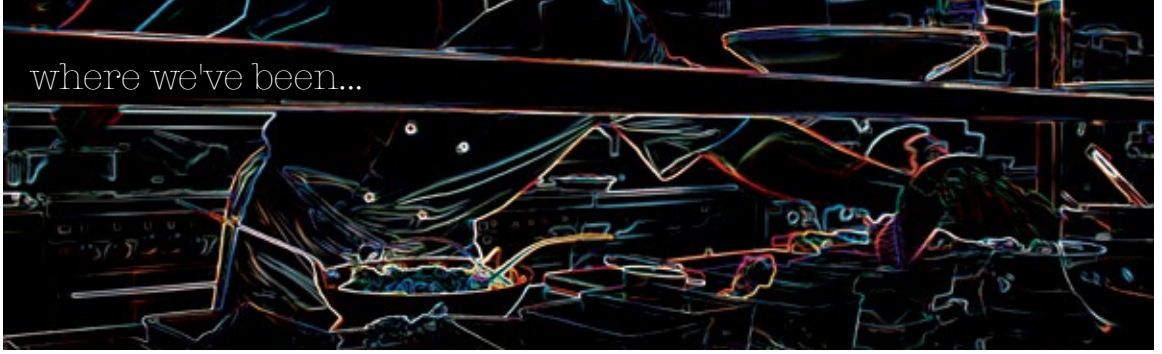


where we've been...



### **THE WILD DRAGONFLY** Mount Annan

Kirsty and I caught up for a breakfast meeting at The Wild Dragonfly Cafe inside Flower Power Mount Annan recently. Kirsty was distracted by the plants... horticulture became her Covid obsession and Flower Power was a focus. What did you become absorbed by (apart from Netflix)? Lucky for me surfing was never impeded and I live a walk from the beach. I simply had more time for my lifetime obsession.

Back to brecky. The placement of The Wild Dragonfly Cafe is very clever as you have to walk through the entire retail space of Flower Power to get to it. Will you buy anything? Probably, they stock just about everything gardening and outdoor living. We arrived at the cafe to find it fairly busy and after a covid check in with a staff member, she showed us to the only table not booked. "Wow," I exclaimed. We stayed a while working and within that period, the staff member's prophecy played out - the cafe became full inside and out.

Kirsty said quietly a number of times before we arrived, "I am so hungry." We got straight to the menu - it was close to 11am. After gazing wantonly at french toast and pancake menu options - I got all sensible and ordered a Bircher Bowl. If you've been a longtime reader you know my eating paradigm: Yin and Yang. "What have I eaten the last few meals?" goes through my head. If the answer is

positive - I can indulge my breakfast desires. If not - it's the healthiest option available.

Kirsty was approaching hangry - so no stupid muesli was going to satisfy her. "A vegetarian brecky stack please," Kirsty said loudly. "It won't be long now Kirsty," I said in a calm tone, before deflecting her attention to our work.

The Bircher Bowl was brilliant, exactly what I needed for the day ahead. Kirsty's mood improved dramatically as she smashed her way through breakfast. Maybe it was all the plants surrounding her that calmed her... Na, it was the food. It is a lovely environment for breakfast or lunch though. There's even a kids play area, so parents can relax without the inevitable, "can we go yet?"