



SIZZIE UZ SOMETING SEECLAI

Shop 5/6 Renmark Square, Renmark **(08) 8586 4441**



inside







ACKNOWLEDGMENT

Cover Photo: Hotel Renmark -Temperance Restaurant

Produced by Taylor Group Media

Disclaimer: All information contained in this publication was correct at the time of printing. All advertisements are accepted on the basis that their content is true and accurate and that they are in no way misleading. Taylor Group Media do not accept any liability to any person claiming they have been misled by material contained herein. Copyright Taylor Group Media.



Priverland in Contract of the Contract of the

The Riverland is packed full of mouth-watering food and drink, with an abundance of restaurants, cafes, bakeries, cellar doors and local produce ready to be explored.

The fifth edition of the Riverland Foodie magazine celebrates local businesses that work hard to offer locals and travellers amazing, delicious food to delight the senses.

Our Riverland Pantry section showcases these tuckedaway and humble producers, and their products can be found in Riverland cafés, visitor information centres, and served at restaurants and hotels.

Our magazine shines a spotlight on these eating establishments through the Riverland Eats section, giving locals and visitors a diverse range of options when making the hard decision of choosing where to dine. From pizzas, warming roast packs, pub meals, and a range of seafood options, to local grazing platters and vegan delights, there is sure to be something for everyone's taste.

We hope this publication will give visitors a reason to keep coming back to try these fantastic businesses, or perhaps inspire our local readers to take themselves on a food tour in their own backyard.

This edition captures what are the must-try flavours, and must-have kitchen appliances, inspired by current trends. We also feature a hearty winter chicken cacciatore recipe for you to try out.

Something new in this year's edition is a guide

to making home-made pickled vegetables, and a look at how to make the ultimate Riverland-inspired cheeseboard.

Compiling this magazine for the fifth year has been a passion project for the team at Taylor Group Media, and it is one that has excited all of us – and inspired us to try new and exciting foods.

We know what an amazing place for food the Riverland is and we want to spread the word. Supporting local businesses has never been more important and we hope this magazine will encourage people to eat and enjoy our wonderful local creations.

Happy eating!







LITTLE GREEK KITCHEN

At Little Greek Kitchen, Greek desserts are our speciality! Made to order, we've got you covered for any occasion. Using traditional recipes, Little Greek Kitchen delivers authentic delicious desserts. Stockist: Koch's Foodland Renmark

∐ittlegreekkitchen.10@gmail.com



NIPPY'S

To learn more about this iconic South Australian brand and experience the great taste of Nippy's products and fresh citrus, come visit us at our Waikerie factory door. Nippy's Factory Direct Sales. Open Monday to Friday, 8am - 4pm.

2 Ian Oliver Drive, Waikerie SA 5330



DELICIOUS RAW HONEY AND HONEYCOMB

Produced in backyard hives across the Riverland. Stockists: Renmark VIC, Country Style Meats, Zynski Bakes, Woolshed Brewery, Berri VIC, Arrosto Coffee, Berri North Meat Store, Barmera VIC, Lakes Cafe, Illalangi.

0410 505 345Renmark West, SA 5341



halfbarrelhoney.com



BERRI VISITOR INFORMATION CENTRE

Whether you're looking for tourism information, local produce or some unique artwork - come in and see us! Stocking products from local Riverland suppliers and artists you are sure to leave happy. Whatever the occasion, we have something for everyone.

🗘 8582 5511 🎕 visitberribarmera.com.au

Riverview Drive, Berri SA 5343



GLENVIEW POULTRY FARM

With over 60 years 'eggs' perience, we know our eggs are the best. Pick up a pack of local eggs from any supermarket along with many other locations throughout the Riverland.

🗘 0415 205 458 🏻 glenviewpoultryfarm.com.au

9 804 Stanitzki Road, Pike River SA 5340





BERRI NORTH MEAT STORE

Berri North Meat Store offers high-quality meats, including beef, poultry, and pork. Known for its friendly service, wide selection, and fresh products, it's a go-to destination for meat lovers. "If I don't make it, I don't sell it."

№ 8582 4885№ 28 Zante Road, Berri SA 5343



Call us today



PREMIUM AUSTRALIAN ALMONDS

Just one click away.

Q shop.almondco.com.au

Or scan the QR Code today to see our range.





We appreciate all our customers, be it online or in store.

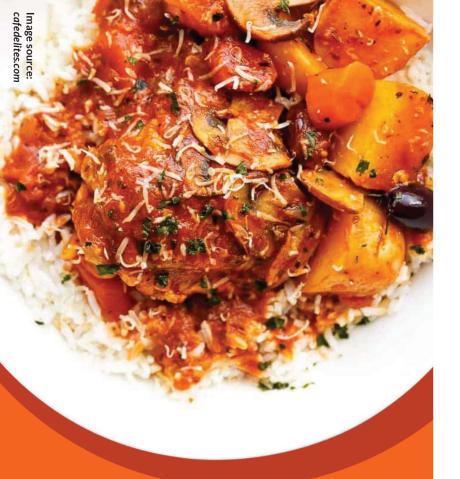
We hope you enjoy browsing our great range, adding them to your shopping cart and having our Almond Hut Team arrange delivery to you anywhere in Australia.

As our valued customers we thank you for supporting our 150+ co-operative Australian almond growers who supply Almondco.

[ALMONDCO]

8586 8840 | almondhut@almondco.com.au almondco.com.au | 19895 Sturt Hwy, Renmark

Monday — Thursday: 8.30am — 4.30pm Friday: 8am — 4pm Saturday & Sunday: Closed Closed Public Holidays



Slow cooker chicken cacciatore with potatoes

This is a hearty, comforting Italian-inspired dish made by simmering chicken, potatoes, bell peppers, onions, garlic, and tomatoes in a savory herb-infused sauce. The slow cooker brings out deep flavors while keeping the chicken tender and the potatoes perfectly cooked. It's an easy, one-pot meal perfect for busy days or comfortable dinners.

PREP COOK SERVES

25

4-8

6 PEOPLE

INGREDIENTS:

- 6 bone-in chicken thighs
- 2 tsp salt to season
- 2 tsp pepper to season
- 4 tbsp olive oil
- 1kg baby potatoes, quartered
- 2 tbsp garlic, minced
- 1 medium onion, roughly chopped
- 2 small capsicums, deseeded and diced
- 2 carrots, peeled and sliced
- 500ml crushed tomatoes
- 500ml tomato passata
- 150ml red wine, or beef broth if desired
- 2 tbsp tomato paste
- 2 tbsp parsley, chopped
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 beef stock cube
- 1 cup mushrooms, sliced
- ½ cup pitted black olives

- Season chicken with salt and pepper. Heat a small amount of oil in a pan. Sear chicken first for 3 minutes, until deep golden brown. Rotate and sear the other side for a further 3 minutes.
- 2 Arrange the potatoes in a slow cooker bowl in a single layer.
 - Place the chicken over the potatoes and add the rest of the ingredients over the chicken (except olives and mushrooms).
- 3 Stir to combine. Cover and cook on high for four hours, or low for eight hours, until the chicken is tender and falling off the bone.
- Add in the mushrooms and olives in the last 30 minutes of cooking.
- 5 Season with extra salt, to your tastes and serve over rice, or pasta.

— riverland— RECIPES

Baileys Chocolate Martini

INGREDIENTS

- 50ml Baileys Chocolate Luxe Liqueur
- 25ml Smirnoff Vodka
- 25ml Arrosto Cold Drip

METHOD

- 1. Combine all ingredients in a cocktail shaker.
- 2. Shake and fine strain into glass of choice.
- 3. Garnish with chocolate shavings.









Warm Rosedale Kangaroo

INGREDIENTS

- 1 Rosedale kangaroo fillet (300–350g)
- 1 tbsp local olive oil (plus extra to finish)
- Sea salt & cracked black pepper
- 1 cup cherry tomatoes, halved
- ½ small red onion, thinly sliced
- 4-6 Singing Magpie semi-dried figs, sliced
- ¼ cup Riverland activated walnuts
- Zest of ½ lemon

SERVING SUGGESTION

Pair with a chilled **Riverland rosé** or light **grenache**. A fresh, regional expression on the plate.

METHOD

- Prep Kangaroo: Bring meat to room temp, rub with olive oil, season with salt and pepper.
- 2. Cook: Sear on high heat for 2–3 minutes per side (medium-rare). Rest for 5–8 minutes.
- 3. Toast Walnuts: Lightly toast walnuts in a dry pan until aromatic.
- **4. Assemble Salad:** Toss tomatoes, red onion, and figs. Plate as a base.
- 5. Slice & Serve: Thinly slice kangaroo against the grain, fan over salad.
- Finish: Drizzle with olive oil, sprinkle with lemon zest and walnuts.

CRISP Coorong Mullet

SERVES 2

INGREDIENTS

Crisp Coorong Mullet

- 4 pieces mullet fillets, deboned
- ¼ cup plain flour
- ¼ cup besan (chickpea flour)
- Pinch Murray River pink salt
- Pinch cracked black pepper
- Pinch lemon myrtle powder

Sicilian Caponata

- ½ red onion, diced
- ½ eggplant, finely diced
- ½ zucchini, finely diced
- ¼ red capsicum, finely diced
- 1 cup cherry tomatoes, halved
- 1 chilli, deseeded and finely diced
- 1 clove garlic, crushed
- 1 teaspoon sugar
- 1 teaspoon sherry vinegar
- Salt and pepper

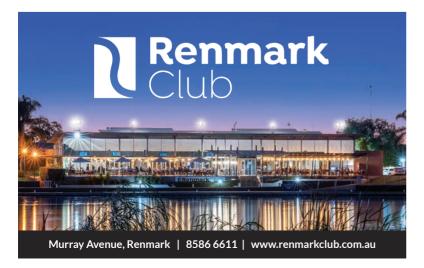
To Serve

- 1 panini, sliced lengthwise into 4
- 2 slices haloumi
- 2 lemon cheeks
- Olive oil

METHOD

- Caponata: Sauté onion in olive oil. Add remaining vegetables, cook until tender but not mash. Stir in sugar and vinegar. Season to taste.
- 2. Panini & Haloumi: Brush panini with olive oil and grill. Grill haloumi until golden. Grill lemon cheeks, till caramelised.
- 3. Mullet: Mix flour, besan, salt, pepper, and lemon myrtle. Heat a pan with some olive oil and butter, dip mullet into seasoned flour and cook for 2 minutes on each side, remove and drain.
- 4. To plate: Place 2 pieces of panini onto the plate, top with the warm caponata, then top with the mullet. Add haloumi, a piece of lemon (caramelised side up), and finish with a drizzle of olive oil.







Homemade Pickled Vegetables Pickles are having a moment, moving from relish to main event on all the

Pickles are having a moment, moving from relish to main event on all the coolest menus. Plus, they're easy to make and look great on Instagram.

Here's how to get in on the trend at home.

QUICK PICKLING WITH BRINE (VINEGAR-BASED)

Quick pickles are fast, tangy, and ready to eat in a few hours to days. They're stored in the fridge and don't require fermentation.

Basic Brine Recipe:

- 1 cup vinegar (white, apple cider, or rice vinegar)
- 1 cup water
- 1 tablespoon kosher salt
- 1 tablespoon sugar (optional, for balance)

Flavour add-ins (optional):

- Garlic cloves
- Dill, thyme, or rosemary
- Peppercorns, mustard seeds, coriander seeds
- Bay leaf
- Chili flakes

Instructions:

- Prep vegetables: Wash and cut as desired. Pack tightly into clean jars.
- 2. Make brine: In a saucepan, combine vinegar, water, salt, and sugar. Heat until dissolved.
- **3. Add brine:** Pour the hot brine over the vegetables, covering completely.
- **4. Cool and seal:** Cool to room temp, seal, and refrigerate.
- **5. Wait:** Some are tasty after a few hours; most are best after 1–3 days.

Shelf life: Up to two months refrigerated.

LACTO-FERMENTATION (SALT AND TIME)

Lacto-fermentation uses natural bacteria to preserve and flavour vegetables. It's the method behind traditional sauerkraut, kimchi, and sour pickles.

Basic salt ratio:

 2 to 3 per cent salt by weight of vegetables. Example: For 1kg of vegetables, use 20g to 30g of salt

For most home recipes, a general rule is 1 tablespoon of salt per 2 cups water for a brine

Types of ferments:

- Dry-salted (self-brining): Cabbage or shredded veggies are salted directly to draw out liquid (such as sauerkraut).
- Brine-based: Whole or chopped veggies submerged in a saltwater solution

Instructions (brine ferment example):

- **1. Prep vegetables:** Clean and cut as needed. Place in a clean jar or crock.
- 2. Make brine: Dissolve non-iodized salt (sea or kosher) in water
- 3. **Submerge:** Pour brine over vegetables. Use a weight (small plate, fermentation weight, or zip bag filled with brine) to keep veggies fully submerged.
- **4. Cover:** Use a fermentation lid, cloth, or loose-fitting lid to allow gas escape.

- Ferment at room temperature: For three to seven days for mild flavour, or two to four weeks for stronger sourness. Taste periodically.
- **6. Store:** Once flavor is right, seal and refrigerate.

Shelf life: Six months in the fridge.

Signs of a healthy ferment:

- Bubbles (carbonation)
- Cloudy brine
- Pleasant sour smell

Avoid if:

- Brine is slimy or smells putrid
- Mold appears (white kahm yeast is okay and removable; black or pink mold is not)

Tools that help:

- Glass jars with lids (mason jars)
- Fermentation weights or small jars
- Airlock lids (optional)
- Digital kitchen scale (especially for salt measurements)
- Funnel





Bassham still stuns in red and white

THE ONGOING EXPLORATION OF UNIQUE RED AND WHITE VARIETIES MAKES BASSHAM WINES THE PERFECT PAIRING FOR AN UNFORGETTABLE RIVERLAND FOOD EXPERIENCE.

The Glossop-based winey has been a long-time favourite of both locals and visitors to the region, and boasts a range of wines that can suit both sunny days along the Murray River, or winter evenings by the fire at home.

Valerie said Bassham's red wine varieties – including alternatives like mencia, graciano and nero d'avola, or a classic shiraz – allowed tasters to explore cuisines from numerous cultures.

"A third of our range is now light reds... however we still sell more big reds in emerging varieties, such as lagrein wine and durif," Valerie said. "Something like a montepulciano I think can be paired with anything, because it's soft and such a versatile wine.

"I'm saying all the time we haven't made enough of it, because we run out so quickly."

Bruce said Bassham's white wines
- including varieties such as petit
manseng, vermentino and albarino
- reflected and paired well with
French cuisines.

"These varieties have been pumped into the rest of Europe for centuries." he said.

"People can explore the tastes and cultures of other countries through these wines."

TRY PAIRING BASSHAM RED WINES WITH:

- Grilled or roasted lamb, pork, beef or veal
- Braised meat dishes and stews
- Duck and other wild game dishes
- Marinara, arrabbiata, and Bolognese pasta dishes
- Mushroom risotto
- Cheeseboards
- Spicy chorizo

TRY PAIRING BASSHAM WHITE WINES WITH:

- Fresh or grilled prawns
- Greek salad
- Steamed mussels
- Roast chicken or salmon
- White bean soup
- Spaghetti carbonara





ORGANIC - BIODYNAMIC & SUSTAINABLE VITICULTURE & EMERGING VARIETIES.

Visit our cellar Door and experience the real deal, we will not disappoint, award-winning wines with a difference.

Over 30 emerging varieties on tasting, don't miss us at Bassham Wines. See you soon, don't forget to book if you are wanting a cheese board!

Cellar Door open daily 10am - 5pm | 27 Bassham Road, Barmera, South Australia | Phone 0417883706 - 0428881480 | Email- admin@basshamwines.com





VIETNAMESE BANH MI ROLL

Riverland food truck caterer, bringing to you authentic flavours of Vietnamese cuisine. Through mobile catering events, pop-up kitchen and all special occasions.

Visit our facebook page to see where we'll be appearing next!



0400 254 430

Berri SA 5343

⊕ facebook.com/ mishes_kitchen





CARBONARA CHICKEN SCHNITZEL

Available Thursday night on schnitzel night! Crunchy chicken schnitzel with creamy bacon, cream and Parmesan cheese topping and a sprinkle of black pepper served with chips and salad or mash and veg!

Open Hours: 7 days from 11am

Lunch: 12-2pm Dinner: 6-8.30pm



08 8577 8009

9 Railway Terrace, Pinnaroo SA 5304

@ goldengrainhotel.info





LAMB YIROS

Succulent tender lamb marinated in our own secret recipe, cooked over the charcoal. "It's a charcoal thing."

Monday: 11am - 8pm Tuesday: CLOSED Wednesday: 4pm - 8pm Thursday: 11am - 8pm

Friday, Saturday: 11am - 8.30pm

Sunday: 4pm - 8pm



© 0416 860 148

37 Renmark Avenue, Renmark SA 5341

facebook.com/ RiverlandCharcoalChicken



FORKFUL OF FACTS

Cheese is the most stolen

made with anchovies.
Yes, that umami kick comes from fermented fish. It's basically a liquid Caesar salad.

The popsicle was invented

Frank Epperson accidentally left a soda and stir stick outside in the cold in 1905. A frozen

The world's most expensive coffee is made from... poop. Kopi Luwak is made from beans eaten and "passed" by civet



SPICY CHICKEN BURGER

Make sure to check out C.J. Eats on Facebook to keep up to date with our location and times.



© 0483 183 634

Waikerie SA

⊕ facebook.com/C.J.Eats



riverland eats

SUNDAY PINT AND PARMI

Enjoy a parmi all day every Sunday, and pair with either a pint of tap beer or soft drink.

Friday - Sunday 12pm - 2pm

Dinner

Wednesday - Sunday

6pm - 8pm



8584 7353

♀ 27-29 Bookpurnong

Terrace, Loxton ⊕ loxtonclub.com.au





BUTTERMILK FRIED CHICKEN TENDERS

Catch Jimmy's Cruisin' Kitchen serving up delicious eats across the Riverland at events, on the road, or catering yours!

Follow us on Facebook to find out where in the Riverland we will be next!



- 0412 841 415
- Renmark SA
- immyscruisinkitchen@gmail.com
- # facebook.com/ jimmyscruisinkitchen





Offering a great variety of freshly made Thai food. Vegetarian, vegan and gluten-free options available. Come to our food van for all your Thai food experiences.

Trading at all markets around town and some weekends at BIG4 Renmark, 5pm - 8pm.



- **1** 0431 909 527
- Renmark SA 5341
- ⊕ facebook.com/ Laa's A Taste of Thai





CRISP COORONG MULLET

Pan fried Coorong mullet in our charcoal oven served on crisp panini, Sicilian caponata and grilled haloumi.

Breakfast 7 days a week Dinner Wednesday to Saturday



- **©** 8582 1692
- 1329 Old Sturt Highway, Berri SA 5343
- earthrestaurant.com.au



riverland eats



FISH AND CHIPS

Best fish and chips in the Riverland! New Zealand Hake, served with chips and salad

Monday to Friday: 7:30am - 4pm Saturday & Sunday: 7:30am - 3pm



- \$ 8586 8099 19 Riverview Drive,
- Berri SA 5343 # riverjacks.com.au







- **©** 0427 898 840
- Loveday, Barmera
- ➤ Fuzionfoodzau@gmail.com



LOADED NACHOS

With a choice of smoked brisket, sticky pulled pork or our smoked chicken. Loaded with my housemade cheese sauce, meat, slaw, sour cream and jalapeños.

American-style smoked meats, handmade rubs and sauces, cooked low and slow. With 20+ vears' experience, we pop up across the Riverland-follow us on Facebook for updates!



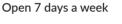




- **©** 8583 5343
- Monash SA 5342
- ⊕ Find us on facebook







Wednesday to Saturday:

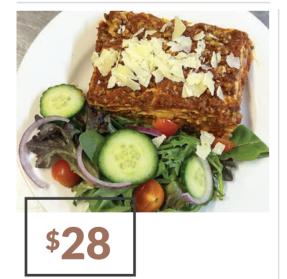
6pm - 8pm for dinner Friday to Sunday:

12pm - 2pm for lunch

Meals available

- 19-18 Madison Avenue,





LASAGNE

Mum's homemade lasagne made from scratch, with a delicious meaty, tomato sauce and cheese filling with a fresh garden salad.

Wednesday: 10am - 4pm Thursday & Friday: 10am - 8pm Saturday: 8.30am - 8pm Sunday: 8.30 - 4pm



- **©** 0458 157 577
- 19 Dalziel Road. Glossop SA 5344
- thelavendercafe.com.au



CHICKEN BREAST SWANEE

Chicken breast pocketed with smoked leg ham, camembert cheese, wrapped in prosciutto served on housemade potato mash served with broccolini and garlic sauce.

10.30am to late Lunch: 12pm - 2pm Dinner: 5.30pm - 8pm



- **8570 2003**
- Hasse Hill Road. Swan Reach SA 5354
- swanreachhotel.com





CHICKEN PARMIGIANA

Crumbed chicken breast schnitzel topped with ham, napolitana sauce and mozzarella cheese, served with chips and salad. Wednesday parmi night from \$21.

Open 7 days Lunch: 12pm - 2pm Dinner: 5.30pm - 8pm



- 8588 2111
- 31 Barwell Avenue. Barmera SA 5345
- ⊕ Find us on facebook



riverland eats



CHICKEN SCHNITZELS

The Overland Corner Hotel has the biggest, tastiest and freshest local schnitzels in the Riverland! Freshly made daily to order using our in-house homemade crumb.

Wednesday: 11am - 4pm Thursday - Saturday: 11am - 9pm Sunday: 11am - 4pm

Monday & Tuesday: Closed



0404 725 572 205 Old Coach Road,







TAMARIND COD

Locally farmed Murray Cod, served in a warm tamarind sauce and topped with a fresh herb

Thursday: 4pm - 8.30pm Friday to Tuesday: 11am - 8.30pm Wednesday: Closed



8586 4439

35 Renmark Avenue, Renmark







\$36

LAMB SHANK

Slow cooked braised lamb shank in red wine tomato and herb, served with creamy mash potato and broccolini.

Gluten-free.

Open Daily: Lunch: 12pm - 2pm Dinner: 5.30pm - 8pm



8582 3425

45 Shiell Road, Berri SA 5343

™ Tavern@bigrivergolf.com.au





SCOTCH FILLET STEAK

300 gram scotch fillet steak served with your choice of gravy, chips, salad or veg.

Open Hours:

7 Days - check our facebook to see opening times.



© 0439 761 904

30 Railway Terrace, Paruna SA

the brownswelltavern.com.au



- 2 tbsp water

- 2 chillies
- 2 garlic cloves
- 5cm ginger
- 1 lemongrass stalk

Vegan Nasi Goreng

INGREDIENTS:

Rice & Vegetables

- 2 shallots, sliced
- 1 tbsp olive oil
- 1 carrot, thinly sliced • 1 red capsicum, sliced
- 200g white cabbage, shredded
- 1 tbsp soy sauce
- 250g brown basmati rice (cooked)
- Salt, pepper, 1 chilli
- 30g roasted peanuts, chopped
- 1 bunch coriander leaves, chopped
- 1 lime, cut into wedges

Spice Paste

- 1 tsp tomato paste
- 1 tsp maple syrup
- ½ tsp toasted sesame oil

- 2 shallots

Plant-based eating is rapidly expanding in Australia, driven by growing health, environmental, and animal welfare concerns. Supermarkets and restaurants across the country are increasingly offering vegan and plant-based options to meet rising consumer demand.

- Blend all spice paste ingredients until smooth. Set aside
- Stir-fry shallots in oil for 2-3 minutes. Add carrot and capsicum, cook 2-3 mins. Add cabbage and soy sauce, cook 2-3 mins. Remove from pan.
- 3 Cook spice paste in wok for 2 minutes until fragrant. Add rice and veggies, stir to combine.
- Season with salt and pepper, then top with peanuts, coriander, and chilli. Serve with lime wedges.





cheese board

FEW things capture the essence of the Riverland region quite like a beautifully prepared cheese board. With its sundrenched orchards, artisan producers, and access to premium local ingredients, the Riverland offers everything you need

to create a gourmet grazing experience that celebrates the region's bounty. Whether you're entertaining friends on the banks of the Murray River or enjoying a quiet evening at home, here's how to prepare the best Riverland-inspired cheese board.



Start with the main event, cheese

The heart of any cheese board is, of course, the cheese. Look for:

- Aged cheddar or vintage gouda – sharp and crumbly for contrast.
- Soft cheeses like brie or camembert – especially those infused with native herbs or local fruits.
- Goat cheese logs –
 often available rolled in
 crushed pistachios or
 dried apricots.

Include a variety of textures and milk types (cow, goat, sheep) for a more dynamic spread.



Add local cured meats

No board is complete without a thoughtful assortment of meat.

- Riverland smoked lamb or venison – locally sourced and cured meats bring authentic flavour.
- Prosciutto and salami

 available from local
 butchers.
- Game meats like kangaroo are increasingly available from specialty Riverland producers.

Aim for a mix of textures and flavour profiles – something salty, something spicy, and something mild. Between Berri North Meat Store, and Rollbusch Quality Meats, you will have endless options.



Feature seasonal Riverland produce

Incorporate:

- Fresh stone fruits: apricots, peaches, nectarines.
- Citrus slices like blood orange or mandarins.
- Dried fruits such as sundried figs, dates, and raisins.
- Roasted almonds and pistachios are local and flavourful additions that provide crunch.

Try QuirkyCots' wide range or pop into Riverland Sunfresh for a huge variety of nuts and goodies.



Choose fresh-baked bread and crackers

Offer an assortment of vessels to carry your meats and cheeses:

- Locally baked sourdough or crusty baguettes.
- Seeded crackers
 with native herbs
 like lemon myrtle or
 wattleseed.
- Lavosh or flatbreads with Riverland olive oil.

Make sure to include both hearty and delicate options. Check out Illalangi Gourmet Foods for inspiration.



Add the extras

Elevate your board with local condiments:

- Fig and citrus chutneys

 sweet and tangy
 companions to cheese.
- Olive tapenade or sundried tomato pesto – rich and savory.
- Pickled vegetables like carrots, beets, or cucumbers.
- Local honey or quince paste – drizzle over brie or pair with a sharp cheddar.

Try Singing Magpie Produce's Sticky Quince Figs, or add Half Barrel Honey's honeycomb for a sweet addition.

Final tip

The best Riverland cheese board isn't just a collection of snacks - it's a storytelling platter. Choose items that reflect the seasons, support local producers, and honour the region's rich agricultural heritage. It's a feast for the eyes as much as the palate.





unique and vibrant space that reflects the spirit of our wines.

With a focus on Mediterranean grape varieties, our venue is the perfect setting to enjoy our award-winning wines, crafted by Ashley Ratcliff, a recognised leader in the Australian wine industry. Whether you're looking to host an event, indulge in wine and cheese platters, or experience a personalised tasting, our venue is also available for hire and promises a memorable experience in the heart of the newly renovated river precinct.

Scan QR code





Scan QR code to access our website and shop our wide range

OPENING TIMES

Thursday12pm-5pmFriday2pm-8pmSaturday1pm-8pmSunday1pm-5pm



riccaterra.com.au



THE carnivore diet — an all-animal-product way of eating — has gained popularity across the globe, including in Australia.

Based on the principle of consuming only meat, fish, eggs, and animal fats while eliminating plant-based foods, this diet appeals to those seeking simplicity, weight loss, or relief from autoimmune and digestive issues.

In Australia, the carnivore diet is increasingly accessible due to the country's strong livestock industry. High-quality beef, lamb, and pork are readily available from local butchers and supermarkets.

Many Australians also have access to grassfed and pasture-raised meat, which is often preferred for its nutritional profile and ethical sourcing. Kangaroo meat, a lean and uniquely Australian option, is also commonly included in carnivore diets. Cooking at home remains the easiest way to stay compliant with the diet.

Supplements such as magnesium, potassium, or vitamin C may also be considered, though some proponents argue that organ meats, like liver and kidney, provide all necessary nutrients if consumed regularly.



The carnivore diet is highly restrictive and may not be suitable for everyone. It is important to consult with a qualified healthcare provider before making significant dietary changes, especially if you have pre-existing health conditions or nutritional concerns.

DAY ONE

Breakfast: Three pasture-raised eggs, two rashers of bacon Lunch: Ribeye steak, sea salt Dinner: Grilled lamb chops,

DAY FOUR

beef liver (50g)

Breakfast: Scrambled eggs with

minced liver (hidden in eggs)

Lunch: Beef burgers (no bun),

cheese (if tolerated)

Dinner: Grilled rump steak,

soft-boiled eggs

DAY TWO

Breakfast: Kangaroo mince patties Lunch: Roast chicken thighs (with skin), chicken broth Dinner: Beef sausages (check ingredients), one hard-boiled egg

DAY FIVE

Breakfast: Three eggs, leftover pork belly Lunch: Sardines or mackerel (in olive oil or brine) Dinner: Grilled Kangaroo steak, chicken liver pâté (optional)

DAY THREE

Breakfast: Two eggs fried in ghee, leftover lamb chops Lunch: Grilled barramundi or snapper fillets Dinner: Pork belly, bone broth

TIPS

Hydration: Drink water liberally. Cooking Fats: Use beef tallow, ghee, duck fat, or butter. Optional Additions: Dairy (cheese, cream) if tolerated; avoid if you're strict.

LOCAL PRODUCE | AWARD WINNING MEAT | ONLINE ORDERING | FRIENDLY LOCAL FACES | IN-STORE PICKUP & FREE LOCAL DELIVERY





FIVE DAY SAMPLE MEAL PLAN

HYGIENIC MEATS **ORDER ONLINE**

hygienicmeats.com.au (08) 8584 7516 44 Bookpurnong Terrace, Loxton



Coffee culture taking over the country

AUSTRALIA'S coffee culture has long been renowned for its quality, innovation, and community-driven ethos.

Over the past two decades, what began as a vibrant urban phenomenon in cities like Melbourne and Sydney has evolved into a nationwide and even global influence.

Australian coffee culture is now celebrated throughout the country, and increasingly in rural communities like the Riverland, and also internationally, shaping how the world drinks and thinks about coffee.

Central to this expansion is the flat white – a signature Australian creation that has gained popularity worldwide. Originally developed in the 1980s, the flat white balances espresso strength with silky microfoam, offering a refined alternative to milk-heavy lattes and cappuccinos. Its global success, particularly in the UK and the US, showcases the growing influence of Australia's coffee scene.

Beyond specific drinks, Australian cafés are known for their emphasis on quality, sustainability, and craft. Independent cafés outnumber international chains, with baristas often trained to a high standard. Specialty coffee, single-origin beans, and direct trade practices are the norm. This emphasis on excellence has set a benchmark now emulated globally.

Australian coffee culture also prioritises the social experience.

Cafés serve as community hubs where design, food, and hospitality intersect. This holistic approach has inspired café in cities from Tokyo to New York, modeled on the Australian style – minimalist aesthetics, all-day brunch menus, and an unhurried atmosphere.

As Australians continue to innovate – from nitro cold brews to sustainable roasting methods – the coffee culture only deepens its global reach. While rooted in

a local tradition of craftsmanship and connection, Australian coffee culture has become a worldwide ambassador for thoughtful, highquality coffee.

Whether you're in a Melbourne laneway, a London borough, or overlooking the Murray River, the influence is unmistakable — and still growing.



Riverland Coffee Shop

Riverlanders are no strangers to a good cup of coffee, and the region is seeing a growing number of specialist cafés where this art is taken seriously. Whether you're starting your day, or catching up with friends for a cappuccino, there's great choices in all local towns.





PARINGA BAKERY & CAFE

Come grab a tasty treat and coffee to take away. Fast, convenient takeaway options.

Open 6.30am - 2.30pm

Monday to Friday,
8am - 2pm Saturday, closed Sunday.

- 8595 5283
- 10 Murtho Road, Paringa SA 5340



Find us on facebook



THE FRUIT PACKER'S DAUGHTERS

Introducing The Fruit Packer's Daughters, our licensed, destination café aboard the Murray River Queen! A homage to an industry so central to the Riverland. Think freshly squeezed OJ, orange & poppy seed cake, gourmet pies and fresh salads with a local twist!

🗘 08 8541 4411 🌐 themurrayriverqueen.com.au

Q Grant Schubert Drive, Loxton SA 5333

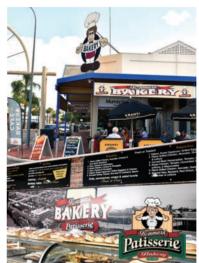


PADDLE DUCK COFFEE & BREW

Paddle Duck Café is a cozy spot in Renmark, South Australia, offering fresh, quality breakfast and lunch options. Known for its relaxed vibe, the café serves up espresso coffee, light meals, and cold drinks—perfect for a morning start or a midday break.

Follow us on Instagram @paddleduck.renmark

Shop 5/229 Twentyfirst Street, Renmark SA 5341



RENMARK PATISSERIE

A great variety of freshly made bread, pies, pastries, sweets and yeast goods are on the menu at the Renmark Patisserie, with breakfast and lunch served daily – dine in or take away. Delicious barista made Amanti coffee is available. Vegetarian, vegan and gluten-free options also available. Open seven days a week.

- **©** 8586 6156
- Renmark Avenue, Renmark SA 5341



Find us on Facebook



THE COUNTRY BAKEHOUSE

We pride ourselves on supplying the freshest and tastiest baked goods around with a comfortable, relaxed atmosphere for anyone staying or passing through Loxton. Enjoy in-house baked goods with us.

- \$\ 8584 6663 \ ⊕countrybakehouse.com.au
- 32 East Terrace, Loxton SA 5333



Fresh coffee on the go, usually located at 36 Bookpurnong Terrace, Loxton. Open Tuesday and Thursday 7–10:30am, Saturday 8–12. Follow us on socials for weekly updates or book us for your event!

MURRAY BREWS



♥ Follow us on socials to find out where we are!



murray-brews-coffee.square.site/



BERRI HOTEL

Open 7 days from 7am. Coffee and cake available all day, dine in or take away. Enjoy our family friendly bistro overlooking the Murray River.

🗣 8582 1411 - 🕀 berrihotel.com.au

Riverview Drive, Berri SA 5343





OUR FIFTH SEASON

A boutique café where exceptional coffee pairs well with our 100% house-made menu. Open daily, it's a place to sip, shop, and stay awhile. Browse our curated fashion and giftware instore.

- **©** 08 8584 5760
- **Q** 24 East Terrace, Loxton SA 5333



Appliances FOR 2025

IN 2025, key trends in kitchen appliances include smart features, multifunctionality, and compact design. Expect to see more induction ranges, dual fuel ranges, and appliances with integrated smart technology like Al-powered cooking assistance. Leading the charge are brands like Ninja, Breville, Smeg and KitchenAid, all pushing the boundaries of innovation and style.





BREVILLE THE SMART TOAST

Smart kitchen appliances are all the rage, and Breville's intelligent toaster is here to elevate your humble, everyday toast. The six pre-set settings give you optimal browning control so you can achieve your ideal crisp and colour, while the LED progress indicator and countdown timer ensure accurate, flawless toasting. Plus, thanks to the sleek stainless steel construction with a removable crumb tray, cleaning up after is easier than ever.



POWERXL AIR FRYER OVEN

If you're looking for an air fryer that does a whole lot more than just air fry, this is the appliance for you. The PowerXL Air Fryer Oven seems to have all the benefits of both an oven model and a basket model because it's a multi-cooker, capable of dehydrating, grilling, roasting and a lot more.



KITCHENAID KSM 180 DESIGN SERIES FOOD MIXER

A food mixer is an essential kitchen appliance in any household, so why not go for one as versatile and sleek as the KitchenAid KSM 180? Blurring the line between appliance and art, this mixer will elevate the look of your kitchen. With over 10 attachments, you can easily make everything from fresh pasta and veggie noodles, to burgers, ice cream and more. The 10 speeds are perfect for tackling nearly every recipe with chef-level precision.



NINJA CREAMI ICE CREAM MAKER

The Ninja Creami has taken TikTok by storm, and for good reason. After all, who wouldn't love the idea of enjoying home-made ice cream every night? Whether you're in the mood for something indulgent or light, this small kitchen appliance makes it easy to create desserts that fit your lifestyle. Powered by Creamify technology and featuring an innovative re-spin function, it breaks down a uniform frozen block into an incredibly smooth, creamy texture.



VITAMIX A3500 ASCENT SERIES SMART BLENDER

Four program settings (for smoothies, hot soups, dips and spreads, and frozen desserts) automatically adjust to the container size you've selected, process your recipes, and stop the blender when complete. Built-in wireless connectivity will allow Ascent Series blenders to evolve with the latest innovations for years to come.



Uncork Today, Laise A Glass To Tomorrow

VISIT THE RIVERLAND'S CELLAR DOORS

MEET THE WINEMAKERS AND THEIR UNIQUE DROPS

Angove Family Winemakers / St Agnes Distillery

271 Bookmark Ave, Renmark, SA 5341 cellarsales@angove.com.au | (08) 8580 3148 angove.com.au | stagnesdistillery.com.au

Banrock Station

Holmes Rd, Kingston On Murray, SA 5331 bscd@banrockstation.com.au | (08) 8583 0299 banrockstation.com.au

Bassham Wines

27 Bassham Rd, Barmera, SA 5345 admin@basshamwines.com | 0417 883 706 basshamwines.com

Burk Salter Wines

72 Paisley Rd, Blanchetown, SA 5357 admin@burksalterwines.com.au | (08) 8540 5023 | 0438 405 023 burksalterwines.com.au

Mallee Estate

20055 Renmark Ave, Renmark South, SA 5341 sales@malleeestate.com.au | (08) 8595 1099 malleeestate.com.au

Ricca Terra Wine Room

189 Murray Ave, Renmark, SA 5341 admin@riccaterrafarms.com.au | 0411370057 riccaterra.com.au

Spook Hill (By Appointment Only)

Spook Hill Wines, Cadell, SA 5321 mail@spookhillwines.com spookhillwines.com

Top Block Wines

95 Whitelaw Rd, Monash, SA 5342 topblockwines@gmail.com | 0408 245 749 topblockwines.com.au

Whistling Kite Winery

73 Freundt Rd, New Residence, SA 5333 adam@whistlingkitewines.com.au | 0421384658 whistlingkitewines.com.au

919 Wines

39 Hodges Rd, Glossop, SA 5344 jenny@919wines.com.au | 0408 855 272 919wines.com.au

Riverland Wine Centre

8 Pike Creek Rd, Lyrup, SA 5343 hello@riverlandwinecentre.com.au | 0428 831 045 riverlandwinecentre.com.au

With more than 35 wineries to explore, you can savor a glass at the on-site cafe, which serves locally sourced Riverland produce. The Wine Centre boasts one of the most extensive assortments of Riverland wines from the region's cellar doors, and you'll also discover a variety of other wineries, including:

Back Verandah

instagram.com/backverandahwines

Byrne Vineyards

byrnevineyards.com.au

Cirami Estate Wines

ciramiestate.com.au

Heart Of The Murray

heartofthemurray.com

Illalangi

illalangi.com.au

Kristalana Wines

facebook.com/528wine

Matthews Fruit Wines

matthewsfruitwines.com.au

Mundoo Ridge Wines

facebook.com/MundooRidgeWines

Oakworks

oakworkswines@hotmail.com

One Lonely Barrel

onelon elybarrel.com.au

Oxford Landing

oxfordlanding.com

Pike River Wines

riverlandwinecentre.com.au

Settlers Block

settlersblock.com.au

Sixty Eight Roses

instagram.com/sixtyeightroses

Starrs Reach

starrsreach.com.au

Temple Bruer Wines

templebruerwines.com

Toms Drop

tomsdropwines.com.au

The Wine Centre also stocks a selection of Riverland Geographically Indicated wines from the following wineries, which include:

Alex Russel Wines

russellandsuitor.com.au

Polka Drops (Alcohol-Free) polkadrops.com.au

Prometheus Wines

prometheuswines.com.au

Thistledown Wines

thistledownwines.com

Vanguardist Wines

vanguardistwines.com

THE RIVERLAND REGION STOCKISTS

A TOP-UP FOR EVERY JOURNEY

Berri Hotel	Loxton Hotel	BWS Barmera
Earth Restaurant	Overland Corner Hotel	BWS Berri
Golden Elephant	Renmark Club	BWS Loxton
Hotel Renmark and SipnSave at Renmark Cellars	Waikerie Hotel Motel and SipnSave Waikerie Hotel	BWS Renmark
Local Cellars Renmark		BWS Waikerie

CONNECT WITH US SCAN THE QR CODE















LOXTON

(08) 8584 7255 46-48 East Terrace, Loxton SA 5333 **RENMARK** (08) 8586 6741 25 Ral Ral Ave, Renmark SA 5341



