



# Espresso

with Roslyn Grundy

## PICCOLO

► Help ensure children in foster care get a happy Christmas by eating dessert from November 15 to December 26. Win-win. All 58 Rockpool Dining Group restaurants around the country will donate \$1 from every dessert sold to the Rockpool Foundation's Sweet Treat Project.

► Lebanese restaurant Mama Manoush has outgrown its Fitzroy digs and will reopen this Thursday at the former Lady Carolina site, 175-177 Lygon Street, Brunswick East.

► Arbory Afloat, the pontoon bar moored on the Yarra beside Flinders Street Station, returns tomorrow. Run by the team behind Arbory Bar & Eatery, it's open daily for drinks and Mediterranean-style snacks, 11am to 1am, including Christmas Day.



## View master

Japanese restaurant Minamishima will reopen on November 21 after renovations. Australia's top-ranked Japanese restaurant is adding two more private dining rooms, expanding from 40 to 56 seats.

Sushi will be prepared and served in the rooms. The 15-course omakase menu has increased from \$150 a head to \$185, and matched drinks are now \$125 (up from \$70). The price hikes will allow it to serve exclusive seafood and imported sake. Awarded three hats in the *Good Food Guide 2018*, the restaurant is booked out until January. Phone bookings are taken between noon and 6pm, Tue-Sat. 4 Lord Street, Richmond, 03 9429 5180, minamishima.com.au



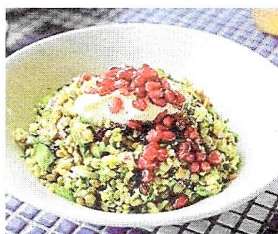
George Calombaris is devising more healthy dishes for his new restaurant in Brighton; (below) Hellenic Republic's popular Cypriot grain salad.

## Republic's in fine health

It's a problem that could easily keep George Calombaris awake at night: what do you do for an encore now that Cypriot grain salad has become one of Melbourne's best-loved dishes?

The chef-restaurateur and his team are devising healthy dishes for the latest offshoot of Calombaris' Hellenic Republic chain, Hellenic Republic Brighton, whose interior draws inspiration from the classic Greek taverna, using textural elements such as marine rope, blackened steel and blue and white terrazzo.

Working with La Trobe University, they're developing the Hellenic Health menu based on the Mediterranean diet, with a 4:1 ratio



of plant-based foods to meat, and evidence to back up the claims.

They'll road-test the new dishes at Hellenic Republic in Kew before adding them to the Brunswick, Williamstown and Brighton menus.

Hellenic Republic Brighton will

open on December 15 at 25-27 Church Street, Brighton.

Calombaris and his Made restaurant group are juggling other new ventures, opening three branches of his Jimmy Grants souvlaki chain within a week (one at Chadstone and two in Sydney), and doors open in St Kilda in late November.

And on November 21, his flagship Press Club restaurant introduces a la carte alongside the degustation menu, and will extend its opening hours, serving lunch and dinner Monday to Saturday and lunch on Sunday.

Calombaris says the changes represent an ideological shift from fine dining to "accessible luxury".

## Fresh

**New in** Smith's Fruit's cherry season is looking promising with healthy crops and good-sized fruit. They're picking early season cherries for Gasworks market.

**At its best** Thriving Foods Farm in Koo Wee Rup has a flush of earthy,

sweet beetroot. Roast or juice it, being sure to save the leaves for salads. Available at Warragul and Eltham markets.

**Plant this** Haven't planted tomatoes yet? Find King Valley Aquaponics at Euroa market



with traditional and heirloom seedlings. They'll also have chilli plants, including Carolina Reaper.

**Accredited farmers' markets** Wednesday, November 15: University of Melbourne (Parkville).

Saturday, November 18: Boroondara (Hawthorn), Coburg, Echuca, Euroa, Fairfield, Gasworks (Albert Park), Riddells Creek, Sunraysia (Mildura), Warragul, Wodonga Junction. Sunday, November 19: Eltham, Flemington, Mooroolbarna, South Geelong.

Sophie O'Neill vfma.org.au

COVER PHOTO UberEats orders at Jimmy Grants NATIONAL EDITOR GOOD FOOD Ardyn Bernoth Instagram @ardynbernoth DEPUTY EDITOR Roslyn Grundy CHIEF SUB-EDITOR, SECTIONS Lisa Stones REDESIGN Marija Ercegovic DESIGNER Janet Briggs CONTACT 655 Collins Street, Docklands, 3008; epicure@theage.com.au ADVERTISING Delwyn Smith 03 8667 2575

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## December 'tis the Season to be Festive

**FESTIVE A LA CARTE LUNCHES**  
DECEMBER 1 TO 22 – MONDAY TO FRIDAY

Christmas is a very busy time of catching up with work colleagues, family and friends and our Express Festive lunches at Little Collins St Kitchen in the city heart are the perfect celebration!

Our talented chefs have designed a superb festive season a la carte lunch menu featuring a selection of entrees, main courses and desserts that will have you coming back throughout December.

Two Course Lunch \$39 per person  
Three Course Lunch \$49 per person  
Lunch is 12-2pm

For information on our special Christmas Eve, Christmas Day and New Year's Eve lunch and dinner buffets please call the hotel.

\*Awarded 'Hotel Bar of the Year' at the 2016 TAA Awards for Excellence. SPG discount varies from 10% to 20% depending on membership level.

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