



THE GRID

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Where do you...

1 Go for a walk? I always get off the train a few stops early at Jolimont Station just so I can take my time getting to uni. It amazes me how quiet and peaceful the gardens and parks we have are while they're right in the heart of the CBD.

2 Buy a last-minute gift? Melbourne Central is always great for options. T2 (Shop GD 49, call 9662 1155) is a great little shop to find pretty and feminine gifts for my girlfriends that I know they will love. For the boys, CK Calvin Klein (Shop 4A ground level, call 9654 1948) is a no-brainer. They have really easy-to-wear clothes and super cool accessories.

3 Go for a drink? I always head to Polly Bar (1 Brunswick Street, Fitzroy, call 9419 6539). It has a fabulous *Moulin Rouge*/1920s Art Deco feel and they are well known for their custom-made cocktails and extensive wine list of local and imported wines. It's a great place to have a few drinks with friends and it's very cosy on a winter's night.

4 Get a bunch of flowers? Flower Flower (523 Brunswick Street, North Fitzroy, call 9489 6373). They do the most exquisite and unique arrangements. Anything you can imagine, they can create!

5 Have a facial? Estee Lauder (David Jones Bourke Street Mall, call 9643 2365) of course. Our facials on level 3 in the beauty rooms are incredibly relaxing and tailored using skincare specifically for you. Pure bliss!

6 Take an international visitor? Va Bene Pizzeria (T10 Shed 9, Central Pier, 161 Harbour Esplanade, Docklands, call 8623 9690). They have some of the best Italian food in Melbourne with a really unique and fun atmosphere, right on the water. The polenta chips are a must. Ask for Monica - she's a delight.

7 Buy a great new dress? Green with Envy (268 Flinders Lane, call 9663 8043). It's always stocked with the latest collections from Australian designers. I never walk out of there empty-handed.

8 Go for a cheap brunch? Volume Cafe Music and Book (70 Commercial Place, Eltham, call 9431 5000) is close to my home and has possibly the most delicious breakfast menu, not to mention the quirky decor. Also, I love to browse through the eclectic gift shop - very relaxing.

9 Go for a hot chocolate? Scent of a Flower (135 Victoria Parade, Fitzroy, call 9417 4312). I always grab a sneaky hot chocolate or tea in between lectures. They make the best European hot chocolates.

10 Go for some peace and quiet? The National Gallery of Victoria (180 St Kilda Road, call 8620 2222) is easily my favourite place in the city. I never need an excuse to wander through the international exhibitions, especially the Winter Masterpieces which this year is Vienna.

For more information on Estee Lauder, visit esteelauder.com.au





Food producers, retailers, distributors and caterers present a selection of new and updated products for the ever-expanding kosher market.

Prices are RRP; local retailers may differ.

What's new



Manuka honey is well known for its health benefits, especially for general skin health and beauty. Beechworth's Tasmanian Manuka honey has a bold and distinctive taste with a rich toffee and malt finish, \$9.95. For stockists visit www.beechworthhoney.com.au.



Madura's selection of gourmet infuser teas are large-leaf, high-quality blends presented in pyramid infuser teabags, ensuring maximum infusion and taste. There are 11 blends, comprising black, green and herbal varieties, each presented in a re-usable tin caddy to ensure freshness. Prices start at \$5.68 for the small caddy (20 bags) and \$7.65 for the medium caddy (40 bags), available from supermarkets, www.maduratea.com.au or (02) 6670 6000.



Trewhin Bakery is handmade from the finest quality Australian ingredients, rich farmhouse produce and natural fruits. The range includes: poppy and sesame lavosh; almond, macadamia, pistachio and fig and ginger crisp bread; traditional and chocolate Siena panforte; and Italian fruit and nut gourmet cakes. Available in selected kosher stores, Thomas Dux, independent IGAs, delis and from October at Myer.

The Go Natural almond cranberry bar, \$2.40, is high in fibre and protein, low in sodium, gluten- and cholesterol-free, and antioxidant rich. It's packed with super foods such as almonds, Brazil nuts, cranberries and flaxseed, and is rich in vitamin E, selenium and omega 3s. Available at Woolworths and selected supermarkets and www.naturessuperfoods.com.au.



The new Weis pineapple & tahitian lime sorbet, \$6.99, is a little taste of summer captured in a refreshing real fruit sorbet. It's dairy free and 99 per cent fat free. Available at Woolworths and Coles.



Artisse Organic spices have a bold new look. There are seven varieties of organic herb and spice grinders including hot chilli seasoning and herbal sea salt. There are also four varieties of premium organic spice rubs, from the popular butchers' meat rub to fish market rub. Grinders start from \$5.99 and rubs from \$6.99, available from Coles and Woolworths.



Triala Foods has recently launched its own brand of handmade gourmet chocolates, called Moondance. Available in four flavours, the chocolates are a unique gift item or special treat. Available from kosher outlets, Coles and Franks, \$6.95.



The Five Stones 2011 autumn harvest is a deliciously fruity white wine with flavours reminiscent of tropical fruits and citrus; it's a medium-sweet wine that goes well with spicy foods. Priced at around \$18 a bottle, it is available from local retailers and direct from the winery (08) 9755 7402, sales@kosherwine.com.au.



Atlantic Group [v] is at the forefront of high-end kosher catering, holding stylish and sophisticated events at Central Pier, Docklands or at a location that suits you. Atlantic Group [v] operates a new fleishig kitchen under the strict mehadrin supervision of Kosher Australia (03) 8623 9654, www.atlanticgroupv.com.au.

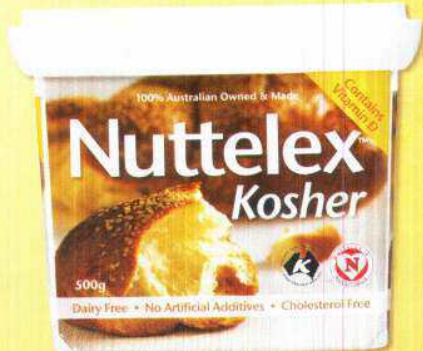
Photo: Yervant Photography



Sweet William's new Sweet As chocolate, \$4.40, contains no added sugar and no artificial sweeteners, is low GI, diabetic friendly, cholesterol free, gluten free, dairy free and nut free. It won the 2010 confectionery division of the Food Challenge Awards, and is available in three flavours: original, rice crackle and nutty crunch (with roasted soy beans). Available from Big W, selected IGAs and health-food stores. For more information, visit www.sweetwilliam.com.au.



Little Bellies' organic muesli choo chews contain wholegrain brown rice, oats, dried apples and berries. They have no artificial colours, flavours or preservatives and are GMO free and low in sodium. Also available: fruity choo chews, made with 88 per cent real dried fruit and no added sugar. Available from Woolworths, selected supermarkets and health-food stores, \$3.99.



Entirely Australian-owned Nuttex kosher table spread is dairy free, lactose free, soy free, gluten free, cholesterol free, nut free and salt reduced. It contains no artificial colours or preservatives. Available in all leading supermarkets. For more information, visit www.nuttex.com.au.

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