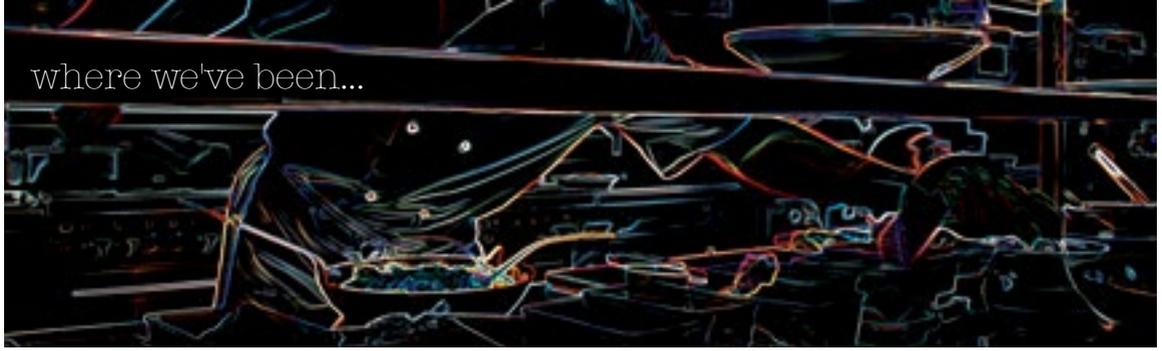


where we've been...



Squeeze & Grind Camden

It's not often I have lunch in Camden. For Craig Hailston of Pinnacle Tax & Accounting, it is a daily occurrence. His office is situated above Barenz in Argyle Street. With all the choices below in the main street, he has tried most. At the moment Squeeze & Grind under the sails at the bottom of Argyle Street is his favourite. I met with him and two mutual friends there for lunch early in February. We found a shady spot outside and ordered our lunch.

Watching all the dishes on their way to other lucky tables was tough. They looked fantastic and we were starving (first world hyperbole)! Everyone else at the table went for a burger of some variation or other. I chose the Lamb Salad. Some of the boys went for exotic freshly made juices, a speciality of Squeeze & Grind.

I cannot recommend this cool little cafe/bar highly enough. The prices are very reasonable and the quality is very high. Every one of us was rapt with our meal, and two of these guys were stopped by their burgers. I think one of them must have been sick though. I have seen him eat two meals in a restaurant - twice!

My Lamb Salad was a mouth watering mix of sumac marinated lamb, mixed olives, fetta, baby spinach, roasted pumpkin and yoghurt dressing. I was imagining a glass of Tasmanian Hill Pinot Noir or maybe even Grant Burge Hillcot Merlot, but no... This was a work day (new rule?! The wine list is concise, but

covers a fair bit of ground.

As I said, Squeeze & Grind is a great lunch option. In fact it's a great breakfast, lunch and dinner option. Check their trading hours though. Those options are not available every day.