



SUNSHINE COAST CUISINE

The Sunshine Coast is a foodies' delight, offering a feast of flavours and a tempting array of places to eat. Dazzle your tastebuds in relaxed beach cafes or cosy hinterland hideaways, with ocean fresh seafood and the freshest seasonal produce, grown locally in the region's fertile soils.

The Coast is blessed with a sub-tropical climate that provides ideal growing conditions for a stunning array of produce – from ducks, crayfish and perfect pineapples to figs, lychees, Asian greens and ginger.

Here's a mouthwatering guide of the best eating areas on the Sunshine Coast, offering a variety of styles for every budget:

- φ Since the Dreamtime, **Noosa Heads** drew Aboriginal tribes who visited the area in search of seafood. Today, the elegant beach resort lures lovers of all kinds of cuisine, with its outdoor cafes, delicatessens, restaurants, bars and ice creameries lining Hastings Street. There are 200 eateries of all kinds within walking distance of each other. Local restaurants offer a variety of cuisines, with most fresh produce sourced from the surrounding region. Sit right by the beach on Hastings Street at Gary Skelton's well-reviewed Season - bookings taken for same day only – (07) 5447 3747 or **Bistro C**, (07) 5447 2855. There's **berardo's restaurant and bar** (07) 5447 5666, Leonie Palmer's riverfront gem, **Ricky Ricardo's** (07) 5447 2455, and next door, **Riva Waterfront Restaurant and Bar** at Noosa Wharf, Noosa Sound (07) 5449 2440. Go by boat for lunch or dinner at **Trios on the River** at Noosa Harbour (07) 5474 4799.
- φ Just five minutes away, **Noosaville** is positively humming with delicious dining locations. With a mix of eateries along the riverside Gympie Terrace and the lively restaurant strip of Thomas Street, this once sleepy riverside village is the latest eating area to take off. Try the **Boathouse Café** for interesting French fare (07) 5474 4444, **Jackson's Restaurant** (07) 5474 0999, **Fusions** (07) 5474 1699 or the **Blue Dog Café** (07) 5449 8054.
- φ On the southern edge of the Noosa Heads National Park is **Sunshine Beach**, a stylish but laid back area with restaurants and cafes clustered around the Duke Street shopping area, walking distance from the long white surf beach. The restaurant terrace of the Sunshine Beach Surf Club is the ideal place to laze away a summer's afternoon.
- φ At nearby Mooloolaba, **Earth Bistro Wine Bar** (07) 5477 7100 serves delicious modern Australian cuisine for lunch and dinner plus tapas during the afternoon. It offers an extensive wine list with a great selection of wines by the glass to be enjoyed overlooking Mooloolaba Bay.
- φ Within a 30-minute drive inland from the Coast, **Montville** and **Maleny** in the Sunshine Coast hinterland have many fabulous restaurants and cosy tea houses for families to



enjoy. With your appetite sharpened by the crisp mountain air, dine in a relaxed country setting. Don't miss the **Terrace Seafood Restaurant** at Maleny, awarded Australia's Best Tourism Restaurant 2000. Call (07) 5494 2944.

- φ With its fertile soil and subtropical climate, the hinterland is home to a number of local growers with a diverse range of produce including pineapples, avocados, fresh rhubarb and local herbs and spices. Simply enjoy this local produce as you dine in the region's restaurants and cafes, or take a day trip into the hinterland to visit some of the local farms.
- φ **Bendele Farm** is renowned for its superlative, organic open-range Bendele Farm ducks or duck sausages from Kilkivan that are also gracing the menus of interstate restaurants.
- φ **Yandina's Ginger Factory** is the largest producer of ginger in the southern hemisphere. Their macadamia ginger ice cream is to die for and you can pick up a stunning exotic heliconia ginger plant and select from a range of ginger goodies including jams, savoury and sweet sauces, and shaved Japanese style pickled ginger. Call (07) 5446 7096. Also at Yandina is the renowned **Spirit House Restaurant**, open daily for lunch and Wednesday to Saturday for dinner. Call (07) 5446 8994.
- φ **Yandina Station** restaurant is set in an original 1870's homestead on a working cattle station 20 minutes from Noosa. Innovative modern Australian fare is served for lunch (Friday to Sunday) and dinner (Friday and Saturday) on wide verandahs which provide sweeping country views. On Sundays, owner Bruce Schmidt cooks a camp oven lunch of roast, jacket rosemary potatoes, corn, seasonal greens and hearty damper from the bush kitchen in the old dairy. Bookings essential on (07) 5446 6000. www.yandinastation.com.au.
- φ Visit **Bamboo Australia** in Belli (07) 5447 0299, open daily except Sundays for fresh bamboo shoots. www.bamboo-oz.com.au. Pick your own berries at the **Eumundi Strawberry Farm** (07) 5442 8213. and don't miss the famous Eumundi Markets on Saturdays from 6.30am to 1.30pm and Wednesdays from 8am to 1pm for fresh organic fruit and vegetables. Call 0428 135 456.
- φ Organic gardener Jazmin Degischer of **Crystal Waters Permaculture Village** on the outskirts of Conondale, planted the village café's own fruit trees and vegetable and herb garden. This village community also grows edible roots and water chestnuts for local restaurants. Tour by appointment on (07) 5494 4620.
- φ Enroute to Eumundi via Conondale is the **Kenilworth Cheese Factory** in the small town of the same name. Once owned and operated by Draft, the factory manufactured bulk cheese using the rich cream from local dairy herds until it closed down. Today it makes more than 20 different cheeses, including their signature Malling Red and Malling Roma, as well as 10 flavoured yoghurts. Call (07) 5446 0145.



- φ Tour the production kitchen and ingredient gardens at **Garnisha Curry Pastes**. Call (07) 5485 3386.
- φ The hinterland also has its own award-winning wineries producing excellent red and white boutique wines. At **Settler's Rise Vineyard & Winery** on Western Avenue, Montville, you can taste the range on offer at the cellar door, buy a bottle or two and stay for a lunch of local produce, overlooking the vineyards. Call (07) 5478 5588.
- φ Visit **The Big Pineapple**, Australia's only working pineapple plantation open to the public. Travel through the plantation by train-tractor and don't miss the famous traditional-style parfaits! A Willy Wonka-style chocolate factory is opening in October. Call (07) 5442 1333. www.bigpineapple.com.au.
- φ With the Pacific Ocean and Noosa River on its doorstep, Noosa **seafood** is some of the freshest and finest to be found in Australia. Try **Chicko's Fresh Seafood** for the best-ever fish and chips while sitting on the Noosaville waterfront (07) 5449 0914, **Saltwater** on Hastings Street (07) 5447 2234 or served with piping hot chips for an al fresco snack.
- φ **Surf Club dining** – many of the Surf Life Saving Clubs dotted along the Sunshine Coast beaches serve a great variety of affordable meals in their clubhouses. Join the locals for a casual meal on the veranda or for an icy cold beer or glass of wine as the sun goes down. You're guaranteed some of the best views on the Coast.
- φ Restaurant guides and other local publications are a good source of information if you are looking for places to eat on the Sunshine Coast. These publications may be available from your accommodation, or from local information centres. You could also ask locals where they like to eat or contact one of the visitor information centres at Caloundra (07) 5491 0202; Maroochy (07) 5479 1566; Noosa (07) 5447 4988 or Cooloola (07) 5482 5444 for more information.

If the local produce has inspired you to try your skills in the kitchen, here's a taste of the Sunshine Coast's cooking schools:

- φ **The Spirit House Restaurant & Cooking School, Yandina**. Set on a tranquil lake surrounded by lush gardens on the Sunshine Coast, just 90 minutes drive from Brisbane. Chef and Thai specialist Annette Fear and head chef Simon Blaby will guide you through Wok Meals for Busy People, Thai Royal Cuisine, Orient Express using Indonesian spices, and Two Days of Intensive Thai. The "hands on" classes offered range from Essential Thai cooking skills to classes on preparing seafood and noodles to the very popular Barbecue with Asian flavours and "Gourmet on the Run" - how to cook for maximum flavour with minimum effort. Guest chefs feature regularly and a quarterly newsletter updates those interested in new courses on offer. Contact: Helen



Briety. Call (07) 5446 8977. www.spirithouse.com.au or email spirithouse@coastnet.au

- φ **The Tamarind, Maleny.** If you're a foodie, book in for a few nights at chef Paul Blain's new venture, The Tamarind. Paul, who's well known for his mastery at Sydney's Darley Street Thai, and more recently his own Chilli Jam Café in Noosaville, has created a cooking school, restaurant with outdoor dining deck and five Asian-style long houses in the velvety green folds of his Maleny property. Bookings are essential. Contact Paul Blain, on (07) 5429 6922. www.thetamarind.com.au **email:** enquiries@thetamarind.com.au

- φ For rest and repair after indulging, visit **Sheraton Noosa's Aqua Day Spa.** The private outdoor Aqua Therapy Centre offers a range of hydro or resistance-pressure treatments featuring Thalgo products (07) 5449 4777. www.sheraton.com/noosa. Equally decadent are the **Lagoon Day Spa** at Novotel Twin Waters (07) 5448 8000 and the day spa at **South Pacific Noosa** (07) 5473 1200.