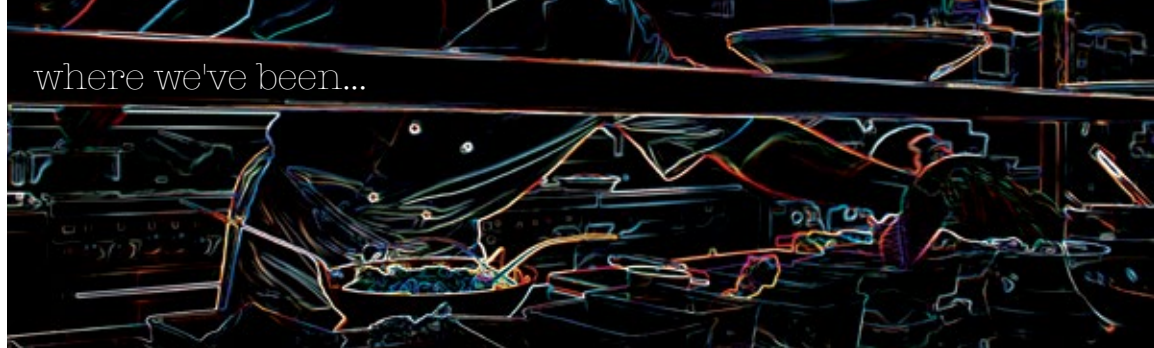


where we've been...



PARX COFFEE HOUSE Gregory Hills

A very late notification from my youngest, Chad, had me thinking... "why not?" He texted me at 8.15am on Sunday morning. "Hey Dad, I know it's late notice, but I have a game at Eschol Park at 9am." Chad plays all aged soccer. Even if I was ready to jump in my car immediately, I would still struggle to get from Thirroul to his home ground by 9am. But then I thought.. "meh, the surf is rubbish - why not!"

I eventually set off by about 8.45am knowing I would miss a large portion of the first half. I did, but I saw his smile when he realised I was on the sideline and that alone was worth the drive. Chad's team went on to win the game convincingly and I got to catch up with his coach, Garry, who has coached the core of this group for many years - a few (including Chad) since under 8s!

Chad's partner, Lizzie, had been watching the game too, but from an entirely different position. We all got together after the game. "Brunch?" My suggestion was jumped at and we headed off to Gregory Hills, where they live.

First we tried Nuriya at The HUB, but it was so busy and chaotic that we made the quick decision to go try Parx Coffee House across the road. They were similarly busy, but a young waitress offered us a ten minute wait and we accepted. It was probably less than ten minutes and we were seated.

I quickly got the feeling that Parx manage-

ment and staff are used to being busy. There was no fuss or stress about any of the staff's movements. Only a few more minutes passed before our orders were taken and similar passed again before our coffees arrived.

Being after 11am, our orders were mixed between breakfast and lunch style dishes. Because of my quick dash from home I hadn't really had a proper breakfast, so I was checking out the breakfast options. Chad was too but Lizzie was ready for lunch.

I went for Parx's Hotpot, two poached eggs sitting atop a delicious Napolitana puddle. I added mushrooms. I scooped all that tasty goodness out of the black cast iron hot pot with the sourdough toast supplied. When that ran out I looked across at Chad's neglected Turkish Bread toast. "That bread died for you," I said, before making sure its life was not given in vain. My dish left a lovely low level 'zing' in my mouth afterwards. Yum!

I think Lizzie was the winner. Her Fried Chicken Poke Bowl looked amazing. I will definitely order this dish next time I visit Parx for lunch. Perfectly golden crunchy fried chicken pieces form the centrepiece to a gorgeous bowl of otherwise healthy ingredients. Yin and Yang!

The new suburbs of Camden LGA are spoilt for dining choices. Parx Coffee House should be on your list. Quality coffee and great food is at the core - the no-fuss professional service is a bonus.