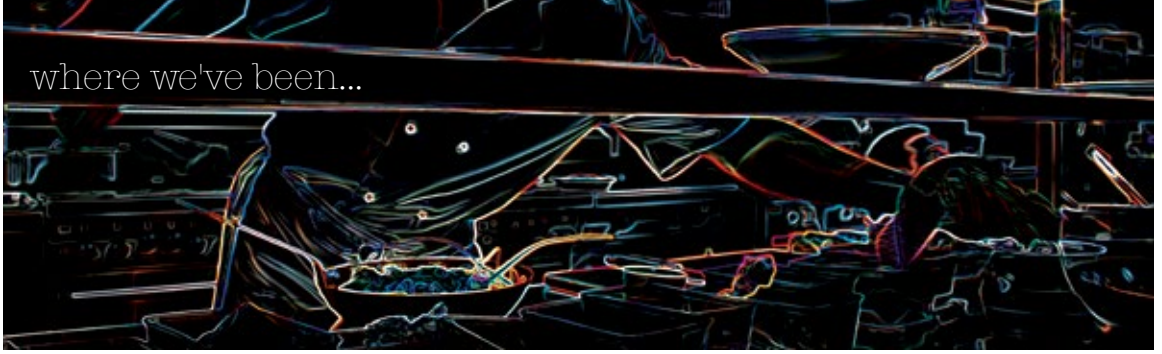


where we've been...



## **ALKALIZER** Campbelltown

I get some quality invitations, but sampling a new menu is up there. When Shefali from Alkalizer Cafe Campbelltown invited me to do just that, the timing was horrible in regards to this magazine. I was extremely busy, "but I guess I have to eat," I reasoned.

In the end, it only took about an hour to get through sampling four courses from Alkalizer's new Autumn/Winter menu, so not much damage done to my looming deadline.

I sampled:

Alkalizer Sizzling Hoisin Jumbo Prawns with Vietnamese spinach, brocolini, choysum, seasonal vegetables and steam rice;  
Pistachio crusted oven baked Barramundi with garden vegetables, watercress, quinoa and lemon orange sauce;  
Marble New York cut - cooked to preference served with rich mushroom gravy, seasonal garden greens, field mushrooms roasted with fennel seeds chargrilled tomatoes;  
Ricotta & Cinnamon Pancakes with roasted banana, seasonal fruits, homemade butterscotch topped with mixed nuts, fairy floss drizzled with pure white chocolate.

All the dishes were large, tasty and stylish. Alkalizer's food ideology lies somewhere between taste and health. As tasty as healthy can be and as healthy as tasty can be. I think the Hoisin Prawns dish best demonstrates a typical Alkalizer dish. They usually take a fairly common dish and with subtly make it their own. From my experience dining at the cafe, this dish is classic Alkalizer.

The pancakes were amazing too. I am a sucker for pancakes with fruit but the hero was the house made butterscotch sauce. Wow!

Alkalizer is always trying to tempt you with tasty, healthy dishes for breakfast and lunch. I believe dinners might be on the way too. Stay tuned.