Every hamper is curated to convey your sentiment and to delight the recipient.

When you purchase one their luxury gift hampers, you are not only also supporting local business, you're supporting an entire community.

www.hampersontweed.com.au
info@hampersontweed.com.au



ALIVE AND WILD PLANT-BASED GASTRONOMY

Want something delicious and nutritious at work or post yoga/surf workout? Something to ground and nurture yourself as you traverse the path of self-discovery?

Clean eating, gluten-, wheat- and dairy-free decadence, suitable for vegans, vegetarians and flexitarians, to awaken a jaded palate and satisfy the hangry.

Featuring a selection of original recipe lunch boxes and platters filled with savoury delicacies, locally sourced fresh produce, sweet treats, nut cheese and kombucha.

Special order raw cacao treats, cakes and slices – free from dairy, soy, refined sugar, stabilisers and preservatives.

Available for pick up / local delivery +\$15.

To order or enquire text: Vicki 0412 400 085
www.aliveandwild.com
 Instagram: @livingliveraw



Ask not what you
 can do your your
 country. Ask what's
 for lunch.'

– Orson Wells



The exciting journey from the earth to your plate

Ewan Willis

There can be no doubt that the Northern Rivers is blessed with shining pastures, fertile soils and an amazing gourmet community. Visitors to the region get to experience the rich and diverse cuisine that is unique to the region and discover the amazing range of local produce.

For those of us who are not directly involved in food production it can be easy to forget the practices, people and networks that strive to create the culinary riches that we all enjoy.

'People love food from the Northern Rivers' says Anne Briggs of Northern Rivers Food.

'The people, product and the places are authentic, produced on farms that are run sustainably, ethically and regeneratively.'

Farm visits and tours are playing a larger role in the food experience the region offers and serve to create a beneficial bond between consumers and producers ensuring greater insight, sustainability and enjoyment for all.

In addition to enjoying the rich backdrop of eateries and restaurants sported by the Far North Coast, visitors to the region are looking to bring local produce home with them at the end of their stay. Briggs explains this simply, 'food is the new souvenir... visitors like to take home something special that they've picked up in their travels and share it with their friends back home, telling their stories of the farmers they've met and the food they've experienced.'

Conscientious consumption

There is a consumer shift toward conscientious consumption that Northern Rivers Food sees first hand. Bringing about change in farming practices towards regenerative and sustainable models is a monumental

undertaking that is locally supported at the training, community, advocacy and network levels by Young Farmers Connect.

Venetia Scott, coordinator of the Northern Rivers chapter of Young Farmers Connect is deeply involved in addressing the implications that extend from food production.

'The decisions we make today around how we produce and consume our food have serious consequences that ripple throughout our ecosystems and extend beyond the temporal limits of our lives', she says.

Young Farmers Connect are entirely volunteer run and un-affiliated with industry and, together with others, are offering up a vision of the future of high-quality food production while not leaning so heavily on the Earth and her resources.

Celebrating food

Then there are the celebrations of food where it all comes together with the aid of organisations such as the Tweed Artisan Collective (formerly Destination Tweed) who developed the popular bi-annual Tweed Artisan Food Weekend and are seeking to 'actively increase our local food footprint via industry pop-up events, chefs tours and connections,' says Kylie Ryan-Milroy.

The previous two years have significantly impacted many local businesses. Kylie Ryan-Milroy says 'the devastating effects of the pandemic, and now the floods, will be the greatest challenges to our region and industries in the next months'.

Tweed Artisan Collective, Young Farmers Connect and Northern Rivers Food are working hard to support food production business and farmers in the region; let's give them our support and enjoy a delicious future together.



SWAAY

Do you want great food and drinks, quality service and good music?

Swaay cafe/bar/restaurant is a new experience for Byron Bay. Dine inside, hang amongst the plants and chill at the bar, or enjoy outside with an afternoon cocktail. The menu is ever evolving and is focused on local artisan produce, with a New England meets Northern Rivers twist on modern cuisine. Swaay this way...

Open 7 days
Mon–Wed 7am–2.30pm
Thurs–Sun 7am–10pm
11 Marvell Street, Byron Bay
www.swaay.com.au



COMBI BYRON BAY

Enjoy a fun and light-hearted approach to healthy eating with Combi Byron Bay.

Fully embracing a wholesome, delicious, and nutritious menu which is predominantly plant based. You haven't been to Byron Bay until you have been to Combi.

5b/21–25 Fletcher Street,
Byron Bay
byronbay@wearecombi.com.au
Insta: @wearecombi
www.wearecombi.com.au



WOODS BANGALOW

Bangalow's best kept secret is Woods Cafe. Set in the Arts Precinct with its lush green zone tucked just around the corner, diners can enjoy the open air seating under the covered courtyard with overhanging plants, climbing grapevines and at dinner, thousands of fairy lights. This hidden little gem is the heartbeat of the local community where everyone is welcome... including your beloved pups.

Woods is renowned for their delicious Moonshine Coffee, friendly hospitality and, with Chef Sam Campbell and team at the helm, the most exquisite food menu. Serving breakfast, lunch and dinner, Woods' food philosophy is well considered, and centered all around fresh, clean flavours, using the most in season produce and organic-as-possible ingredients, supporting local farmers and growers within the region.

Open 7.30am to 2.30pm daily, and from 7am Saturday.

10 Station Street, Bangalow
www.woodsbangalow.com.au
Insta: @woodsbangalow

RECIPE: GREEN GODDESS SOUP

This soup is beautiful all on its own, but when we want to go above and beyond, we look to thoughtful garnishes. Here we've used creamy avocado and crunchy almonds paired with a drizzle of olive oil and tart yogurt, but feel free to get creative!

55 min: Prep 10 min, Cook 30 min

INGREDIENTS (FOR 4 SERVINGS):

- 2 tbsp. extra-virgin olive oil, plus more for drizzling
- 1 small yellow onion, chopped (about 1 ¼ c.)
- 2 stalks celery, chopped (about 1 c.)
- Kosher salt
- 4 cloves garlic, roughly chopped
- 4 anchovy fillets
- 1 head cauliflower, chopped into small florets (about 9 c.)
- 4 cup packed, torn kale leaves
- 2 cup packed fresh parsley
- 1 cup packed fresh basil

- 1/2 cup packed fresh tarragon leaves
- 1/2 cup chopped chives, plus more for garnish
- 1/4 cup fresh lemon juice
- 1/2 cup Greek yogurt
- 4 cup low-sodium chicken or vegetable broth
- For garnish: 1 avocado sliced and 1/2 cup toasted, sliced almonds

METHOD:

Heat oil in a large pot over medium-high heat. Add onion, celery, and ½ tsp. salt and cook, stirring occasionally, until just tender, about 3 minute. Add garlic and cook, stirring, until fragrant and golden, about 2 minutes. Add anchovy and cook, stirring to break up fillets.

Pour broth and 2 cups water into pot. Increase heat to high and bring to a boil. Add cauliflower, reduce heat to medium, and simmer until tender, about 5 minutes. Remove from the heat and let cool slightly, about 10 minutes.

Working in small batches in , puree the soup with kale, parsley, basil, tarragon, chives, lemon juice, ¼ cup of the yogurt, and another

½ teaspoon salt until vibrant green and smooth, pouring the soup into a clean pot or large bowl as it is done. Season with more salt to taste.

While soup is cooling, combine kale, parsley, basil, tarragon, chives, lemon juice, ¼ cup of the yogurt, and ½ teaspoon salt in a medium bowl. Once soup has cooled, place 1-2 cups cauliflower soup and 1 cup herb mixture in a blender and blend until vibrant green and smooth. Pour into a clean pot or large bowl. Repeat until everything is blended. Stir soup to combine and season with more salt to taste if needed.

Whisk 2 tablespoons water into the remaining yogurt, adding more a few drops at a time until the yogurt is drizzle consistency. Ladle soup into bowls and top with avocado, almonds, and more chives. Drizzle with yogurt and more oil to serve.

www.delish.com/cooking/recipe-ideas/a39141032/green-goddess-soup-recipe





ORGASMIC FOODS

Orgasmic Foods believe their story of more than 20 years comes down to the authenticity of their Middle Eastern flavours, and their unique recipes, which are derived from the blending of different cultural food traditions. The flavours will transport you to the Mediterranean and the holy temples of the Middle East. Magic!

11 Bay Lane, Byron Bay
www.orgasmicfalafel.com.au



SATVIK FOODS

Local family-owned business, Satvik Foods, has been stocking grocery stores all over Australia with their nourishing Dhals, Quinoas and Royal Rice packs. With their unique blend of Ayurvedic spices, you will be enjoying your meal in under 15 minutes. Delicious on it's own, or as a base to your creation.

Buy online: www.satvikfoods.com.au
 Discount code: ECHOTAKE15



DELIVERING WHOLESOME LOCALLY MADE PRODUCE STRAIGHT TO YOUR FRONT DOOR

Rider is a family-run online grocery store who are passionate about supporting ethical, local artisan producers in the Northern Rivers region. They specialise in wholesome, locally made, small batch, organic goodies including pâtés, broths, congee, beet kvass, hot sauce and more! All made with the freshest locally sourced ingredients, just waiting to be served up at home for everyone to enjoy around your table. They also have their own brand of delicious organic toasted muesli and bircher, along with decadent raw vegan and baked cakes – all home made at the Rider kitchen, in the Byron hinterland.

Head online to view their full range of sustainable spray-free wholefoods, ethical household items, and local produce. Delivering twice weekly anywhere in the Northern Rivers region and free if you are based in Clunes, Corndale, Rosebank, Eureka, Dorroughby and Goonengerry.

Order via the Rider online store:
www.riderau.com



AMBRUNA'H SPANISH TORTILLAS

After popular demand Ambruna'h Spanish Tortillas have a permanent location for takeaway in the laneway behind Sparrow Coffee in Byron town. Javi Mayrata at Ambruna'h has mastered the art of Spain's most famous dish – The Spanish Tortilla – a rustic potato and onion omelette with a delicious gooey centre that's served in every single tapas bar in Spain. It's one of few dishes that can be eaten for breakfast, lunch, or dinner. A dish loved equally by kids and adults.

Visit their takeaway window for a slice and check out the menu that also includes a delicious Gazpacho and more traditional delights. They also offer to pre-order your whole Spanish Tortilla for Friday pick-up; to share with family and friends. The perfect picnic snack between bread, with salad and alongside other tapas dishes, or on its own – hot or cold.

Show your local postcode for locals discount.

Facebook/Insta: @ambrunah.spanish.tortillas

www.ambrunah.com.au

1/47 Jonson Street, Byron Bay
(Sparrow coffee Laneway)



THE COOP ROTISSERIE

Byron's first French style rotisserie and salad bar.

Serving succulent free range chicken in a variety of ways to tempt your taste buds...

Traditional roast, Portuguese spiced flat chicken, crown roasts (breast only), and marinated pieces, ready to be paired with one of 18 delicious salads.

Daily lunch specials.

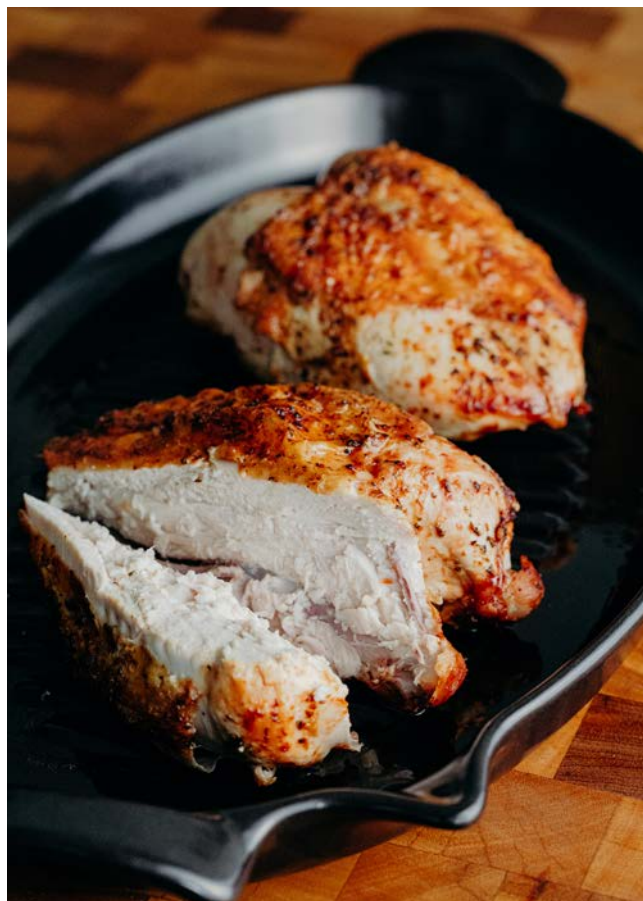
Catering available and other meats to order.

91 Jonson Street, Byron Bay

02 5628 7021

Open Sunday to Friday 11am–7pm

Closed Saturday



ICE Cream
CAN
SOLVE
::EVERYTHING::



BILLI INDIAN

A family run restaurant showcasing the best of traditional Indian food with all your favourites, as well as dishes for the more adventurous. Spice levels can be adjusted so you can play it safe, or go as hot as you dare. The extensive menu is fully inclusive making it the perfect choice for everyone, and takeaway also available.

8 Wilfred Street, Billinudgel
02 6680 3352



Food is our common ground. A universal experience.

– James Beard



MERCADO JUAREZ

Mercado Juarez is an authentic takeaway Mexican taqueria, in the picturesque village of Burringbar. For MJ's team, it's all about bringing people together through their love of Mexican food. Make your way to Burringbar for a Friday Fiesta in the park – real tacos, sunset, tunes and friends. What could be a better way to end the week?

www.mercadojuarez.com.au

eat@mercadojuarez.com.au

Insta: @mercado_juarez FB: @MercadoJuarezau



SABI SUSHI

Sabi Sushi is your local stop for delicious and authentic Japanese food. Their ingredients are carefully selected using only the freshest produce, local free range chicken, and highest quality seafood.

Meet Daisan, their talented head chef with over 30 years experience in the industry, from Osaka, Japan. He leads a team of international chefs, who are passionate about providing our local community with outstanding hand rolled sushi and Japanese dishes.

Customer favourites include fresh sashimi, dynamite roll, Sabi Don Bowls and gyozas. On the run? Stop in and pick up one of their grab and go packs. They have bento, sushi packs and mini poke bowls ready and available!

Sabi Sushi are fully licenced! Pop in and enjoy a cold Japanese beer, or try their selection of sake and wine. Look no further than Sabi for your next family dinner, social function or sushi date. A hidden gem in Ocean Shores at Ocean Village Shopping Centre, located in the north of the beautiful Byron Shire just across the river from Brunswick Heads.

Open 7 days, 11.30am–7pm • 84 Rajah Road, Ocean Shores
Call to make a booking, or place a phone order 6680 1478
hello@sabisushi.com.au • www.sabisushi.com.au



ESPRESSOHEAD CAFE

Tucked away in the heart of Byron, Espressohead has been a local's hideout for well over a decade, thriving on a constant flow of regular customers.

The all-day menu boasts fresh, locally sourced meals.

They pride themselves on exceptional coffee within every cup.

So pull up a chair and nestle into their cosy space to experience Byron like a local.

Shop 7, 4 Middleton Street,
Byron Bay NSW 2481

66 809 783

Instagram @espressoheadcafe
www.espressoheadcafe.com.au



MILK & HONEY WINE BAR & PIZZERIA

Milk & Honey is a cosy, neighbourhood restaurant offering delicious wine, tasty cocktails and artisan wood-fired pizzas and bar snacks. Milk & Honey is a great place to catch up with friends, relax at on date-night, or bring the kids along for a feed (who doesn't love pizza?).

Their menus change frequently to showcase the region's seasonal, locally sourced produce. Their pizzas are made on a 48 hour fermented sourdough base, and they embrace the artisan nature of wood-fired bakery; a dynamic entity ensuring no two pizzas will ever taste the same. The beauty of cooking with the elements!

The wine list is small and highly curated, featuring the best of Australia's smaller producers, focusing on sustainability and minimal intervention wines, with lots of different and fun varietals for you to taste. They also have a selection of craft beers and original cocktails – a margarita with your margherita? Why not!

Located in Mullumbimby (15 minutes from Byron Bay), and is open Tuesday–Saturday. Takeaway from 4pm, dine in from 5pm.

www.milkandhoneymullumbimby.com.au

Shop 5/59a Station Street, Mullumbimby
02 6684 1422



OCEAN SHORES TAVERN

Eat, drink, and play, at Ocean Shores Tavern! The Tav has just undergone the second of its major redevelopments, including a ripper sports bar, beer garden, and a playground that will absolutely delight the youngest of your squad. Mum and dad can kick back and relax with a cheeky vino or two! We can even host your next kids party!

With over 40 TVs, you are sure to catch all the latest sports action from NRL, AFL, NFL, NBA, MLB, UFC, more abbreviated codes than you can poke a crooked pool cue at. Randwick, Flemington, Sha Tin, every race, every day. Poker, punters club, and pool comps. The tastiest pub grub, cracking cocktails, and kick on with Karaoke first Friday every month! Ocean Shores Tavern, your number 1 sporting venue in the shire! Follow us on Facebook, Insta, or just ask a local!

84 Rajah Road, Ocean Shores

www.oceanshorestavern.com.au

Facebook/Insta: @OceanShoresTavern





BALLINA RSL

At Ballina RSL you can enjoy bistro style dining overlooking the Richmond River. The cafe has lighter menu options, barista coffee and delicious house-made cakes and desserts.

The stunning contemporary interiors are stylish and chic, yet inviting, relaxing and comfortable. It's a whole new lifestyle experience! With this fabulous location, could the views be more breathtaking?!

You will find local and craft beverages available from all of the bars. Live entertainment and signature dining events are a highlight for locals and visitors. Check the website for menus, promotions and up and coming shows.

1 Grant Street, Ballina

www.ballinarsl.com.au

Instagram: BallinaRSL • Facebook: Ballina RSL Club



THE HERITAGE DINING, INDIAN DINING, MULLUMBIMBY

If you're after a delicious curry or something from the tandoor come visit The Heritage Dining at the Mullumbimby Bowling Club. Run by brothers Harpreet, Arshpreet and Manish, it is a welcoming family restaurant with an extensive menu including plenty of vegetarian and vegan options.

As expertly trained tandoor chefs with years of experience in India and Australia they are excited to bring authentic Indian cuisine to the Northern Rivers. Dine in and the friendly staff will make sure you have a fantastic experience, or order home delivery.

Open Wednesday–Monday, 5pm–9pm

*Offering home delivery

7 Jubilee Ave, Mullumbimby

6684 2533



Sharing knowledge of Country – but remember respect

Belle Budden

As a kid I always had a snotty nose. My mum told me she read a book on raising Aboriginal children and learnt that we need a higher amount of vitamin C because our traditional foods were so vitamin rich. She started to send fruit juice to school with me and my health improved. This story stuck with me and I have spent many years learning about the medicinal properties of our native bush tucker. Sadly, many of our native bush tucker and medicinal plants are rare and endangered. There is so much to learn, Country to Country around Australia, that I have decided to showcase just a couple that are endemic to, and still plentiful, on Bundjalung Country.

Lilly pilly

There are over 60 species of lilly pilly in Australia with fruits in shades varying from vibrant magenta to cherry red and blue. Lilly pilly is an important food source for many native animals and was an essential part of our traditional diet as the different varieties fruit at different times of the year. This fruit features widely in traditional medicine. It can be used as a treatment for sore ears, wounds and skin conditions owing to its antibacterial properties. It is generally consumed as an immune system booster due to the superfood power of lilly pilly containing high levels of vitamin C. My favourite endemic lilly pilly is the brush cherry or *Syzygium australe* which is just coming to the end of its season. It's coming to the end of the season.

Lemon Myrtle

The medicinal uses of eucalyptus and tea tree oils are well known both locally and internationally. Another important native medicine that is rising in popularity owing to its flavour is lemon myrtle – *Backhousia citriodora*. I've noticed over the last decade the common occurrence of sinus infections in people living beneath tea tree as it flowers. When flowering, the tea tree produces a heavy, pungent, potato-like smell. This is the time that residents begin to get sinus infections. Drinking frequent cups of tea made from fresh lemon myrtle leaves acts as a powerful decongestant and helps reduce the symptoms and longevity of the sinus infection. The medicinal properties of lemon myrtle are widely documented, and among its superpowers are antibacterial and antifungal properties.

Intellectual Cultural Property and Social Enterprise

Aboriginal people have had a close relationship with native medicinal and bush tucker plants for many thousands of years and have prioritised these relationships through caring for Country. As wider society is learning about the benefits of our native foods and medicines there is a rush to establish businesses that capitalise on this knowledge and these elements of Country. It is important that the cultural intellectual property rights of Aboriginal communities are respected and elevated, allowing custodians to restore populations of native species on Country. Custodians too should be supported to determine the right time for communities to develop social enterprises that benefit the Aboriginal communities who have passed on their knowledge for generations.

In the meantime – get out there and plant native medicinal species on Country, plant one extra for the birds, bees and butterflies that thrive on them.



HOOPER'S IN MULLUMBIMBY

After gaining a loyal following in its sister venue in Brunswick Heads over the last few years, the Hooper's crew is launching a new Mullumbimby establishment at 55 Station Street (formerly La Familia).

As a local, family-owned restaurant, the Hooper's team reckon what we all might need at the moment is a few creature comforts on the food and drinks front. So, with that in mind, they're saying ciao ciao to the La Familia mexican menu, and a big hello to some honest-to-goodness, down-to-earth dining and drinking. We're talking fresh gourmet burgers, thick-cut hot chips, yummy seafood, delicious seasonal salads, and tasty, crafty bevies to wash it all down.

Plenty of vegan, vegetarian and health-conscious options. Loads of seating in the big and beautiful outdoor garden venue. Drop by for happy-hour drinks at the craft bar. And, if Netflix on the couch beckons, you can grab some takeaway too.

55 Station Street, Mullumbimby



CLUB LENNOX, THE HEART OF LENNOX HEAD

Club Lennox is a community-owned club in the beachside town of Lennox Head. The only venue of its kind in the area, they provide a facility that is family friendly, addressing the sporting, entertainment, and recreational needs of the community.

With a wonderful history of over 60 years, the venue plays an important part in community gatherings such as birthdays, celebrations, sporting achievements and galas, in-remembrance functions, as well as engagements, weddings, and professional meetings.

They're more than just a club. They're dedicated to giving back to the community and connecting with their members and guests. Let Club Lennox look after your next event. With one of the largest selections of craft beer in the region, coupled with quality food and service, your experience will be one you'll remember!

10 Stewart Street, Lennox Head • 02 6687 4313
www.clublennox.com.au

BAKED AT ANCORA

Bringing a little slice of Parisian cafe culture to the Tweed Coast, Baked at Ancora was inspired by a love for relaxed outdoor dining.

Inside their Tweed Heads cafe and waterside bakery, you'll find their signature croissants and other traditional classics, alongside more unique and inventive flavour combos. Serving up the best brunch this side of the equator, they offer a mouth-watering selection of both sweet and savoury treats, artisan breads and gourmet sandwiches – best washed down with a caffeine hit from their specialty Ground Control blend, for the ultimate match made in heaven.

Dine in on their riverside deck or grab a picnic blanket, to devour your treats while soaking up the sun in the adjoining park.

With cold pressed juices, rustic interiors, relaxed picnic vibes, a full cafe menu and full drinks list from 10am, they've got your next cheeky brunch date sorted.

Open 7am–1.30pm, 7 days a week
118 Wharf Street, Tweed Heads
07 5599 4545



MAVIS KITCHEN

Mavis Kitchen is a restaurant, eco accommodation, organic produce garden and providore located at the base of Wollumbin, with all sorts of delights right at your door.

There's so much to choose from on your mini gastronomic escape. You could start with a gourmet picnic, a 5-course degustation or just sit on your private deck and admire the view.

Picture waking up to breakfast on the veranda of this 100-year-old beauty, looking out over manicured gardens and stunning views of the mountain. Stroll through the produce garden to see what the chefs are harvesting – always a new experience, changing with the seasons. Go for a dip in the natural swimming holes and bring your furbabies along for the ride.

Romantic getaways and events are crafted by The Mavis Kitchen team to create cherished memories for families, lovers and friends. There is magic here!

64 Mt Warning Road, Uki • 6679 5664
www.maviskitchen.com.au



WANDANA BREWING CO.

Is a small local brewery situated on the outskirts of eclectic township of Mullumbimby. Its family friendly tap room and beer garden are a perfect place to kick-back with friends whilst gazing out over the paddocks at the iconic Mt Chincogan.

Lovingly crafted small batch beers are all made on-site and in full view of visitors, if you're in luck you might get to taste an upcoming brew directly from the tank.

The kids' room is filled with toys, so families are taken care of, and it's dog-friendly too. You don't have to just love beer to show up – there are wines, cider, gluten-free beer and non-alcoholic drinks on offer too.

A large roster of local DJs and musicians set the scene for sunset. Food is provided by an ever-changing line-up of delicious food trucks offering their culinary treats from around the world. Take-away beers and growler fills are available.

www.wandanabrewingco.com.au
 20 Manns Road, Mullumbimby

RECIPE: CARAMEL APPLE CHEESECAKE

One of our drudges recently road tested this caramel cheesecake recipe from delish.com. We were very upset to learn there were no leftovers for the office.

9 hours: Prep 30 min, Cook 1.30 min

INGREDIENTS (FOR 12 SERVINGS):

- FOR THE CRUST
- 1 1/2 cup crushed gingersnaps
- 1/4 cup granulated sugar
- 4 tbsp. melted butter
- 1/2 tsp. kosher salt

FOR THE CHEESECAKE

- 4 (8-oz.) blocks cream cheese, softened
- 3/4 cup granulated sugar
- 1/2 cup lightly packed brown sugar
- 3 large eggs
- 1/4 cup sour cream
- 2 tbsp. all-purpose flour
- 1 tbsp. pure vanilla extract
- 1/2 tsp. kosher salt

FOR THE TOPPING

- 3/4 cup apple cider
- 1/3 cup brown sugar
- 1/4 tsp. ground cinnamon
- 1 tbsp. cold butter
- 2 apples, peeled and thinly sliced
- Pinch salt
- Toasted pecans, chopped
- Caramel sauce, for drizzling

METHOD:

MAKE CRUST

Preheat oven to 325° and grease an 8" or 9" springform pan with cooking spray. In a large bowl, mix together gingersnaps, sugar, butter, and salt.



Press mixture into prepared pan and up sides, packing tightly.

MAKE CHEESECAKE

In a large bowl using a hand mixer beat cream cheese and sugars until no lumps remain. Add eggs, one at a time, then stir in sour cream and vanilla. Add flour and salt and beat until just combined, then pour mixture over crust.

Wrap bottom of pan in aluminum foil and place in a large roasting pan. Place in oven then pour boiling water in roasting pan about halfway up sides of springform pan. Bake until center of cheesecake only slightly jiggles, about 1 hour 30 minutes. Turn off heat, prop open oven door, and let cheesecake cool in oven, 1 hour.

Remove foil and refrigerate cheesecake for at least 5 hours and up to overnight.

MAKE TOPPING

In a large skillet over medium high heat, bring apple cider, brown sugar, and cinnamon to a boil. Cook until slightly thickened and reduced by almost half. Stir in butter, then add apples and salt cook, stirring occasionally, until soft and syrupy, about 5 minutes. Let cool slightly.

Spoon apple mixture over cooled cheesecake then drizzle caramel on top and sprinkle with chopped pecans.

www.delish.com/cooking/recipe-ideas/a22998962/caramel-apple-cheesecake-recipe/

CASA LUNA

Casa Luna's enchantment provides direct passage from the arid lands of Mexico to the hedonistic shores of the Mediterranean.

Casa Luna's narrative is strengthened with a tapas and shared Mediterranean food experience that is both engaging and elegant. The seasonal menu and cocktails are imbued with influence and character from all areas of Latin heritage and culture.

Later in the evening, local/international DJs and live performers transform Casa Luna into Byron Bay's premier dance haven, inspired by the decadent nights of places such as Ibiza, Mykonos or Tulum.

Casa Luna aims to provide the most exciting food, drink and dance experience in Byron Bay.

9 Fletcher Street, Byron Bay
0414 695 748 • @casalunabyronbay
www.casalunabyronbay.com



WOODS BANGALOW

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Open 7.30am to 2.30pm daily, and from 7am Saturday.

10 Station Street, Bangalow
www.woodsbangalow.com.au
Insta: @woodsbangalow

YAMAN MULLUMBIMBY - TRADITIONAL YEMENITE FOOD

Experience the flavours of Yemen and the Middle East.

Authentic handcrafted Yemenite pastry, falafel, Middle Eastern spices, authentic plates and delicious sweets. Hand-picked fresh ingredients, local produce, and the love for the flavours of their ancestors is what makes each dish extraordinary.

Yaman Mullumbimby combines the tradition of Yemen and the Middle East with the vibe of Mullumbimby and the Byron Shire.

Visit and you will experience an authentic atmosphere with passion for traditional food and culture. They believe their food connects people and creates lifelong friendships with every bite.

Dine-in and enjoy the vibe, takeaway, or grab from their deli your favourite dips, spices, pastry and more, and bring the flavours of Yemen into your own kitchen. Vegan friendly.

Open: Every day 9am-8pm, breakfast, lunch and dinner.

Shop1, 62 Stuart Street, Mullumbimby
02 6684 3778 • www.yamanmullumbimby.com.au
Insta: @yamanmullumbimby



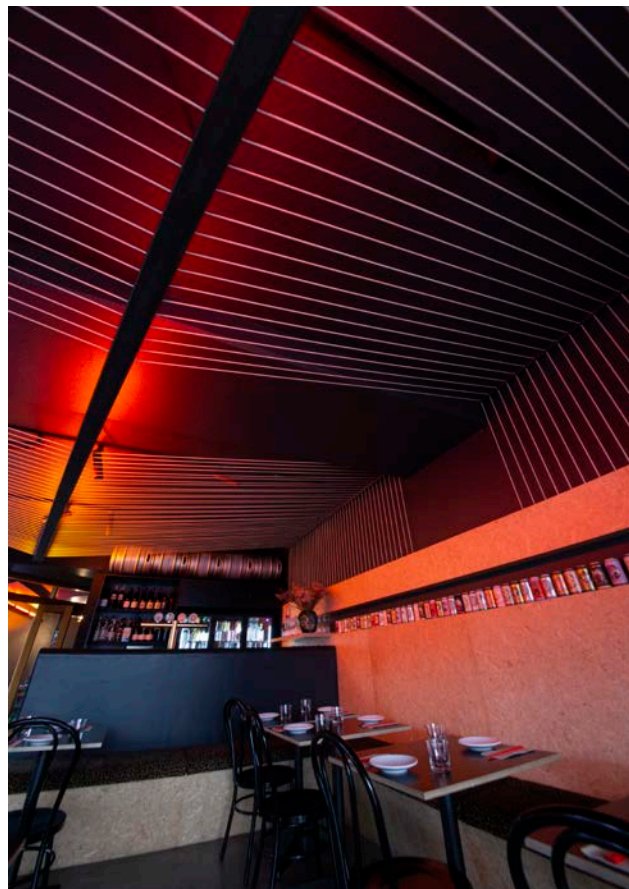


WOK THIS WAY

Focusing on the fast and punchy street food style found across Asia, Wok This Way is the exciting new venture from the team at Yulli's. They offer a diverse vegan menu that showcases an array of modern and classic Asian dishes, accompanied by our wide range of Yulli's brews. Craft beers, ciders and kombuchas are available on tap at the bar as well as a number of vegan wines, local spirits and cocktails.

Wok This Way incorporates a comfortable and lively atmosphere, hosting weekly live music and an extensive vinyl collection to be chosen from and played on request!

Cnr Carlyle St & Keesing Lne Byron Bay • 02 5605 8401
Facebook/Insta: @wokthiswaybyron



YULLI'S BYRON BAY

In May 2019, the team behind Yulli's Brews and Yulli's Surry Hills opened Yulli's Byron Bay.

Head chef Teerapong "Bee" Supawan has designed a modern Asian menu that features some of the signature dishes that Yulli's has become known for (like edamame and coconut money bags), plus some new favourites (think panko broccoli with BBQ red curry). The food menu is matched with a diverse wine list, a range of local spirits and cocktails and, of course, the ever-changing portfolio of Yulli's Brews craft beers.

The restaurant seats about 70 people spread over three areas: the main dining room, footpath dining and a courtyard area. With so few seats, bookings are highly recommended to avoid disappointment!

3/8 Byron Street, Byron Bay
6685 5711 • byronbay@yullis.com.au
www.yullisbyronbay.com.au



NO BONES

No Bones is part of a plant-based food movement, and they invite you to join them on their expedition to save the Earth, one Brussels sprout at a time.

No Bones opened its doors in April 2018 with a mission to change the way people think about vegan food.

Every menu they create takes time and care to ensure they source as many of their ingredients as possible locally, both to support our incredible farmers and also to minimise their carbon footprint. You'll notice that their wines are all Australian for the same reason. This is their little contribution to decreasing freight associated with their business.

As you probably already know, a plant-based diet goes a long way towards fighting climate change and every meal counts... #BRUSSELSNOTBEEF

11 Fletcher Street, Byron Bay
0481 148 007
@nobonesbyronbay



FRIDA'S FIELD

Just 10 minutes from Bangalow in the Byron Bay Hinterland, Frida's Field is a 120-acre farm and restaurant that offers contemporary country dining. The menus are carefully curated by chef Alastair Waddell – three-time winner of *The Australian Good Food Guide's* one hat award. They showcase his classical training and deft skills in creating delicious, produce-driven cuisine using seasonal crops grown by us and other local producers.

Frida's hosts a single long lunch every Friday, Saturday and Sunday. Housed in an architecturally-designed barn with stunning pastoral views; the lunches are a communal feast with a set menu of multiple dishes shared amongst the members of your booked party.

Frida's Field uses farming techniques to regenerate their land, sequester carbon from the atmosphere, build soil health, and foster biodiversity.

76 Booyung Road, Nashua
Bookings: www.fridasfield.com





BOMBAY TO BYRON

An exceptional Indian restaurant in the heart of Byron Bay, Bombay to Byron's diverse menu caters for every dietary requirement, including vegan, gluten-free and dairy-free. They also have an extensive wine and beer list. Serving the local community for 7 1/2 years, owners Rahul and Radhika thank and appreciate the community for their support.

Specialties include Masala Dosa, a south Indian savoury crepe delicacy that's available for lunch. Other favourites include Goan Fish Curry, Butter Chicken, Malai Kofta, Chicken Tikka Masala, Vegetable Kofta and Kerala Chicken. Along with the classics, Bombay to Byron has regular specials, taking advantage of whatever is in season. Using locally sourced ingredients wherever possible, they grind their own spices and employ local people.

Open seven nights a week from 4.30pm to 9.30pm and serving lunch every day, except Monday. Delivery available throughout the area, including to Suffolk Park and Ewingsdale.

Check out the complete menu online, complete with mouth-watering pictures of the food.

www.bombaytobyron.com.au
Shop 12, North Byron Plaza,
90-96 Jonson Street, Byron Bay
6680 8355



CADEAU BAR & RESTAURANT

Looking for a special night out?

Cadeau offers excellent food and service at affordable prices right in the heart of Brunswick Heads. Run by a couple with years of industry experience who use local produce and ingredients to bring alive classic European dishes such as chicken liver parfait and black pudding.

There is both an à la carte menu, or set menu to choose from, complimented by an ever changing wine, beer and cocktail list.

Looking for somewhere to book your Christmas party or next family gathering? Cadeau also offers large and small group booking packages to suit every occasion.

Gift vouchers are available.

2/26 Mullumbimbi Street, Brunswick Heads
Open hours: (Wed), Thu, Fri, Sat & Sun 5.30pm-10pm
www.cadeaurestaurant.com
Instagram: @cadeaurestaurant





One cannot think
well, love well, sleep
well, if one has not
dined well.

– Virginia Woolf



HARVEST NEWRYBAR

Harvest Newrybar offers a unique dining experience spanning across a restaurant, bakery and delicatessen, giving visitors the opportunity to learn about farm-to-plate dining, locality and seasonally prepared food.

Showcasing local artisan producers, Harvest Restaurant emphasises the diversity of local food of the Northern Rivers region, as well as the variety of wild and native Australian ingredients available throughout the country.

The Harvest Deli exhibits locally made and artisanal products from all over Australia and specialty items from across the world. The shelves are fully stocked with perfect additions to any kitchen and a wide range of remarkable Christmas gifts.

With a newly refurbished wood-fired oven, originally dating back 118 years, the historic Newrybar bakery has stood the test of time and is still supplying the community with freshly baked sourdough and mouth watering pastries.

Book your private Christmas lunch or party at Harvest this year! Email joan@harvest.com.au with enquiries.

18-22 Old Pacific Highway, Newrybar
02 6687 2644 • goodtimes@harvest.com.au
www.harvest.com.au
Instagram: @harvestnewrybar



KARKALLA

Food has a culture. A history. A story.
It has relationships and identity.

Karkalla restaurant is Byron Bay's only native Indigenous restaurant. Featuring locally sourced, seasonal produce and native Indigenous ingredients, Karkalla aims to provide guests a truly memorable Byron Bay experience, with a warm, knowledgeable service, and genuine food and beverage offering.

Mindy Woods and her team share their love of food, history and culture in an immersive dining experience not to be missed.

Check out their seasonal, locally sourced and native inspired breakfast, lunch and dinner menu and make a booking online via their website.

www.karkalla.com.au

Insta/FB: @KarkallaByronBay



The quality of 'local'

Simon Haslam

We are all individuals, but I find there is something inherently unsatisfying about consuming a generic product, whereas there's a certain joy in discovering the terroir of different wines, or a unique local cheese, for example. Much the same change in consumer taste has driven a rise in hyper-local craft breweries, and now craft distilleries, of which we're fortunate to have a number locally.

These craft, small-scale and local breweries and distilleries are increasingly popular with drinkers who are looking for something 'special', and are prepared to pay a premium for a high-end local product, perhaps with custom, unique botanicals or organic ingredients.

According to Matt Hunt from bar and restaurant Loft Byron Bay, 'Byron is widely known for its unique offerings in both small-batch spirits and craft beers, and people can't wait to experience what's on offer when they come here – they epitomise the spirit of Byron, using local ingredients with flavours synonymous with the summer sunshine.'

We asked a few local producers about why they thought 'local' was so appealing to drinkers.

Cape Byron Distillery's 'spiritual adviser', Sigourney Andrusko, said, 'Typically, when people think of products showcasing the unique terroir of regional Australia, they think of wine. We believe this shift in the spirits industry is due to the rise of conscious consumerism where customers need more than just a good-tasting spirit to get them over the line. Our signature Brookie's Byron Dry Gin is distilled with 25 botanicals, 17 of which are native to the Northern Rivers. At the distillery we have created an experience where consumers can hear our regeneration story, learn about our sustainability ethos and visit our rainforest – a deeper connection to the product and how it supports our region is forged.'

Earth Beer's Richie Foreman says drinkers make the economic connection too: that locally-produced beer, 'benefits the community directly, not offshore giants. Aussie independent craft breweries brew less than 12 per cent of the total beer drunk in Australia, but employ 55 per cent of the total beer industry workforce! Not only can we modify recipes and styles to capture the essence of the local community, but there is a feel-good factor to knowing you are supporting local families.'

Rhiannon Jones from Husk Farm Distillery, makers of Ink Gin and Husk Rum, agrees that local producers can create an emotionally satisfying connection, but that consumers are also often motivated by an economic understanding.

'Visitors to Husk Rum can see the actual sugar cane growing on-site, and the still itself, and seem to appreciate that as Australia's only farm-to-bottle rum, it captures the unique terroir of the Tweed region in each bottle. The volcanic soil, sub-tropical climate and geology culminate each year in the harvest. As we are committed to using local produce and supporting farmers in the region, and employ upwards of 60 staff, most of whom are Tweed locals, our feedback is that people understand that local distillers are good for the local economy.'

It does seem like a global trend: local products not only support the local economy and benefit the environment, but, unlike the homogenous flavours of big brands, small-scale producers create interesting, unique flavours that aid the human spirit by releasing the feel-good hormone dopamine.

So, should you start your own distillery?

Starting up your own small-scale distillery sounds like a pretty cool idea – perhaps even a semi-retirement project. But if you're going to make an income from it, you need to do a lot of planning, and make a significant investment (at least \$50K–\$100K for a 300–900L premium still, which might have a six month wait time). Then you have to make a premium product – the global trend is in that direction, although this doesn't translate necessarily into high profits – the profit margin in Australia is considered fairly small, possibly because of competition from all the small producers.

Some estimate that there are around 250–300 small gin producers in Australia, meaning around 900 different gins, but that the market share of all the small producers is the same as Gordon's Gin. So, having produced a premium product, you still have to get it on shelves ahead of the other producers, which means that many producers will have to, possibly willingly, accept that they will always be hyper-local and small-scale. We love that!





LOFT BYRON BAY

Modern yet relaxed dining, situated above Byron Bay's main street overlooking town and out to the ocean.

Fresh oysters, local charcuterie & cheese boards. Seafood and steak to indulge or share.

An extensive cocktail, wine and beer selection. Signature cocktails shaken to perfection or find your favourite classic with a twist.

Open every day from 4pm - Late



  @loftbyronbay

4 Jonson St, Byron Bay 02 6680 9183

Book online: loftbyronbay.com.au