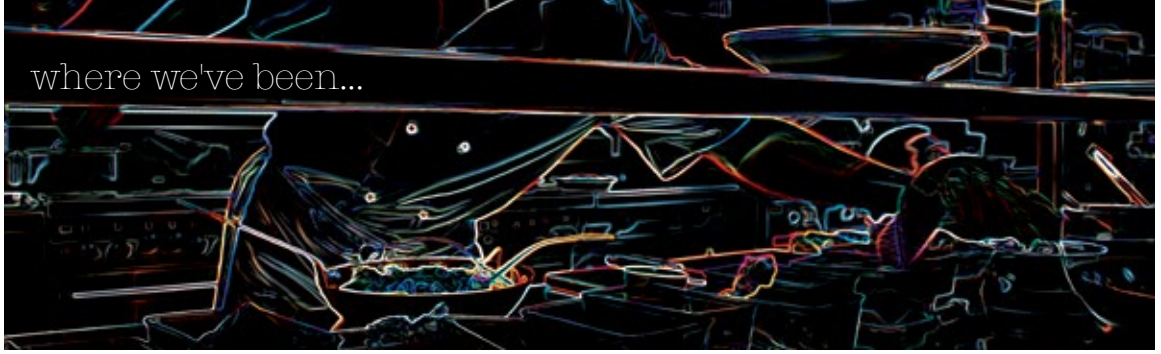


where we've been...



EXTRACT ESPRESSO

I might have told you before, I love Campos coffee. It's not just that the coffee is exceptional, it's their training and quality control, it's the whole business model. Anyway, another Campos outlet recently opened in Macarthur, Gregory Hills to be exact.

And what rhymes with exact? Extract! No idea why I felt the need to write that - but it is indeed true. Extract Espresso opened around Christmas time and Kirsty and I eventually visited late in January. It was lunchtime and we needed to go to Office Works, which just happens to be next door to Extract. WIN!

Extract looks cool, there's plenty of parking and heaps of space inside too. That they pour Campos Coffee is a bonus, a huge bonus. Kirsty and I entered the space, had a quick chat with the staff and found a table. On to the menu. It seems the management have tried to create a pretty healthy menu that tastes great. There are some contemporary healthy salads like Kirsty's choice - Quinoa Salad with Roasted Pumpkin, Roasted Cherry Tomatoes and Beetroot. Mine was less on the healthy side and more on the tasty side (not that the two are necessarily linked). Grilled Haloumi Wrap with Avocado, Bacon, Tomato and Rocket was bought specifically to sit beside my long black. And it did so with aplomb.

We spoke to Extract owner, Tino. He told us he was expanding the scope of the business to include a dessert menu for evenings. So after

your night out, you can drop in to Extract for a coffee and Nutella Crunch Waffles with Nutella Crunch Gelato and Ferrero Roche Crumbs. Yes that's just a sample of the amazing dessert menu. Great coffee with great desserts - a match made in heaven.