

where we've been...



NORTH 108 EAST Emerald Hills

I'm not sure if there is a tastier, reasonably healthy and more filling lunch in all of Macarthur. The menu at 14 North 108 East is exciting because we don't have a lot of Vietnamese in Macarthur - they do things differently. There are so many interesting dishes, but I can't get past the Vietnamese bowls. They are one of my favourite lunches around.

Choose your rice - choose your protein - choose your sauce. Or if you love it all go for the Combination Bowl. My son Chad went for brown rice - grilled Vietnamese Chicken - lime and chilli sauce. That's a ripper but I opted for the Combination Bowl (again) but I asked for brown rice: lemongrass pork skewer, Nem nuong skewer, two spring rolls and sugar cane prawns in a large bowl served with lettuce, cucumber and pickled carrot and spring onions. It's a delicious lunch - and filling! Chad and I had been up early and into Westmead for a medical appointment, both missing a proper breakfast. By the time we got to Emerald Hills we were ready to eat.

On other tables we saw delicious looking Bánh mì and a huge noodle soup bowl. I really must move on and try other dishes. It all looks fantastic. 14 North 108 East is licensed too so you can make a night of it - or even a long lunch if you have time. The wine list is quality and they have a huge reputation for cocktails. The rest is up to you.