

Indulge yourself with the Northern Rivers' tastiest offerings!

eat drink

Issue #3 Summer 2022

Locals who can
make your event,
and tantalise your
taste buds

Street food
culture is
thriving

Local
farmers are
essential
to healthy
communities

Enterprising
eats



Echo

NORTH BYRON HOTEL

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From sunlight to sunset, North Byron Hotel is a thriving mecca of good food, great music and a chill atmosphere that is quintessentially Byron Bay. Soak up the sunshine surrounded by our lush gardens with freshly made cocktails and our famous wood fired pizzas loaded with locally sourced toppings. Discover something new, discover North Byron Hotel.

NORTH BYRON HOTEL

61 Bayshore Drive, Byron Bay, NSW, 2481



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www.northbyronhotel.com.au



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BANGALOW
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Behind the hotel



BYRON BAY
Thursdays 7-11am
Butler St Reserve



cocktails cherry street

	M	V
Aperol Spritz Aperol, Italian Prosecco, Soda, Orange	\$14	\$16
OG Margarita Espolon Blanco Tequila, BBSC Triple Sec, Lime, Simple Syrup, Salt Rim	\$14	\$16
Cadillac Margarita Patron Reposado Tequila, Grand Marnier Liqueur, Agave, Lime, Salt Rim	\$18	\$20
Espresso Martini BBSC Vodka, BBSC Coffee Liqueur, Espresso, Sugar	\$14	\$16
French Kiss Grey Goose Vodka, Pavan Liqueur, Alize Rose Passion, Lime, Simple Syrup, Cranberry	\$16	\$18
Spiced Pineapple Margarita Espolon Reposado, Palm Valley Coconut Vodka, House Infused Jalapeno Pineapple Juice, Lime, Chili Lime Salt	\$16	\$18
A Stormy Harbour English Harbour 5yo Rum, Falernum, Lime, Spiced Ginger Beer, Bitters	\$15	\$17

	M	V
Lychee Coconut Martini Palm Valley Coconut Vodka, Lychee Liqueur, Coconut & Lychee Syrup	\$16	\$18
Pash On The Green Zubrowka Black Vodka, Alize Rose Passion, Passoa, Passion Fruit Pulp, Lemonade, Lychee, Mint	\$15	\$17
Tiki Classic Plantation Pineapple Rum, English Harbour 5yo Rum, Fassiola, Falernum, Crenadine, Bitters, Orange, Lime	\$16	\$18
Pornstar Martini Absolute Vanilla, Passoa, Passionfruit, Pineapple Juice, Lemon & a shot of Cavaliere prosecco served on the side	\$17	\$19
Old Fashioned Buffalo Trace Kentucky Straight Bourbon whiskey, Sugar cube, Aromatic Bitters, Orange Bitters, orange zest	\$16	\$18
Mocktails See Bar tenders for selections	\$8	\$10

Brookies Jam Jars m\$13 v\$15

Spring Fling

Brookies Mac Liqueur, Italian Prosecco, Passionfruit, Soda

Byron Fizz

Brookies Cry Gin, BBSC Limoncello, Lemon, Sugar, Soda, Mint

Bangalow Mule

Brookies Seltzer, Lime, Ginger Beer

We use Byron Cold Pressed Juices for our cocktails.

We also make the classics - please ask the Bartenders and they will do their best

*BBSC - Byron Bay Spirit Co

Signature CLUB LENNOX SPRING COCKTAILS

SPICED SUMMER PASH 18 | 20

Pineapple Infused Pompero Blanco, Sailor Jerry's Spiced Rum, Byron Bay Spirits Triplesec, Pineapple Juice, Passionfruit Puree, Lime Juice, Falernum/Pandan Syrup

SPRING BLOOMS WHITE NEGRONI 15 | 17

Byron Bay Spirits Honey Gin, Suze (Gentian Liqueur), Rosemary Infused Bianco Vermouth, Elderflower and Chardonnay Verjus Mix

JEAN CLAUD PANDAN 18 | 20

Jack Daniels, Grand Marnier, Lemon Juice, Pandan Syrup, Aquafaba

HUGO SPRITZ 18 | 20

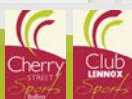
Elderflower Liqueur (Pavan/St. Germain), Prosecco, Soda Water, Fresh Lime, Mint

LYCHEE COCONUT MARTINI 18 | 20

Palm Valley Coconut Vodka (Infused with Chili Variation), Lychee Liqueur (Soho Lychee Liq.), Lemon Juice, Coconut Syrup, Aquafaba

MEZCAL APPLITINI 22 | 24

Illegal Mezcal, Joseph Catron Pomme Vert (green apple liq.), Lemon Juice, Garden Syrup (cucumber, basil, mint), Green Apple Juice



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tweed river house

murwillumbah, nsw



Perched on the banks of the Tweed River in Murwillumbah,
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TWEEDRIVERHOUSE.COM.AU

f @TWEEDRIVERHOUSE

eat drink

Issue #3 Summer 2022

AN ECHO MAGAZINE

Echo

www.echo.net.au

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eat drink

SUMMER IS IN THE AIR, THE SUN IS SHINING

and hope flourishes as the Northern Rivers gets back on its feet, opens up and celebrates all the wonderful opportunities that are available to locals and tourists alike.

Along the coast and throughout the hinterland there are so many opportunities and experiences that people can engage with. From planting native foods and enjoying locally brewed drinks to supporting local communities through farmers' markets and caterers – there is no shortage of ways to engage.

Eat Drink is part of celebrating all the diversity and inspiration throughout the Northern Rivers, from great entertainment options to inspired eating. There are flexitarian approaches to cooking that fuse traditional with trendy styles, pure raw food, and vegan delights that can blow away your tastebuds.

It is more than just table to plate, it is a matter of moulding your own products such as chocolate, bread or the presentation of a unique meal in a special location that inspires creatives – and there are an endless supply of innovative ideas on the table and in the garden.

It might be your coffee on the way to work, a special drink in the afternoon or on the weekend, a conference, or your most special day. The key is that this community is making a place for everybody to be part of, a place of opportunities is coming to life in the Northern Rivers and reinvigorating and building positive outcomes for the individuals, communities and the world.

It is all about leaving things better than we find them, says local Andrew Cameron who works as the agriculture extension officer for Byron Shire Council.

The importance of recognising our impact on Country is essential, Belle Budden reminds us. We need to look 'closely at what grows readily all around us' and ensure we are investing in Country, supporting Country and to ensure that we have a fruitful future.

Take the future into your hands and make sure you leave the world a better place.

– Aslan Shand

~ Casual Eats ~



AMBRUNA'H SPANISH TORTILLAS

By popular demand, Ambruna'h Spanish Tortillas now 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. Have them served fresh in the traditional ways: either as a 'Pintxo', a slice of your chosen flavour with a side of Spanish tomato toast; or as their very popular 'Bocadillo', a tortilla in a baguette.

For the perfect bite for a summer picnic, pass by for a Bocadillo and check out the changing specials menu, or pre-order your whole tortilla for a Friday pick up to share with family and friends. Show your local postcode for a locals discount.

1/47 Jonson Street, Byron Bay (Cnr Williams Ln and Byron St)
www.ambrunah.com.au • @ambrunah.spanish.tortillas



VAGABOND BYRON BAY

Plant based goodness cafe. Awesome coffee. All milks available. Smoothies to dream about. Delicious in-house baked cakes and treats. Yummy food. No bookings required.

Outside seating for 50 patrons, or lay on the lawn under the shady poinciana in the centre courtyard.

Open Monday to Saturday 6.30am–3pm and Sunday 8am–2pm.

Shop 33-34 Habitat, Porter Street, Byron Bay
@vagabondbyronbay

PASEYO

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, mouth-watering dairy free soft serve ice cream 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



THE EMPIRE

Mullumbimby's Empire Cafe serves up delicious food, tasty brews, and good vibes, and they pride themselves on their excellent, friendly service. Whether you want something nice and healthy, or a naughty, decadent treat, or something in between – you're in luck, the modern menu has something to please everyone.

If you're after the best burgers to be found, hands down, this is where they're at! There is also loads of choice for vegans and vegetarians. The whole menu is also available for takeaway and it's easy to order online through www.mryum.com/theempire.

20 Burringbar Street, Mullumbimby
6684 2306 • www.empiremullum.com.au
@empiremullum



~ Casual Eats ~

THE OLIVE PLACE

Owned and created by Byron Bay Olive Co, and perfectly located near the Bunnings/BP roundabout in the Byron Bay Arts & Industry Estate, The Olive Place is a gathering place for friends, business lunches, a quick nibble and everything in between.

French chef Bruno Pouget, former owner of La Table in Mullumbimby, is running the kitchen. His authentic French offerings rotate weekly and include homemade quiches, pissaladières, ratatouille and many other fresh and delicious dishes. Step inside for a mini getaway to the South of France, and enjoy an alfresco lunch in the garden.

From 7am, The Olive Place is open for breakfast, lunch and afternoon tea, serving Provençal sandwiches and Mediterranean fare, along with the whole range of Byron Bay Olive Co. products and a curated selection of artisan goods.

Are you a French gastronome craving escargot and confit de canard? Or just an adventurous eater curious to try new flavours? The pantry shelves are stocked with all the French staples you'll need to take your tastebuds to the South of France. Don't forget to take a gander at the deli fridge for delicious marinated olives and antipasto produced on site, delectable traditional saucissons made locally and quality cheeses imported from France.

3/29 Brigantine Street, Byron Bay

@oliveplacebyronbay

www.byronbayoliveco.com



THE GALLERY CAFE

This family owned and run alfresco cafe situated in the heart of Ballina was originally the Council Chambers. The iconic heritage building has since been transformed into a beautiful cafe space with an attached art gallery showcasing local artists.

Owners Alisha and Jason are passionate about delicious food, the robust aromas of coffee, and unique aesthetically pleasing cocktails. The chefs have extensive experience throughout Sydney and the local area, with the expertise to serve a high standard of food and drink, along with the assistance of friendly and experienced customer service staff.

Alisha manages and oversees the running of the cafe, whilst Jason with over 20 years experience in the hospitality industry working at award-winning venues in the south western Sydney area, has a unique understanding of what produce the region has to offer. He is passionate about using local fresh and seasonal produce and turning it into something beautiful.

46 Cherry Street, Ballina • 02 6681 3888

www.thegallerycafeballina.com

@thegallerycafeballina

CARDAMOM POD

Cardamom Pod is Byron Shire's original Hare Krishna eatery, with both Byron Bay and Mullumbimby cafes serving up sattvic vegetarian food for the soul.

Everything that is prepared is done so with the purest of consciousness, an ideal in food preparation where the food is cooked and then offered with devotion. They offer so many options to suit your individual taste and dietary needs, with vegan, raw, gluten free and veggie choices... you don't even need to be a vegetarian to enjoy these wholesome flavours!

Their aim is to satisfy your taste buds, satiate your appetite and feed your soul. Open seven days 11am-5pm.

2/62 Stuart Street, Mullumbimby

8/7 Lawson Street, Byron Bay

www.cardamompodbyronbay.com.au

@cardamompodbyronbay

@cardamompodmullumbimby



~ Casual Eats ~

LEGEND PIZZA

Legend Pizza has been serving fresh pizza to Byron Bay for over 30 years. Established in 1992, they have always been locally owned and operated. They use the freshest ingredients from all of their local suppliers including butchers, bakers and even candle stick makers! Their local vegetable supplier, Sunfresh, has been supplying them for over 25 years.

Legend offers eat in, takeaway and delivery options, all the way from Ewingsdale to Broken Head and everywhere in between.

They cater to all dietary requirements and offer great gluten free, vegetarian and vegan options. They can also cater for groups of up to 150 people.

Their dough rests for 48 hours before being hand stretched so that they can make whatever creation you can imagine. You can order off the menu or create your own masterpiece. Everything is made to order so let your imagination and taste buds run wild!

Legend Pizza have recently moved to their new home at Shop 2, 3 Marvell Street after 30 years on Jonson Street. They're now located just around the corner, across from Bayleaf Cafe. Watch this space and their socials as they increase their offerings including pastas and salad ranges.

They can't wait to welcome you in to their new home, so drop in and say hi. Or you can phone 02 6685 5700 or order online at legendpizza.com.au.

02 6685 5700

Shop 2, 3 Marvell Street, Byron Bay

www.legendpizza.com.au

@legendpizzabyronbay



SHOZA GYOZA

Shoza Gyoza began at the Clunes General Store in 2013, serving from a paella pan out the front of the store. Gyoza is a Japanese style dumpling that can be steamed, boiled or fried and is a common household, restaurant and street market food.

Whilst owner Sho is originally from China, before moving to Australia he lived in Japan for twelve years, working in a ramen restaurant where he learned the art of making Japanese dumplings. Coming from a background of chefs in China who specialised in dumpling making, together with his experience in Japan, he has been able to create a very unique dumpling recipe.

It was in Japan that Sho met his wife, Aussie Jireh Dixon. They used to throw Gyoza parties with friends where everyone would gather and, using Sho's gyoza mixture, make their own dumplings start to finish. Sho became known for his delicious gyoza recipe and so was given the nickname *Shoza*.

Shoza Gyoza offer handmade and hand wrapped gyozas using locally sourced produce. Available at local markets, for event catering, and wholesale. Serving delicious dumplings to the Northern Rivers region and beyond.

www.shozagyzoa.com

@shozagyzoa @shozasgyzoa

~ Casual Eats ~

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 • @wearecombi
www.wearecombi.com.au



STAR BIRD CAFE

There's a new bird in town this summer...

Bring some colourful cheer to your morning routine and stop off at Star Bird Cafe, right on Tweed Valley Way. Sure to start you off with delicious and nutritious food, sourced locally wherever possible, catering for all dietary requirements.

Take a pause for a beverage of your choice, from the best coffee in town, including gourmet cold-drip, perfect for those summer days, to fresh juices and rejuvenating smoothies.

With a convenient location for a quick stop during the morning rush, or take some time to relax for a moment's contemplation by the mighty riverside. Find your perfect possie, from a picnic rug, gorgeous garden table or covered deck, with a view that's hard to beat as the sun slips behind the magical mountain ranges. Unwind anytime at Star Bird Cafe.

Available to hire for special events and celebrations. For more info, or employment opportunities, email starbirdcafe2484@gmail.com.

OPENING DECEMBER 2022

237 Tweed Valley Way, South Murwillumbah

WAHLBURGERS BYRON BAY

Wahlburgers is a family-owned burger restaurant and sports bar, serving cooked-to-order American-style burgers created by chef Paul Wahlberg with brothers Mark and Donnie.

Located upstairs at Mercato on Byron, Wahlburgers is the perfect spot to bring the family for delicious burgers, fresh salads, tasty starters like fried pickles, and their famous shakes. Serving breakfast Friday through Sunday from 8am, you'll find all your favourites plus the American classics like buttermilk pancake stacks and French toast sticks.

After dark enjoy handcrafted cocktails, their 'Wahlbrewski', and adults-only boozy shakes on the terrace overlooking Jonson Street.

Walk-ins welcome or book online for groups of ten or more.

Open Monday to Thursday from 11am to late, and Friday to Sunday serving breakfast from 8am, open till late.

Upstairs at Mercato on Byron, 108-114 Jonson Street, Byron Bay
02 6617 4231 • www.wahlburgers.com.au

@wahlburgersau



ESPRESSOHEAD

Tucked away in the heart of Byron, Espressohead Cafe has been a locals' hideout for well over a decade, thriving on a constant flow of regular customers. Their all-day menu includes fresh, locally sourced meals with vegan and gluten-free options and they pride themselves on their exceptional coffee within every cup. So pull up a chair and nestle into this quaint and cosy space to experience Byron like a local. Open daily 6.30am-2pm.

7/4 Middleton Street, Byron Bay • 6680 9783

www.espressoheadcafe.com • @espressoheadcafe

~ Casual Eats ~

BLACK DROP CAFE

Black Drop in Pottsville is a hidden gem, offering a seasonal all day menu using only the freshest local produce, and the best artisan ingredients from the Tweed and Byron areas. Their pop-ups on the last Monday night of every month are kind of a big deal. The formula is pretty simple; talented chefs and incredible front of house team put on a delicious culinary event, and they add their signature laid-back vibe. They are super passionate about making sure everyone feels welcome and has a chance to eat incredible local food and drink delicious drinks. They always have a cheeky wine or craft beer on hand and the best local Beam coffee pouring all day long. Make sure you follow them on Instagram so you know what's coming up!

18 Philip Street, Pottsville
www.blackdropcafe.com.au
@black_drop_cafe



Local institution, The Chincogan Store

The Chincogan Store is a locally owned and run family business, open seven days a week from 6am on weekdays and 8am on weekends.

They don't just do hot chips but they do them well!

They also specialise in burgers, fresh sandwiches, wraps and rolls, plus delicious soft serve ice cream for just \$3.50 for a cone or \$4 for a cup.

As well as all the usual snacks you can also find healthy cold press orange juice, local honey and delicious kombucha on tap, plus a selection of gorgeous fresh flowers available daily.

Planning a birthday party or function? They have all your catering needs covered for parties and work functions. And fresh seafood for Christmas!

33 Burringbar Street, Mullumbimby
6684 2214



TOMBO

At Tombo in Mullum they believe in diversity, and using the freshest produce sourced locally.

Dai insists on making everything from scratch – from his house-made breads, sweets and famous udon noodles, Dai's passion and love of cooking comes through.

Timbo says he loves the unique indoor space, with views of Mt Chincogan from the outdoor seating. 'We're currently open from 6.45am for great Allpress organic coffee, smoothies and juices, with congee and fresh rolls from 8.30am. Our tasty salads come out next and our udon noodles and Tombo bowls from 11am to 1.30pm'.

With a distillery next door, the Tombo boys have plans for pop-up dinners in the new year.

See Timbo, Dai and the friendly staff Monday to Friday. Call 6684 6167 for bookings, private functions and catering.

16-18 Towers Drive, Mullumbimby Industrial Estate
@Tombo Mullum'



Street food culture is thriving

Mandy Nolan

From pizza on wheels to tortilla trucks, gyoza to matcha crepes, borscht vans to ice cream bars, the food truck revolution brings street food to the people. Food trucks are at the heart of a mobile food industry that has survived covid and floods, increasing rents and expensive overheads. Food vans are the ultimate pivot. So much more affordable than dining in restaurants, and instead of sitting there quietly hoping the people will come to you, you go to the people! It's marketing genius. You can literally stalk your customers! They're also understated, which is totally hip. Street food has arrived, and it's here to stay. In a world that is asking for environmentally friendly sustainable food options, street food is the clear winner.

Street food culture is a trend sweeping the world. There was a time in Australia when the closest thing we had to street food was the sausage sizzle at election day. But we've grown up, and so have our food choices. Our vibrant multi-cultural society has arrived, and so have the food trucks and market stalls. Often street food becomes a gateway to cultural exchange. We try something new, we learn something about the traditional foods of a region we may have never visited, and our palates and the food truck proprietor are the richer for it. In a world where for a time so many of us couldn't travel because of food costs, and now because of prohibitive fuel and other costs of living, food trucks bring the world to you. It's fun. It's delicious. It's unexpected. It's NOT boring. And best of all you know that it's fresh. It's made on the spot in front of you – for you! The transient nature of these pop-up restaurants is what is exciting. There's a sense if you don't try you might miss out! No one wants buyer's remorse! And then the world either packs up or drives away!

Our love of street food grew from our markets and festivals. It's food on your feet. You know that when you buy your tortilla, you're paying for what you hold in your hand, not the dining area of a fixed restaurant. This makes food more affordable, and it means that people are more open to experimenting with their food choices and trying something new. This is why Javier Mayrata has Ambruna'h, a hole in the wall restaurant in Byron Bay AND a market stall.

"There was a time in Australia when the closest thing we had to street food was the sausage sizzle at election day. But we've grown up... Our vibrant multi-cultural society has arrived; and so have the food trucks and market stalls."

It's the market stall where Javier says people are experiencing the sensation of his authentic Spanish tortilla!

'Even though we have a permanent location in Byron Bay, at the markets we reach more audience,' says Javier. 'We thought that the market stall would be a great way to get the public to know our product. We are just doing one new product at the markets – the Spanish tortilla. Markets work well because people who are at the markets are having fun. They are not in their usual life. So

they take a risk of trying new things.'

I love street food because I'm not overwhelmed by too many choices. Good food trucks and market stalls know that the key to success is to keep it simple. Stick to what you do best. Do that one thing. Be the borscht van, or the pizza dude, or the gyoza truck. It's about eliminating waste, being efficient, being the best at the one thing you do. The absence of distracting choices is a gift. There's no ordering anxiety. If I am at your truck window I know what I am getting. It's why so many businesses and events are deciding to opt out of having a kitchen and book food trucks instead. They're set up, they're ready to go, they have a defined menu, and their food is excellent. And you want to change your menu? Well, it's as simple as booking new food trucks.

In towns like Lismore, street food has been the solution to bringing food to a community where so many of the cafes and restaurants were lost. Friends of mine were about to open their cafe in Lismore but lost everything when the floods hit. Instead of going back, they've pivoted to a food van. They say it's the best decision they've made. They're not stuck in commercial premises away from the action, they are ringside at markets, gallery openings and festivals. And they're planning on hitting the road. They're not just in a business, they are on an adventure.

Street food culture is here to stay. It has broadened our choices as foodies. It's given venues and events more affordable and fun catering options, and it's given our hospitality industry a means to stay viable and vibrant in the face of pandemics and catastrophic floods. Street culture isn't snobby. It's not exclusive. It's food for all of us.

The one thing we know when we head out, when it comes to fast, fresh, exciting food choices, we can all get trucked!





~ Dining ~

SUPERNATURAL BYRON BAY

Arriving at Supernatural, Byron's hidden gem of a restaurant and wine bar, you could easily think you've been caught up in a Woody Allen movie and transported back to 1920s Paris. This dimly lit, bijou space makes for the most romantic date night or a fun night out with friends...

Also the perfect place for solo diners, a seat at Supernatural's bar has forged many a friendship over the years. It's the ideal place to dine and enjoy a glass of wine or cocktail after a busy day at work or continue on from the beach.

It boasts a selection of the finest natural wines from near and far, an inventive cocktail menu, and an ever-growing selection of non-alcoholic options – there is literally something for everyone.

Once you settle in with a drink, the food is the real drawcard. Current favourites are the mushroom ravioli with truffle cream and crystallised pecorino, or the 'fashion-friendly fried chicken' (Clunes free-range chicken wings with the bones carefully removed so you can eat with a knife and fork). Almost all of the menu is gluten free so coeliacs can choose to their heart's content. There's lots of vegan and vegetarian options too, including the ever-popular pink cauliflower florets served with romesco sauce and cashew cheese, or the pan-seared broccolini with tahini dressing and local honeycomb.

Supernatural is open from 5pm Tuesday to Saturdays. Follow along on Instagram @supernaturalbyronbay for the latest news and events.

9 Bay Lane, Byron Bay
www.supernaturalbyronbay.com



MILK & HONEY WINE BAR & PIZZERIA

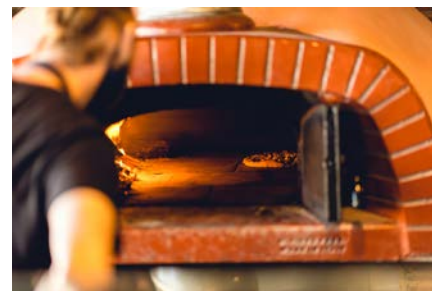
Milk & Honey is a cosy, neighbourhood restaurant offering delicious wine, tasty cocktails and artisan wood-fired pizzas and bar snacks. Milk & Honey is a great place to catch up with friends, relax at on date-night, or bring the kids along for a feed (who doesn't love pizza?).

Their menu changes 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.

Shop 5/59a Station Street, Mullumbimby • 02 6684 1422
www.milkandhoneymullumbimby.com.au



~ Dining ~

BARRIO EATERY & BAR

A passionate master of open fire cuisine, chef Santiago Socrate, will take you on a grilling adventure to destinations around the world, serving up delicious, inspired regional dishes.

Open from breakfast through to dinner, Barrio is a place to meet, connect, share and eat – your home away from home. In the evening, the lights go down, dinner is served, and great bottles of natural and world-renowned wines are opened.

Keep an eye on socials for daily specials.

Open Mon and Tues 7am–3pm, Wed to Sat 7am–10pm.

Habitat, 1 Porter Street, Byron Bay

www.barriobyronbay.com.au

📷 @barriobyronbay



DI VINO BYRON

Di Vino is Byron's famous neighbourhood Italian eatery. Since opening in 2018, the locally owned restaurant has served up traditional Italian food served up by their head chef and owner Lucio Grassi. Take a seat at their beautiful copper bar and explore some new wines you may never have heard of, or find yourself at a table overlooking the streets of Byron and be charmed by their knowledgeable staff. They use produce from the best local suppliers and their natural wine list highlights the best Italian grape varieties grown in Australia and Italy.

They are a local business that is proud of our community, donating to local sports groups and organisations to make sure the heart of this town stays alive.

Di Vino is open seven days from 5.30pm. They love walk-ins but recommend booking to avoid disappointment.

For a truly authentic Italian experience come in and say *ciao*!

2 Fletcher Street, Byron Bay • 02 6680 8424

www.divinobyron.com • 📷 @divinobyron

What's on at Woods Bangalow?

Woods Bangalow offers exceptional coffee and friendly service within an alfresco dining setting in the beautiful arts precinct, and private dining experiences a few doors down in their lush new space, The Cacthaus.

Meals are created with health and wellbeing in mind, not to mention a taste bomb of seasonal, delicate, clean and fun flavours. Chef Sam and the team use as much locally grown produce as they can to support local businesses and growers.

Currently serving breakfast and lunch, with dinners to resume on Thursday and Friday evenings. Once you've finished dining, discover an array of unique plants by local botanical stylist, Andrew, and ceramics from The Clay Barn and Muckware at The Cacthaus, a few doors down. Woods is open 7.30am to 2.30pm (from 7am on Sat).

Woods Bangalow's catering service is available now to host either at Woods, The Cacthaus, or private parties off site, big and small.

Bookings via bookings@woodsbangalow.com.au

www.woodsbangalow.com.au • 📷 @woodsbangalow



ROADHOUSE BYRON BAY

Roadhouse Byron Bay has been under new ownership since February 2020. Since the owners of Di Vino took on the venue they have worked incredibly hard building the new team and establishing a reputation in town as being a locals' favourite.

Located just outside the busy CBD, it is the perfect place to pull in for either breakfast or dinner – always with plenty of parking available.

The terrace is always bustling in the morning – it's known as one of the best places in town to enjoy a coffee and breakfast under the shade of the palm trees.

At night the venue transforms into a high energy pizzeria and bar, with live music every weekend.

Cafe open seven days from 7am.

Roady pizzeria open six days from 5pm (closed Tuesdays).

6/142 Bangalow Road, Byron Bay

www.roadhousebyronbay.com

📷 @roadhousebyronbay

~ Dining ~

Fine Italian cuisine, Capiche

Born of a love for fine Italian cuisine, ever-flowing wine and coastal living, Capiche is the perfect complement to any sunset. Poised atop the beach, with panoramic ocean views, every seat is the best seat in the house. Soak in the sunshine with a cocktail in hand or revel into the night as the lights grow soft and the DJ starts to play. The menu is a celebration of bold flavours, local produce and dishes prepared with integrity, infused with the spirit of the sea.

With authentic Italian flavours prepared with fun and heart, walk the line from delicate to decadent and everything that falls between. Wood-fired pizza on a hand-spun base, house-made pasta with wild boar or crab and locally sourced seafood prepared with integrity. Enjoy a wine list curated to make your dishes sing, or a cocktail shaken to the rhythm of rolling waves.

Open Wednesday to Sunday
65 Lighthouse Parade, East Ballina
02 5657 9357
www.capicherestaurant.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
www.nobonesbyronbay.com.au • @nobonesbyronbay



~ Dining ~

MEZZA AT THE POINT

Offering guests a casual yet elegant dining experience in the heart of Ballina overlooking the Richmond River, Mezza at the Point has something for everyone, whether it is a relaxing long lunch with friends, a business breakfast, after work drinks, or private function. Locals and visitors alike enjoy the fantastic views, superb sunsets and modern classy ambience. The chefs work with local suppliers to bring the best seafood and produce to your plate, with a hint of traditional Middle Eastern flavours. You will enjoy the variety of menu items on offer for breakfast, lunch or dinner, complemented by a premium selection of wine, beer and cocktails. Live music plays on Friday, Saturday and Sunday, and there is a daily happy hour from 3–6pm.

Looking for somewhere to book your Christmas party or private function? Mezza at the Point also offers large and small group booking packages to suit every occasion. Gift vouchers are available and bookings can be made online. Open daily from 7.30am.

2 Martin Street, Ballina
Book online: www.mezza.com.au
or call 6618 1188
📷 @mezzathepoint



BELONGIL BEACH ITALIAN FOOD

Belongil Beach Italian Food (BBIF) is coming into its second summer in Byron Bay and they couldn't be more excited. The team have been so grateful for the support from all the Byron locals, and are really looking forward to bringing everyone a new summer menu which continues to celebrate local producers, showcasing the best of the Northern Rivers, NSW and Australian family-owned and operated businesses.

The menu, designed by BBIF's head chef Danny Rossi, in partnership with Alex Prichard (Icebergs Dining Room and Bar, Bondi), showcases the absolute best of the produce from the region and throughout the country. Danny and his crew are working closely with local producers including Boonluck Farm Organics, Byron Bay Mozzarella, and Australian Bay Lobster Producers. Not to mention, the daily seafood display is brimming with the best of the northern NSW and Queensland waters delivered by their friends at Northern Rivers Seafood.

BBIF are now taking bookings for Christmas, New Year's Eve, New Year's Day, and groups of all sizes are welcome. Whether you are having a holiday or you're a local, BBIF will have a great summer vibe to keep you entertained with outdoor dining, live music and Mediterranean inspired food and wine.

Open Wednesday to Sunday with extended hours to come over the summer months. Bookings are highly recommended however they will have additional seating for drinks with a terrace pop-up coming just in time for summer with a casual vibe for aperitivo or relaxed dining after the beach.

33–35 Childe Street, Byron Bay • 02 8090 6962
www.bbif.com.au • 📷 @belongilbeachitalianfood

~ Dining ~

THE DINER LENNOX

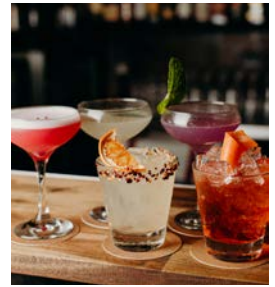
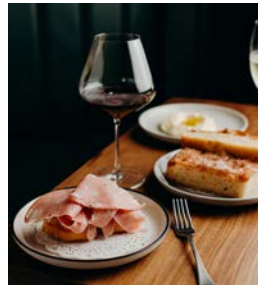
Experience a taste of modern Italy in the Northern Rivers. Tucked into the idyllic beachside town of Lennox Head is an epicurean delight with the best and freshest ingredients that the Northern Rivers hinterland has to offer.

The creation of multi-award-winning sommelier, Tim Bryar, and chef Martin Morelli, The Diner Lennox Head is a must for locals and travellers wanting to experience farm to table dining in a relaxed and inviting atmosphere.

With an illustrious portfolio including Aria Sydney, Rockpool Bar and Grill Sydney and The Botanical Melbourne, Tim Bryar has topped the *Gourmet Traveller's* Wine List of the Year awards several years running, while Italian born Martin Morelli brings impressive experience from Chef Hatted restaurants Beach Byron Bay and Uccello Sydney. Together they have created a community-based restaurant that showcases the best produce of the region, and chef Morelli has built relationships with local growers and distributors to create weekly changing menus that feature seasonal produce.

If you're just looking for a drink and a snack, drop in and sample the many bar snacks on offer, the perfect complement to great wine, beer or the most refreshing cocktails in the town.

2/63-65 Ballina Street, Lennox Head • 02 7251 4790
www.thedinerlennox.com.au



LOFT BYRON BAY

Just off the sand at famous Byron Main Beach, and centrally elevated above bustling Jonson Street, Loft cocktail bar and restaurant has the ultimate Byron Bay vibe. Open weekdays from 4pm until late, and noon on Saturday and Sundays, wander up from the beach any day of the week to enjoy casual dining, signature cocktails, and a list of international and local wines and beers on tap.

Loft's delicious dishes highlight some of the best produce in the Byron region, with a contemporary menu that is great for couples or large groups to share. The cocktail menu is sophisticated yet fun, with tried and true classics plus signature surprises including the Lychee Chilli Martini with lychee liqueur, chilli and lime, Brookies Spring Gimlet with elderflower, mint and basil and the delicious Passionfruit Sour with whiskey, passionfruit, vanilla and lime.

Book for lunch or dinner online at www.loftbyronbay.com.au, or send an enquiry via the website for larger group bookings or your next function.

@loftbyronbay

HARVEST NEWRYBAR

Set within the historic village of Newrybar, a short ride from Byron Bay, you'll find locally owned Harvest – a thriving food and hospitality precinct with community at its heart.

Harvest Newrybar offers a unique experience spanning across the restaurant, deli, village green, community events, merchants, and stunning gardens. Stop by for a morning coffee, stock up on gourmet supplies from the deli, enjoy a long lunch or dinner of local produce overlooking the garden, or catch one of the family-friendly events.

The restaurant at Harvest is one of the most exciting dining experiences in the Northern Rivers, showcasing the diversity of the local region, supporting farmers, growers and artisans behind everything they serve. The European style deli has a vast selection of artisanal goods, cheeses, charcuterie, pastries, fresh salads and daily specials. Dishes are simple and honest, changing with the seasons.

A must-visit destination for the whole family.

Open seven days: coffee cart: 6am–3pm, deli: 7am–3:30pm, restaurant: 12:30pm–8:30pm.

18, 22 Old Pacific Highway, Newrybar • 02 6687 2644
www.harvest.com.au • @harvestnewrybar @harvestdeli



~ Dining ~

Wine, dine and delight in Crystalbrook Byron's nature-focused restaurant and bar

Set next to a lush rainforest oasis, award-winning Forest Byron Bay celebrates sustainability by working hand-in-hand with local farmers, growers and artisans. Forest is passionately local – with over 80 per cent of ingredients coming from within a three-hour drive of the restaurant.

Contemporary, social, approachable and distinctly Australian, Forest restaurant embraces the region's abundance of stunning ingredients.

The utmost care for the surrounding landscape has been woven throughout the menu, with only sustainably sourced seafood and free-range proteins used in the menu. We're doing our bit to grow, consume and compost with our on-site herb gardens, four beehives and seven Subpods®.

What better way to follow a morning of discovery and delight in Byron Bay than to decompress and relax on our breezy, shaded verandah, cocktail in hand. With views of the glittering swimming pool and rainforest beyond, the verandah is the perfect place to start – or end – your evening.

The verandah is the perfect combination of poolside hangout, leisurely lunch spot and Byron Bay cocktail bar, blissfully surrounded by subtropical rainforest at Crystalbrook Byron.

As part of the Crystalbrook crowd enjoy an instant 10% off your stays when you book direct, as well as 10% off at our restaurants and bars.

www.crystalbrookcollection.com/byron/forest

📷 @forestbyronbay 📷 @crystalbrookcollection



“One of the very nicest things about life is that we must regularly stop whatever it is we are doing and devote our attention to eating.”

– Luciano Pavarotti





Locals who can make your event, and tantalise your taste buds

The Northern Rivers is truly blessed when it comes to events and catering, with many popular businesses surging back into life after the challenges of the last couple of years.

David Lowe

Whether you're planning a bespoke catered event, a special happening in a unique location, or you are seeking to cater to particular dietary needs, there's plenty on offer throughout the Northern Rivers.

Ronit Robbazz from Open Table Catering and Cooking School has a holistic, flexitarian food philosophy which fuses the traditional with the trendy. Having lived and cooked all over the world, Ronit brings her understanding of the connections between the cuisines of the world to her table, united by a deep respect for the elemental, the seasonal and the local.

'I really dig tradition!' she said. 'Tradition is embedded in thousands of years of practice.'

Ronit sees food as a bridge between cultures, including the Mediterranean, Moorish, Middle Eastern, Indian Ayurvedic and her own Moroccan Israeli heritage. 'There's only a few degrees of separation when you start looking at the world and what we eat,' she says.

'The elemental forces are seasonal and everything is affecting us, including whatever we eat. We are part of nature. We keep forgetting that!'

Keeping things natural is the path

many caterers from the Northern Rivers have taken, including Vicki Veranese from Retreats Byron Bay, who has a passion for raw food which is also gluten-free, dairy-free and plant-based.

Vicki says she's not talking about alfalfa, but 'super tasty really yummy things' with basic ingredients, minimal additives and great elements. 'I think people like my food because it's simple,' she said.

Offerings at her retreat in the Byron hinterland are tailored to the needs of individual guests, including yoga classes, foot baths, psychic readings, or just sitting by the pool enjoying platters of beautiful food.

Her business Alive and Wild also caters to the wider region, providing plant-based platters, unique cakes – 'the ones with the pretty flowers!', and specialty marinated vegan cheeses.

Lara Yakimishyn, aka Yummy Lara, started Sneaky Eats in the Mullum Industrial Estate during the pandemic, providing pre-prepared gourmet delights for her local community. Now the catering side of her business is heating up again.

As Lara explains, 'I specialise in organic, vegetarian/vegan food, mostly for retreats that involve yoga, meditation, and consciousness development, based on Ayurvedic principles.' That means fresh,

seasonal food which is perfectly balanced, with spices that help the digestive system.

'What's important to me is making food that's just really delicious,' she said. 'And also making nutritious food not so scary or hard, you know? It's about making it really accessible for people.'

Taking a holistic approach to events management, including food, Joanna Wolfe and her Currumbin-based business The Girl Who Cried Wolfe provides boutique styling and catering from Byron Bay to the Sunshine Coast. After the challenges of recent years, she says people are wanting to celebrate again.

Joanna started by providing luxurious grazing spreads on long tables in beautiful locations for special occasions, but she's since expanded to weddings, ceremonies, receptions, and corporate events – everything from the intimate to the epic.

The opportunity to experiment, provide a range of diverse foods and cater to truly special events is what unites so many of the catering businesses in the Northern Rivers.

As Ronit says, she loves the willingness and openness of the Northern Rivers community, and the growing curiosity and awareness about food here – from growing, to preparation, to enjoying the results!

COMMON PEOPLE BREWING CO

Having swung the doors open at the start of the year, Common People Brewing Co has quickly become the new home away from home for the people of Bangalow and beyond.

The brewery – and the friendly, local faces behind it – offers a range of seriously tasty beers. Some are always on offer, like the Protesters IPA, Villager's Pale Ale, Back Beach White Ale and Helles Hole Lager, all of which pay homage to natural beauty around the area. Then there's an ever-rotating selection of seasonal special batch brews, meaning there's always something new to try.

Living up to its name, Common People is for everyone. Having converted an empty warehouse into an inviting space a bit like an extension of your own living room, it's the perfect place to have a beer or two and take in the sights of the working production house.

Common People offers plenty of natural light and plants, with comfy seating options and a purpose built outdoor deck. Sunny, yet breezy in summer, the brewery is accessible, family and pooch friendly. It's the perfect place to settle in for lunch, dinner or the whole day!

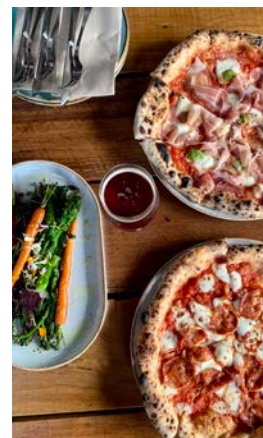
If you're peckish, The Brewer's Kitchen is there to satisfy your tastebuds – with woodfired pizzas, salads, sharing plates and kids meals, there's something for everyone and every dietary requirement.

Open Thursday to Saturday 12pm–9pm and Sunday 12pm–8pm. Walk-ins encouraged and bookings via the website are welcome.

9 Dudgeons Lane, Bangalow

www.commonpeoplebrewing.com.au

Instagram: @commonpeoplebrewing



EARTH BEER COMPANY

Earth is a small-batch handcrafted beer brewed between the sea and the mountains of the Northern Rivers. Earth Beer company sits in an old packing shed on a 24-acre working avocado farm in Cudgen. Utilising the rich volcanic soils, they incorporate their produce and ferment it into their seasonal releases. Their spring release is the Avocado Kolsch; a creamy, crisp kölsch like you've never had before, and from December 1 they release their summer seasonal, the Mango Weisse Beer, a German-style wheat ale fermented with fresh ripe mango puree creating a light summery ale. They also have their much-loved core range pouring all year round.

Book a brewery tour online and sample a few ales while they share their journey, or kick back and spend a few hours in the beer garden amongst the avocados enjoying the view of Wollumbin.

Taproom open Friday, Saturday and Sunday 11am–8pm.

592 Cudgen Road, Cudgen

www.earthbeercompany.com.au

Instagram: @earthbeercompany



~ Drink ~

SOLTERA RUM

These award-winning rums are made in the spirit of cheerful enjoyment in Cabarita Beach by a single-woman-owned and operated distillery. Each small batch is hand-crafted using locally sourced, sustainable molasses, and is entirely free from additives. Plus, it's good rum: one per cent of sales goes to charity. Try Soltera Blanco for beachside cocktails or the lightly aged Oro for a unique gift.

Available now at your local bottle or online at www.cabaritaspirits.com
 @soltera_rum
 @solterarum



BYRON BAY SPIRITS

The Byron Bay Spirits distillery uses the finest, natural ingredients and carefully distils in small batches. Master distiller Luca Bolzoni lovingly blends the distillates with fresh local botanicals to create exciting spirits and liqueurs, including their signature Honey Gin, using honey from the farm, encapsulating the riches of our region.

Order online, pick up a bottle or enjoy a glass at many local bottle shops and venues.

www.byronbayspirits.com
 @byronbayspiritscompany
 @byronbayspirits



SEVEN MILE BREWING CO.

Uniquely located next to the Ballina Byron Gateway Airport, Seven Mile Brewing Co is all about crafting the best beer possible, no compromises. This laid-back family owned and operated brewery is a local favourite, operating as a genuine production facility and taproom. Simply put, there's a chance to drink fresh from the source.

Their award-winning range of brews cater to the easy drinker through to the hop-happy adventurer. Small batch seasonal beers change on a regular basis to keep things interesting and provide an opportunity to try something different. Not a beer person? They've got you covered with multiple wines, non-alcoholic and soft drink options. Continue the enjoyment beyond the brewery with takeaway options available.

For those looking to pair a bite with their bev, you'll find a rotating roster of food trucks parked out the front serving up tasty eats. From smashed patty burgers to South American street food to low and slow barbecue, there's something to satisfy all bellies.

188-202 Southern Cross Drive, Ballina
www.sevenmilebrewing.com.au • @sevenmilebrewing



Cape Byron Single Malt Whisky is here!

Co-created by Jim McEwan, one of Scotland's most awarded Master Distillers, and Eddie Brook, co-founder and distiller at Cape Byron Distillery, this Australian adaptation of a Scottish whisky is remarkable and unique to the terroir of the Byron region.

Available at their cellar door and capebyrondistillery.com. Visit Cape Byron Distillery and experience tastings, rainforest tours, and cocktails (bookings essential).

@capebyrondistillery



AZTECA MARGARITA

What if your favourite local margarita company released a pre-made margi? One that wasn't just sugar water, cheap vodka and lime essence pretending to be a margarita...

Would you scoot down to your nearest local bottle-o and pick one up?

Go on then!

Introducing the limited Azteca Pre-made Margarita. Just salt, lime, tequila, and Mexican agave nectar. Enjoy!

0422 106 721
www.aztecamargarita.com
 @aztecamargarita



NORTH WALL KOMBUCHA BREWING CO.

Three years ago, Jake Miller was surfing alone at the mouth of the Brunswick River (The Bar). It was the middle of a hot, balmy summer's day and he was thirsty! All he could think about was the refreshment and replenishment of downing a bottle of his homemade, cold and sparkling chilli pineapple kombucha... a kombucha that had the perfect balance of great taste and health benefits. It was probably at this moment that North Wall Kombucha was born and named for a place very close to Jake's heart!

During 2019 the boutique beverage business was started at home in Brunswick Heads. Demand quickly skyrocketed and by mid 2020 North Wall Brewing Co. had leased a space and created their kombucha brewery in the Mullumbimby industrial estate.

North Wall's Kombucha is lovingly handcrafted, with each step of the ferment scrupulously guided by Jake. The kombucha's plant-based ingredients are locally sourced and spray-free. Perhaps most importantly, unlike most, North Wall's Kombucha is unpasteurised. The culture is alive with gut friendly probiotic bacteria, amino acids and vitamins. There are no added nasties or preservatives.

At North Wall they care about the environment. After steeping for flavour, our discarded fruit and vegetables are collected by a local farmer for his cows.

You can find North Wall Kombucha in bottles and on tap for bottle refills in a selection of the best cafes, general stores, health food and bulk food stores across the Byron, Ballina and Tweed Shires.

www.northwallkombucha.com.au

Instagram: @northwallkombucha



STONE & WOOD

At Stone & Wood's Byron headquarters, locals and visitors alike can come together for some of the freshest brews and best food in the shire. With a 31-tank brewery in operation, guests can enjoy all their Stone & Wood favourites as well as pilot batch exclusives to the Byron Brewery.

Experimenting with native ingredients and brand-new beer styles, Stone & Wood's local brewers have been turning out beers that will bend your mind of what you think is possible – like their Nitro Espresso Martini Porter or their Davidson Plum Witbier.

If you're keen to try something beyond the beers, the brewery also pours a cult-favourite loved by the locals, Little Dragon alcoholic ginger beer. Along with a range of Sunly Seltzers and non-alcoholic options, there's something to wet every whistle.

Just as popular as the fresh beers being poured is the amazing food served from 12pm, created by local foodie icons, 100 Mile Table. Their fish curry is the stuff of Byron legend and if you're lucky enough to drop into the brewery on a Wednesday, make sure it's the first thing you order! Outside of the curry, their menu is a delicious mix of moreish snacks and main meals like Stone Beer popcorn and Texan BBQ pulled pork burger.

For those looking to immerse themselves further into the wonderful world of beer, there are also brewery tours run six days a week and live music on a Sunday afternoon in their sunny beer garden.

100 Centennial Circuit, Byron Bay

02 6685 5173

www.stoneandwood.com.au



Enterprising eats

Adel Pheloung

Food is a necessity for survival. And for many, not much thought is put into what we eat, so long as it keeps us full. But in the rainbow of artists that inhabit the Northern Rivers, there are creative foodies as well. Like so many creative locals across the region Kathy Quinn, from The Mullum Chocolate Shop, and Jess Phillips of Bangalow Bread Co., have respectively injected imagination and originality into the food they produce.

For Kathy, creativity comes in the way she sells and presents a range of chocolates and lollies at The Mullum Chocolate Shop. As she is 'naturally a creative person', watching her business evolve due to innovation is her favourite part of running the store. Her products come 'from all over' the world, with some from Byron Bay, most from Australia, and some imports from across Europe, as her 'aim is to provide as much variety and good quality chocolate' as possible.

The Mullum Chocolate Shop has recently added gelato to their range of available goods, which was 'just one of those things that happened' as their creativity evolved. The old school style – you can choose your own lollies from the large selection – and the individuality of the store has been 'mostly an advantage' – the only challenges Kathy has found in her originality has been in 'trying to get the ideas to actually happen'.

In the Northern Rivers there are many creative foodies who inject imagination and originality into the food they produce.

Even though she doesn't 'physically make any of the chocolate or lollies on site' (though she has future plans to do so), Kathy buys her items in bulk, and turns them into 'other products that are more exciting', such as chocolate hampers for special occasions. Having 'lots of creative people in the local area' has certainly helped The Mullum Chocolate Shop's unique approach to selling delicious sweets be so well received, which Kathy is 'really grateful for'.

Jess uses innovation in her own way for the Bangalow Bread Co., using 'anything that's baked, like bread, cakes, slices and pastries' as an outlet for her creativity. These difficult past few years, with fires, pandemics and floods, have especially hit small, local businesses hard. However, when Jess 'leaned into the creativity that was needed to stay afloat, such as sourcing everything locally, it was a really great thing' for her business.

Growing up in a bakery is the reason Jess has started her own, but

her love of painting and creation enabled her to add flair to her cakes, breads, slices and pastries. She loves to create new products, 'leaning into the older, nostalgic flavours, but giving them a bit of a jazz up'. For example, Bangalow Bread Co.'s most recent creation is a honey and oat loaf, based on the classic taste of porridge, with the result being a mixture of sourdough, honey and oats that creates 'a really amazing texture with a touch of sweetness'.

The Bangalow Bread Co.'s creativity in releasing at least two new pastries a month, and a new sweet treat every two weeks, that is based on childhood and seasonal produce, has led to Jess feeling 'very included in and welcomed by' the accepting and unique community of the Byron Shire. After a period of wondering if they should continue, once they settled into the community 'everyone just started coming' to support local, creative food.

The Mullum Chocolate Shop and the Bangalow Bread Co. are just two examples of the vibrant and bustling availability of creative food businesses in the Northern Rivers. Although Jess and Kathy have used different approaches for their different businesses, in using originality and their bold imaginations, they have both encountered a plethora of opportunities and successes in the local area's creative food scene. As they say, the only limit is your imagination.

~ Drink ~



BYRON BAY COLD PRESSED JUICE

At Byron Bay Cold Pressed Juice, they source seasonal produce from local farms to make a selection of delicious handmade juices. Each bottle is pressed in Byron Bay with love, care and appreciation for this part of the world we live in.

Byron Bay Cold Pressed Juice like to leave no footprint and have a philosophy of reusing and recycling everything they use. This includes putting all used fruit and vegetable pulp back into the local farms to feed cows and chickens as well as for composting.

They supply local businesses with their cold pressed juices, and also deliver to the local community twice weekly (Brunswick Heads to Ballina). Online ordering is as simple as going to the website, choosing your juice, and they do the rest!

For special events of any size, Byron Bay Cold Pressed Juice have a range of products, including straight lemon and lime juices, juices by the litre, health shots as well as the seasonal range in glass bottles.

www.byronbaycoldpressedjuice.com.au



Introducing the new Ink Art Gin

Just in time for Christmas, local brand Ink has released the long-awaited addition to their core range – Ink Art Gin – a bright and crisp contemporary gin with apple, peach, lemon aspen, rose and strawberry gum leaves.

The recipe, inspired by the classic still life forms of fruit and flowers, pushes the boundaries of the Ink team's distilling techniques to create a truly modern gin.

'Fruits can be very challenging to distil, as the flavours imparted are so soft and delicate. They are rarely used to make gin,' explains Head Distiller Quentin Brival.

Hundreds of distillation trials later, Ink Art Gin was born.

Ink is handmade at Husk Farm Distillery, nestled in the highly artistic community of northern NSW. With their first crystal-clear gin ready to be released, the family run distillery suddenly had a blank canvas on the back of the bottle. It was a natural fit to feature an emerging Australian artist on this label, and Brian Connolly's incredible acrylic on canvas piece 'Some Place Else' was selected to feature on the Ink Art Gin bottle.

You can buy the Ink Gin (and Husk Rum) range from all local bottle shops, or direct from Husk Farm Distillery in Tumbulgem.

1152 Dulguigan Road, North Tumbulgem
www.huskdistillers.com • www.inkgin.com



WINDING ROAD DISTILLING CO.

Winding Road Distilling Co is the boutique craft distillery envisioned by husband and wife team Camille and Mark. Nestled in the Byron hinterland township of Tintenbar, and launched in 2017, this local distillery is producing exclusive award-winning spirits.

The distillery's extensive range focuses on local ingredients that showcase the region wherever possible. Their agricole-style rums are made from locally grown fresh pressed cane juice while their 50 Mile Coffee Liqueur is created using locally grown arabica coffee.

Whiskey and rum barrels were laid down early on at Winding Road, and their limited releases of Hinterland Single Malt Whiskey and Coastal Cane Pure Single Rum are found in some of the best bars and restaurants across the country. The second whiskey release will be in the coming weeks so keep your eyes out (Batch 1 sold out in hours)! Their Citrus and Sea Gin was just awarded its second Gold medal at the Australian Gin Awards; and their Coastal Cane Pure Single Rum was just awarded Double Gold in the Australian Rum Awards and a Silver medal in the Australian Distilled Spirits Awards.

Camille and Mark have big plans with new releases and a tasting room on the cards for the new year. If it's local, boutique, and delicious you're after – then look no further than Winding Road Distilling Co!

www.windingroaddistilling.com.au
@windingroaddistillingco

Locally roasted Bun Coffee

A good coffee changes everything...

It starts by sourcing quality beans that are ethically farmed and farmers are paid a good price for their work, which allows them to manage their farms sustainably and provide for their families to keeping growing this incredible crop.

Choose from ethically sourced certified organic, Rainforest Alliance, fair trade, Australian grown blends or compostable coffee pods – all traceable to origin. Want to travel a bit further afield? Explore the Single Origin Bar and taste the world of coffee through the unique single origin collection from over 40 countries.

Based in the Byron Arts and Industry Estate, Bun Coffee now roasts over 90 single origin beans that truly take your taste buds on a world tour... from Australia to Hawaii, Madagascar, Brazil, Ethiopia, Bolivia, Ecuador and El Salvador, just to name a few!

Open Monday to Friday 6am–3pm.

Unit 15–17, 1A Banksia Drive, Byron Bay

02 6680 9798

www.buncoffee.com.au



B SMOOTHIE BAR

Same Bare Blends products. Same Bare Blends recipes.

An awesome, happy team creating awesome fast smoothies for you. Consistent hours: Monday to Friday, 8am–3pm, Saturday, 8am–2pm.

Lot 44 Bayshore Drive, Byron Bay (neighbours of Tigmi Trading)
@bsmoothiebar

VENTURA BREWING

Australia's first craft hard kombucha, brewed in the Northern Rivers, is a fresh, delicious and easy drinking alternative to beer, wine, cider and seltzer. This sub-tropical nectar is made in limited small batches using premium grade, all natural ingredients that are grown in the earth and under the sun.

Ventura Hard Kombucha is infused with fresh herbs and botanicals for a flavour that's smooth, aromatic and refreshing. With its clean, crisp taste, delicate body and light spritz this perfectly balanced boozy booch will hit you exactly where you didn't know it needed to!

Available online Australia wide.

Brewery taproom overlooking Wollumbin opening soon.

www.venturabrewing.co • @ @ventura_brewing



Cold-brew coffee that will 'blow your KIND'

Northern Rivers-based company, The KIND Coffee Co. has introduced a ready-to-drink range of shelf stable cold-brew coffees in slimline, recyclable 250ml cans. It features three new flavour profiles: two milk-based coffees, mocha latte and creamy milk latte, and a single-origin vegan double espresso.

Coffee loving Aussies have been looking for a sustainable, convenient product that also delivers on flavour, and The KIND Coffee Co. has responded with its sought-after ready-to-drink cold brew, which has a shelf life of 12 months.

Get your hands on a ready-to-drink can; they'll be hanging out in the chiller and online at www.thekindcoffeeco.com. And don't forget... it's cool to be kind.

@thekindcoffeeco

~ Drink / To Take Home ~



Byron Bay's newest beverage made by nutritionists: Savvy Brain Boost

Introducing the natural drink to help you think.

Savvy Brain Boost is an award-winning drink for better focus, natural energy plus performance enhancement using scientifically proven ingredients.

Savvy is powered by nature, using natural ingredients like ginseng, rhodiola rosea, green tea, L-theanine, green coffee beans, superfoods and vitamins.

Savvy has zero sugar, less than six calories, is 100 per cent natural and organic, and is proudly disrupting the performance drink market in Australia with a healthy alternative.

Check out our three delicious flavours: Lemon Lime, Mixed Berry and Passionfruit.

www.savvybeverage.com.au

@savvybeverages

@savvybeverage

THE MULLUMBIMBY CHOCOLATE SHOP

Who loves chocolate?! The Mullumbimby Chocolate Shop has been serving up a fabulous selection of chocolates and sweets for over 20 years, and they now also have award winning premium Italian gelato, sorbet and slushees!

There are 18 flavours of gelato and sorbet available in a cup or cone with loads of fun toppings to choose from. Their dairy-free sorbets are particularly popular with the adults.

Get in for some old fashioned fun and make a lolly bag at their famous Chocolate and Lolly Bar, with over 100 lollies to choose from, as well as gourmet chocolates, fudge, brittles, licorice and so much more! There are many organic, gluten free, sugar free and vegan options available as well.

See you at 'the sweetest shop in town!'

Shop 1/104 Dalley Street, Mullumbimby • 6684 4825

www.mullumbimbychocolateshop.com.au



DINNER IS SERVED

Like so many local businesses, Dinner Is Served has had to change dramatically over the last two years to survive the craziness and uncertainty of the pandemic, evolving from catering to holiday makers, to a much-loved meal delivery service for the local community. What hasn't changed is their belief that food should nurture, nourish and comfort and that delicious food can turn a good day into a great one.

Having outgrown their small kitchen in Ballina, they spent much of last year building a state-of-the-art commercial kitchen with a beautiful adjacent cafe and garden near Ballina airport.

With an experienced international team headed by executive chef Etienne Karner, it's no wonder word is spreading about their new cafe and pantry as a destination eatery and the go-to for gourmet take-home meals. It's perfect for busy locals and tourists looking for a delicious no-effort meal at their accommodation.

The new cafe and pantry offers exceptional service as well as take-out breakfast and lunches. Drop in for coffee and browse their wide range of fresh take-home meals and salads, all prepared on-site daily, and their well-stocked pantry shelves full of local artisanal produce, including olives, crackers, condiments and gift baskets. The cafe and pantry is located at North Creek in Ballina. Open Monday to Saturday, 7am to 2.30pm. Visit www.dinnerisserved.com.au to see what's cooking.

2/30 Piper Drive, Ballina

www.dinnerisserved.com.au

@dinnerisservedau @dinnerisservedaus



Dianella – our native blue berry

Belle Budden

I was brought up with a focus on eating seasonal food – local, fresh food, grown in the right season. It makes sense, more and more sense as we are impacted by the continuous rise in food costs and petrol costs. There are hidden costs that become the burden of Country, with increasing pressure on our planet to produce food at our convenience instead of looking closely at what grows readily all around us. One of my favourite native foods, that is abundant and in season is the Dianella berry.



Dianella longifolia is also called blueberry lily, pale flax lily, smooth flax lily, native blueberry, and may other names. It is a tufted flax lily, with fleshy fibrous or tuberous roots. It is a rhizomatous, perennial herb that grows to 1.5 metres. It has a spray of delicate blue flowers and iridescent purple/blue berry 4–15mm in diameter.

It is endemic to non-arid areas of Australia, across all states. There are five varieties of this hardy plant and it grows in almost all conditions including sclerophyll forests, woodlands, grasslands and mallee.

Recently, my daughter and I were up at the Gold Coast when we stumbled upon the biggest patch of *Dianella* berries I have ever seen. They were planted in a nature strip between a service station and a train station. The two of us must have looked a sight to locals as we meandered through the patch harvesting handfuls of delicious berries. My daughter asked – why do they plant bush tucker if no one knows to eat it?

Native food is seen as a novelty; a curiosity mostly referred to as bush tucker. While native foods are currently trending as boutique ingredients they have not been considered for cultivation as a domestic crop. Native food cultivation has significant opportunities for sustainability outcomes as they do not require the ongoing inputs of pesticides and fertilisers. They also support displaced species, attract insects and birds and support the ecosystem instead of being in competition with it.

In the sand dunes the other day I shared a patch with my family, and one of my nieces commented that they were good but not as delicious as regular blueberries. The commercial blueberries we eat have

been refined over centuries, improved and modernised for mass consumption. If the *Dianella* berry or native blueberry had been modernised for commercial farming we would have a true comparison.

In addition to the delicious berries *Dianella* has traditional medicinal properties for First Nations people. The leaves were harvested and prepared in a tea to treat headaches, and the roots used for their antiviral properties. *Dianella* berries are high in antioxidants and vitamin C. The root can be roasted and eaten or ground into flour.

The hardy evergreen leaves are harvested and prepared for basket weaving and for making string. Unfortunately, much of the clearing for grazing farmlands has devastated the populations of *Dianella*. The rhizomatous, tuberous root system makes *Dianella* a very important plant for revegetation along waterways, especially after the damage from the recent flood events. Along with *Iomandra*, sedge grasses and other small native flowers the *Dianella* plant can help weave back the health of our rivers and restore important cultural practices.

Dianella is popular in revegetation work as an important pioneer species. It is hardy and attracts and supports native wildlife. It is a plant with important cultural and ecological values. It also has much potential as a delicious native food source, one that has positive connections to Country.

Our native foods are much more valuable than a novelty trend. They are an important part of Country, with relationship to other species. We have an opportunity to start to invest in the development of these foods instead of continuing to invest in farming mass scale introduced species at great cost to Country.

~ To Take Home ~

Red Ginger Asian Emporium, Byron Bay and Bangalow

Stepping into the Red Ginger stores in Byron and in Bangalow will transport your senses to the lanes of old Shanghai and open your eyes to the many delights that are Red Ginger.

Sitting in the beautiful Byron store, or on the verandah in Bangalow, eating delicious handmade dumplings or Portuguese custard tarts and sipping green tea has become a quintessential experience for locals and for visitors who make Red Ginger an essential stop when they visit the area.

It's a grocery store selling every Asian ingredient you will need, from fresh local kim chi (made by a Korean family on the Gold Coast), miso, fresh noodles, roasted BBQ ducks and pork, locally foraged seaweed, locally brewed soy sauce, the very best fish sauce, rice and spices, curry pastes, fresh herbs and more, from every corner of Asia. With nothing but the best brands available.

Red Ginger is so much more than an Asian grocery store, it is a beautifully curated colourful Asian emporium of rich delights for the kitchen and for the home. Within it you will find Japanese ceramics, teas and teapots, colourful market baskets, Chinese beaded slippers, recipe books, furniture and delightful curiosities to delight your senses.

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



LAMBRUK PANTRY

At Lambruk they are moved by the love of food, tradition, culture and family. They follow the precious teachings of their nonnas and adapt them to the needs of a modern, dynamic and healthy lifestyle, preserving the wholesome flavours and cutting out the nasties.

They select and pick their produce from the best producers in Byron and beyond, bringing it straight to your dining table in the form of gourmet, small batch condiments to delight and nourish you and your loved ones.

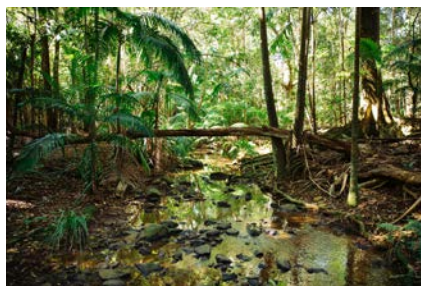
The concept of Lambruk Pantry was born from my passion to create beautiful products in unique settings that are intended to be shared amongst loved ones – sowing the seeds for memories that you'll never forget.

– Paige, creator of Lambruk Pantry.

www.lambrukpantry.com.au



~ To Take Home / Pubs & Clubs ~



BROOKFARM

Located in the Byron Bay hinterland, Brookfarm produces macadamias and regional food of the highest quality.

A generational Australian family business committed to regenerative agriculture, Brookfarm support Australia's farmers and they produce all-natural, nutritious food for the whole family, while also making a difference to the environment and community.

Since 1988 they have been working together with nature through regenerative farming practices and have planted over 45,000 native trees to restore the ancient subtropical rainforest on the farm, creating a haven for native wildlife once again. Their headquarters are solar powered, and packaging is a world-first home recycling solution with Roll 'N' Recycle.

Remaining committed to sourcing local and supporting sustainable farmers the Brookfarm range of premium breakfasts and snacks are made from all-natural premium ingredients and cater for gluten free, vegan, paleo, and keto diets. Developed in the family kitchen and baked locally in the Byron Bay bakehouse.

To learn more about the Brookfarm story, discover their range or find local stockists head to their website.

www.brookfarm.com.au



BRUNSWICK HEADS BOWLING CLUB

The Pacific Bistro at Brunswick Heads Bowling Club is now under new management.

With a large dining area and a warm family atmosphere, they offer à la carte dining with meals from just \$13, as well as catering for functions and events.

Open Tuesday to Sunday for lunch 12pm–2.30pm and Dinner 5.30pm–8pm.

107 Tweed Street, Brunswick Heads
02 6685 1328

BALLINA RSL

Ballina RSL Club offers uninterrupted views of the majestic Richmond River and is proud to be recognised as the premier family and community club in the Northern Rivers.

The stunning contemporary interiors are stylish and chic, yet inviting, relaxing and comfortable. The club offers air-conditioning, the supervised Kids Cove, live music, two floors of bars, a cafe, a modern bistro, three function spaces, and endless member offers and competitions. Sit back, relax and let the friendly team take care of you!

1 Grant Street, Ballina
02 66819500
www.ballinarsl.com.au



~ Pubs & Clubs ~



Ocean Shores Country Club, destination of choice

With sweeping ocean views from Cape Byron to the Gold Coast, and west across the Byron hinterland, Ocean Shores Country Club is the destination of choice.

Whether you are looking for somewhere to play golf or bowls, take a dip in our pool, or to host your next event, Ocean Shores Country Club is the place to be. So much more than a sports club, they offer the perfect venue for your next corporate function, wedding, celebration or just drinks and dinner with family and friends.

The Shores Bistro offers a range of delicious meals with specials changing every lunch and dinner, which can be enjoyed in the restaurant or throughout the club and verandas.

The 18-hole layout comprises six par-3s, six par-4s and six par-5s, with the same par never being played consecutively. This distribution adds to the unique nature of the course. One of the standout features of the course is the large greens that are protected by extensive bunkering.

The club's bowling complex offers two wonderfully manicured greens and surrounds with panoramic mountain views. Their swimming pool with its crystal clear water is inviting and invigorating, especially during the summer months when you need to cool off.

Members, guests and visitors alike are all welcome at the Ocean Shores Country Club.

113A Orana Road, Ocean Shores • 02 6680 1008
www.oceanshoresecc.com.au



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, gin garden, and a fully fenced playground that will absolutely delight the youngest of your squad. Mum and dad can kick back and relax with a cheeky vino or two! They 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 by master chef Luke Southwood, cracking cocktails, and kick on with karaoke first Friday every month! Ocean Shores Tavern, your number 1 sporting venue in the Shire! Follow them on Facebook, Insta, or just ask a local!

84 Rajah Road, Ocean Shores
www.oceanshorestavern.com.au
@OceanShoresTavern



Local farmers are essential to healthy communities

Aslan Shand

The rainfall, the volcanic soils and the sunshine make the Northern Rivers a place where farming can be so rewarding. Traditionally farming was the backbone of the region from diary farming, piggeries, and bananas, to avocados, sugar cane and passionfruit.

The solid sun and rain make it ideal for farming – but they also make it a place where people want to live and some of the region's best farming land has been turned into housing.

John Singh from Byron Pork and Meat, that has butchers in Byron Bay and Mullumbimby, is a third generation farmer in the region and says that it is 'getting hard to maintain local farmland. Farms are not big enough to make a living.'

He and his two brothers currently farm their property in Coorabell with his brother Jeff running a dairy with approximately 80 cows, and his other brother Neville growing bananas that he mainly sells to local shops and at the farmers' markets.

Andrew Cameron, agriculture extension officer, Byron Shire Council agrees that in general agriculture is suffering. 'There are less farmers and the average age of a farmer is 59 now. Land access is a challenge, and even harder here with land prices and the shift from agriculture to lifestyle which means we have less local farmers.'

The risk to local farmland has been highlighted by the recent Ballina Council request to the state government to rezone state significant farmland (SSF), that was allocated for farming and food security for future generations in the 1990s, for industrial development between Alstonville and Woolongbar. The request was made despite the fact that Ballina Shire Council currently has more than the required future allocation of undeveloped industrial land available as specified by the state government.

'This region, it is such a blessing to have the rainfall and deep volcanic

"What is important for our community is to incorporate farming into our lifestyle. That comes with a stronger culture around food, and in the sense of being more connected to the land."

soils but it is becoming really unproductive because it is in little agricultural lots,' said local farmer and manager of the Byron Bay Farmers Markets Tom Carey.

Local farmers having local markets and local people having access to local farmers is essential for accessing good quality food and building community, says Allie Godfrey from the North Byron Farmers markets.

'The local farmers are more resilient relative to drought, rain, and fire than the larger monoculture farmers and they are very price competitive.

'There is still a perception that farmers' markets more expensive but when you eat with the season it's not true. I've looked at supermarkets and we pretty much come in under their prices.

'What is important for our community is to incorporate farming into our lifestyle. That comes with a stronger culture around food, and in the sense of being more connected to the land,' said Mr Cameron.

'Farming for the future really needs to be done in the most sustainable way. Regenerative farming/agriculture needs to work with nature, not against it, as we have done for thousands of years. Industrialised agriculture really sped up the destruction of our soils. What we should be doing is leaving it better than we found it.'

'We have a really consistent supply of produce for locals because there are local farmers,' says Mr Carey, 'because all our produce comes from this or neighbouring LGAs, except cold growing food like apples that come from the nearest cold growing areas. Basically that money is going straight

back into the local economy, there are 70 businesses whose profits are going back into the local community, unlike the supermarkets where the profits goes out of this community.'

Locals come to the farmers' markets with their kids and families to buy their food, socialise and build community. Similarly they contribute to local charities such as Liberation Larder.

'Stalls contribute produce and these guys go out of their way to fill up the buckets of Liberation Larder.

'There are appropriate places for rainforest protection, appropriate places for food, and appropriate places for people and development,' pointed out Mr Cameron.

'We've built houses where the best soil is and now it is about protecting what farmland is still available to protect. There are a range of ways you can produce healthy food that is cleaning our soils, cleaning our waterways and producing healthy sustainable food. This is what allows us to build resilience towards flood and towards drought.'



~ Organisations ~

NORTHERN RIVERS FOOD

Northern Rivers Food (NRF) is a not for profit member-based food group, established by people in the local food industry to support, celebrate and connect members across the Northern Rivers. NRF run regular events, classes, courses, workshops, celebrations and networking and mentorship opportunities to help connect members of our dynamic local food industry.

NRF celebrate the unique food provenance of our region and support their members by sharing news, stories and incredible offerings to the foodie community.

The NRF Harvest Food Trail is held annually during the first weekend in May and is always guaranteed to be a very Northern Rivers experience, reflecting on and celebrating the distinctive provenance of our region's food and offering lots of wonderful eating and drinking experiences, jam-packed with our most-acclaimed restaurants, producers, farmers and growers.

Local farmers, producers, distillers, restaurants, bars, breweries and stallholders are invited to come on board and join NRF, and to participate in the Harvest Food Trail.

Local foodies are also invited to sign up to NRF's monthly newsletter to keep informed about all the amazing opportunities and events coming up in the month ahead.

Please visit www.northernriversfood.org for more information.

Photos by Davina Bambrick and Kate Scott.



~ Catering ~



Pop-up picnics by Wild Goat Events

The team at Wild Goat events offer luxury bespoke pop-up picnics, which are designed to include everything you need for a relaxing day by the beach, park or even in your own backyard.

Relax on their designer rugs and cushions for a morning brunch or an afternoon grazing board filled with gourmet, local produce showcasing the best food suppliers in the area.

Their pop-up picnics are perfect for celebrating the special moments in life, and cater for anniversaries, hens parties, baby showers, birthdays or even get-togethers. Using luxe trimmings and styling, they plan and set up everything you need, so all you have to do is turn up and enjoy the delicious spread! They even return and pack up when you're done!

info@wildgoatevents.co • 0409 594 915
www.wildgoatevents.co



Japanese cooking workshops in the Northern Rivers

Chef Keita teaches how to cook delicious Japanese food at home and helps you to find all the ingredients.

- **Regular Group Class** – sushi, ramen, gyoza, bento, curry, etc
- **Private Class** – at your home, choose what you want to learn
- **Private Party Class** – birthdays, family events, team building
- **Sushi & Gyoza Party**
- **Kids Sushi & Gyoza Party**



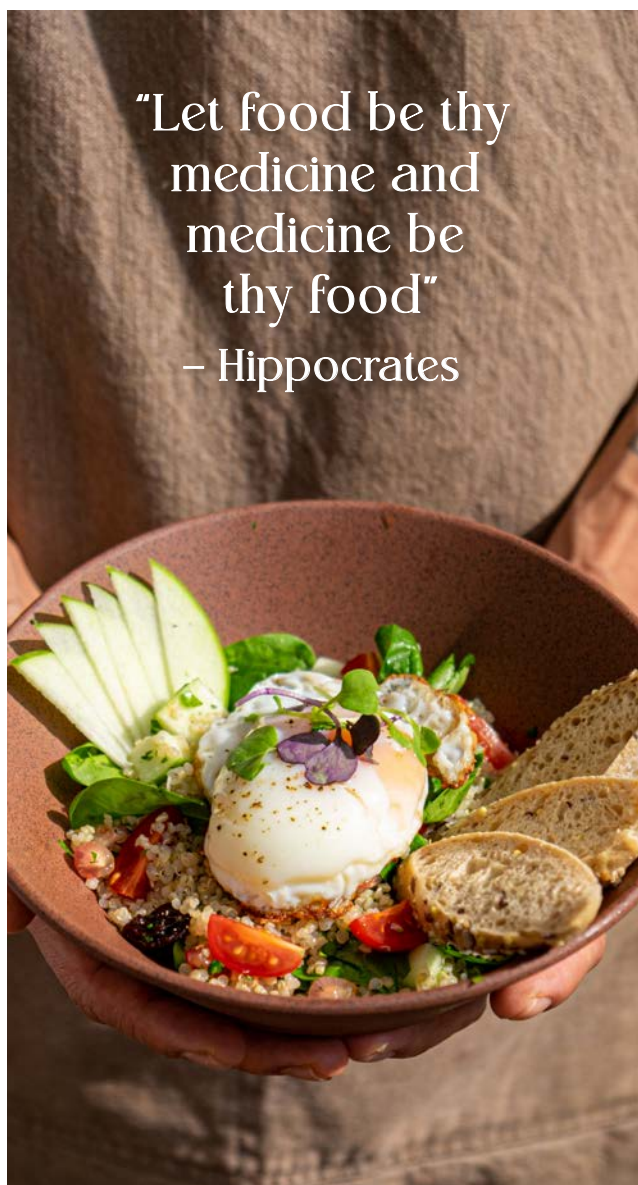
Chef Keita Kujiura:
0401 831 263
<https://japanesechefbyronbay.square.site>
@japanese_chef_byronbay



THE GIRL WHO CRIED WOLFE

The Girl Who Cried Wolfe is all about creating magic for your special event! Their boutique styling and catering business servicing Byron Bay to the Sunshine Coast love nothing more than creating beautifully styled garden parties, intimate weddings, long feasting tables, gorgeous picnics, luxe grazing tables and platters. Reach out to jo@thegirlwhocriedwolfe.com for a tailored quote.

@thegirlwhocriedwolfe • www.thegirlwhocriedwolfe.com



"Let food be thy
medicine and
medicine be
thy food"
– Hippocrates

~ Catering ~

OPEN TABLE CATERING

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
@opentablebyronbay
www.opentable.net.au



Alive & Wild Plantbased Gastronomy

Want something delicious and nutritious at work or post yoga, surf or workout? Ground and nurture your group 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 or local delivery (+\$15).

Featured food @retreatsbyronbay.

Coming soon! (un)cooking classes – join the mailing list for dates and information.

Vicki (text): 0412 400 085 • www.aliveandwild.com
@livingliveraw f @livingliverawfood

Yummy Lara Catering – private chef, retreat catering and events

Nourishing, modern Ayurvedic food made with market fresh and organic ingredients. Specialising in vegan and vegetarian food, chef Lara shares her passion to provide better health and energy in every delicious dish. She offers options for birthdays and celebrations, workshops and small to medium events. She has extensive experience in catering for yoga retreats, teacher trainings, mindfulness and meditation retreats. Yummy Lara uses local suppliers of produce and ingredients and creates healthy, wholesome and nutritious dishes that even meat eaters will love. Lara can deliver to your venue or home, or can also cook on site for that true private chef experience.

To book Yummy Lara contact her on 0424 407 343,
hello@yummylara.com or www.yummylara.com
@yummylara • www.sneakeats.co



~ Wholesome & Fresh ~



BANGALOW BREAD CO.

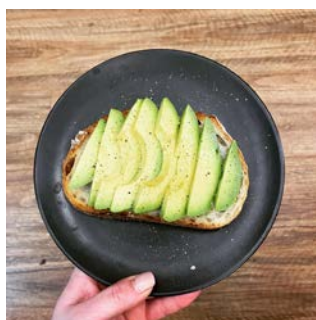
Located in the historic village of Bangalow, a short ride from Byron Bay, Bangalow Bread Co. showcases the diversity of the wonderful local region of the Northern Rivers. Offering seasonal food sourced from artisan producers and local farmers, they bring the age old trade of baking into the modern world. 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 – housemade 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
www.bangalowbread.co
@bangalowbreadco



~ Wholesome & Fresh ~

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



~ Wholesome & Fresh ~



BALLINA FARMERS MARKET

Ballina Farmers 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, berries and crisp salads, lamb and pork. Alternatively grab a punnet of seedlings and grow your own.

On offer is a wonderful range of artisan-produced foods; cheeses, freshly baked organic sourdough bread, pasta, cloud-like sourdough doughnuts, olives and fermented vegetables and so much more.

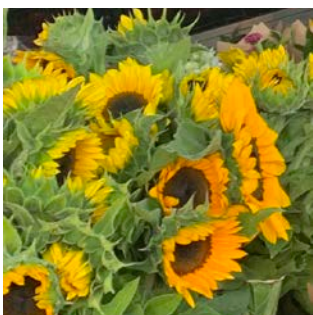
Due to the recent flood, Ballina Farmer Market has relocated to Missingham Beach Car Park. It is a beautiful setting right next to the park and beach.

The market is a perfect place to enjoy a cup of coffee with your pick of breakfast options; croissants, doughnuts, breakfast burgers, sushi or vegan delights – just to mention a few.

Ballina Farmers Market is held every Sunday morning from 7am to 11am, currently at Missingham Beach Car Park, Ballina. A place for the community to get together. Pack a picnic blanket and come join the fun this Sunday and every Sunday.

www.ballinafarmersmarket.com.au

📷 @ballinafarmersmarket



SANTOS ORGANICS

A little shop with a big heart, Santos Organics is not just a health and bulk food store with a vibrant organic cafe. They are a community hub, established over 40 years ago and proud to be a 100% not-for-profit social and environmental enterprise – which means every time you shop with them, you're shopping for the good of people and planet. They make conscious shopping easy, sourcing only the best organic food and natural lifestyle products, investing in ethics research, so you don't have to. Alongside Santos Organics' stores and cafes in Byron Bay and Mullumbimby, customers can also access free naturopathic consultations by professional naturopaths. Come and grab one of their delicious organic smoothies and the healthiest treats in town!

Open seven days: Monday to Friday 8.30am–6pm, Saturday 8.30am–5pm, Sunday 10am–4pm.

105 Jonson Street, Byron Bay

3/7 Brigantine Street, Byron Bay Arts & Industry Estate

51–53 Burringbar Street, Mullumbimby

02 6685 5685 • 📷 @santosorganics • santosorganics.com.au



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.

130 Jonson Street, Byron Bay • 6685 6261
Open Mon to Fri 6am–5pm, Sat 6am–1pm

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

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