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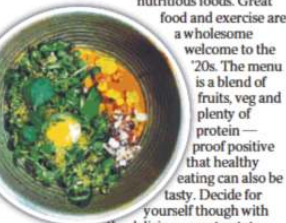
# Food that will fix you

If the joy of Christmas and the New Year are still lingering ... around your waist, then here are the places you need to offset some of the excess.



## THE WELL

WELL, it's literally a one-stop-shop for being and getting healthy. And if you aren't ready to work out on full display, The Well is a more discreet option with its gym, classes, nutritionist, physio and a wonderfully sun-drenched cafe featuring delicious and nutritious foods. Great food and exercise are a wholesome welcome to the '20s. The menu is a blend of fruits, veg and plenty of protein — proof positive that healthy eating can also be tasty. Decide for yourself though with the delicious sweet potato pancakes topped with fresh fruit or go straight for the protein with some salad and New Zealand salmon. Round that off with a mango banana smoothie, smooth coffee or if the mood strikes, a glass of wine and 20 push-ups. There's no membership necessary to dine in the cafe but should your New Year's resolution be about total wellness, casual visits to the gym and classes are also available. For details, visit [www.thewellbondi.com.au](http://www.thewellbondi.com.au).



**78 CAMPBELL PDE, BONDI BEACH**



## NOURISHED WHOLEFOOD CAFE

IT'S never too early to eat well and Nourished is ready and waiting in Avalon. Opening its doors at 6am every day, it specialises in superfoods, gluten-free, dairy-free, vegan, vegetarian and raw foods. Fear not carnivores though, there's also bacon and egg rolls topped with caramelised onion and paleo bacon jam. **17 AVALON PDE, AVALON**



## ALIBI BAR & KITCHEN

REJOICE! You don't need to go Dry January to get your year on track because up-market vegan restaurant Alibi has provided a solid, well, alibi, with its eight-course tasting menu and alcohol pairing. Get right among squash blossoms with brut rose from the Adelaide Hills, smoked baba ghanoush with a Margaret River chardonnay, onion socca with French chenin blanc vouvray and a mushroom Wellington with a Gundagai shiraz. Alibi has also made a name for itself with its beautiful desserts, a highlight of its vegan high tea. Start with a glass of sparkling rose then tuck into chocolate "cream" with mango passionfruit; black sesame "cream" with raspberry rose as well as savoury bites of cashew cheese and sauteed spinach filo. **6 COWPER WHARF RD, WOOLLOOMOOLOO**



## CUP & COOK

YOU have the power ... the Power Veg Bowl that is. A standout on this "clean eating" menu, this \$20 veggie-laden dish includes sweet potato, roast beetroot, wilted greens, avocado smash, lentil and tri quinoa salad, turmeric roasted cauliflower, edamame and pepitas. Add some extra punch with a poached egg or grilled chicken breast. Or look to the sea for your New Year's detox, with a flaked, oven-baked Atlantic salmon salad with whipped chipotle and cashew, coriander, cumin roast sweet potato, currants, cucumber, savoy cabbage and sweet corn. The cafe reflects the owners' philosophy of "home is where the heart is". **5/25-31 KYLE PDE, KYLE BAY, 2221**



## BODHI RESTAURANT

THE menu at Bodhi is a resolute read for all of those who want to start the "Roaring 20s" as healthy as possible: Chilled silken tofu with soy glaze and mushroom floss; crispy vegan "chicken" skewers with sweet chilli, kaffir lime leaf and lemongrass; Japanese konyaku noodles with water chestnuts, edamame, broad bean, snap

pea, and snow peas with a wasabi soy dressing; and braised tofu served with shiitake and enoki mushrooms, broccolini and sauteed spinach puree.

You'll find Bodhi underneath towering fig trees, nestled in the park behind St Mary's Cathedral, a tranquil spot that third generation-owner Heaven Leigh has held for 20 years.

In the kitchen, chef Brooke Ng is at the helm of this award-winning vegan restaurant, producing plant-based Yum Cha and pan-Asian cuisine and unless you were tipped off that Bodhi was meat-free, with a menu filled with mouth-watering dishes, you'd be none the wiser. **BODHI RESTAURANT BAR, 2-4 COLLEGE ST, SYDNEY**

