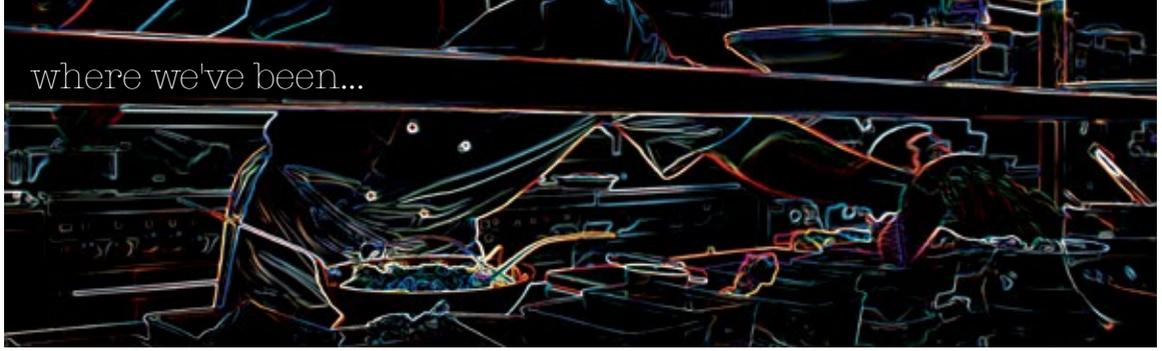


where we've been...



ALKALIZER Campbelltown

With our regular sandwich shop downstairs at Centric closed for holiday early in January, Kirsty and I went driving for lunch. We had enjoyed our breakfast late last year at Alkalizer and decided to try lunch. What an awesome decision that was.

Located on the front of the Campbelltown Council building in Queen Street, Alkalizer is worthy of destination status. The cute little cafe is packed with Alkalizer ranges of teas and chocolates. I have taken both home and they are superb! But it's not all retail of course and the cafe itself is brilliant. A well thought out menu treads the line between healthy and wonderfully enticing. No, it dances! Dishes are fresh, mostly healthy and rely on quality of ingredients and flavour combinations. Everything we have tried so far has been superb.

I ordered Tandoori Chicken with Pumpkin, Tomato, Carrot, Feta, Red Onion, Capsicum Olives Tossed with Kale, Five Seeds and Quinoa Citrus. It epitomises my menu description in the previous paragraph. Fresh and healthy, well thought out and brilliantly executed. I loved my Alkalizer Earl Grey Blue tea too, which came with an overturned timer set for three minutes. Alkalizer takes tea seriously. The food/tea match was a beauty. Kirsty ordered a Super Greens Salad - Polenta Rounds with Super Greens, Pear, Couscous, Activated Almonds, Roasted Beet, Honeyed Pumpkin and Goat Curd with Lemon Thyme. She offered a similarly gushing review. In fact

Kirsty told me later that she had felt great about her lunch all day. It's a wonderful feeling when your diet and lifestyle combine to make you feel good about the world.

I am pleased to hear that Alkalizer is doing very well. Campbelltown needs it. The passionate owner, Shefali told us recently that weekends have been huge. "We are able to move tables out on to Council's extensive lawns around the cafe and the diners love it," she enthused. It is not hard to imagine the scene.

Go to Alkalizer for breakfast or lunch. You will be affected once again by that, "I could be anywhere," feeling. We love Alkalizer.