



Foodies First

the RESTAURANT & CAFE GUIDE to GUILT-FREE INDULGENCE

We find the restaurants and cafes serving gourmet dishes that are actually healthy.



PALEO CAFE

A chain of health food cafes espousing the Paleo philosophy is changing fast food. Toni Krasicki reports.



Frans of the Paleo diet are going to love the Paleo Cafes that are springing up around the country. Part health food store and part café, the revolutionary concept brings us a one-stop shop where you can pick up products as well as enjoy breakfast, lunch and snacks that are made from ingredients just as nature intended. Clean eating has never looked and tasted so good, as all items on the mouth-watering menu are dairy, grain, gluten, sugar and preservative free.

Founders Jai and Marlies Hobbs came up with the Paleo Café concept in 2011 out of frustration with the

inconvenience in trying to source Paleo friendly products. Marlies had said to Jai, "Wouldn't it be great if there was a place you could go to that was a dedicated Paleo health food store and cafe. It would have all the products you need in one place with convenient fresh Paleo meals and readymade meals". And voila! The first Paleo Café opened its doors in Cairns in October 2012, and interest in the concept is growing rapidly with new cafes in Newcastle, Albury, Brisbane and Townsville set to open in early 2014.

The store is stocked with your usual suspects: vitamins and natural medicines, sports proteins and supplements,

but also dairy-free ice-cream and coconut oil, flour, milk, cream, yoghurt, and organic baby and skin products. Additionally, each franchise is encouraged to source local produce, ingredients and products to sell at the cafe to support businesses in the area.

Surprisingly, prices are comparable to any café, which is great news if you are watching your spending as well as your healthy food intake. For those who prefer to fuel up at breakfast, you can order the Caveman's Big Breakfast: free range eggs cooked to your liking and served with sirloin steak,



crispy bacon, pork sausage, wild mushrooms, roast cherry tomatoes, red onion and spinach on Paleo toast with Paleo tomato sauce.

And who can go past the Banana Pancakes served with berry compote and whipped coconut cream? Since it's summer, the Mango, Avocado and Macadamia Salad served on a bed of Rocket with a Chilli Lime Dressing sounds good, but whether to add Chicken, Prawns or Salmon? For something more substantial, the Duck and Lychee Curry hits the spot. There's even a kid's menu without a chicken nugget in sight!

