



**Store Open
Sundays**

10:00am – 3:00pm

(for a trial period)

Taste Testings:

**Silly Yaks
Bakery**

**Saturday 27th June
12:00pm – 2:00pm**

Come and try the huge range of delicious savoury and sweet bakery products such as pies, tarts and breads. Gluten and dairy free allergy friendly foods, with no artificial colours and no added preservatives,

**Syndian Natural
Food Products**

**Date T.B.A (visit
website for updates)**

All natural gluten free and vegan foods, soups, burgers, patties, ready meals, bites & much more.

Club Newsletter

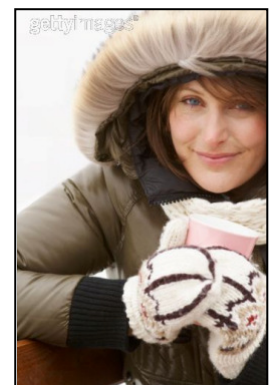
WINTER 2009

Winter is here! There's no denying the change of season has arrived, especially with the recent low temperatures both during the day and night. To help keep you warm this winter we've got in a huge new range of foods to satisfy all tastes, from pastas and meals to new desserts and sweets. Please turn overleaf to see what's new in store.

Due to popular demand, we have decided to open the store on Sundays! We hope that this will make life easier for everyone, from our long-distance customers to our regular locals. This will be for a trial period and we are currently open from 10:00am to 3:00pm. Please support this initiative and drop in if you would like to see us stay open on Sundays.

Our last few in-store taste tests have proven to be a great success so we have organised another few demonstrations. Silly Yak's Bakery will be attending on **Saturday 27th June from 12pm to 2pm** and customers will be able to sample their huge range of savoury and sweet bakery products for free! Stay tuned for an upcoming Syndian Natural Foods taste test to launch the new range we are stocking. In this newsletter, we have included a recipe from the Screaming Seeds Spice Company to celebrate the success of our last taste testing. Please pick up one of their free recipes next time you visit the store.

- From Jill & the girls at GFF Mornington



'7 Seas Spice' Chicken Drumsticks Dining @ The Grand Hotel

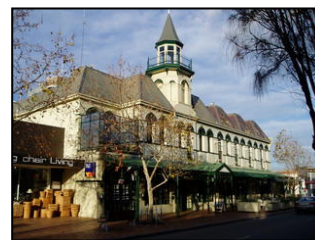
Here's a popular recipe by Screaming Seeds Spice Co.!

124 Main Street, Mornington Ph: (03) 5975 2001

- 8 Chicken Drumsticks
- 3/4 cup Lifestyle gluten free breadcrumbs
- 2 tbs of Screaming Seeds 7 Seas Spice
- Orgran gluten free flour
- 1 egg beaten with a dash of milk
- 1 onion sliced into thick rings

Method:

1. Place breadcrumbs & 7 Seas Spice mix in a large freezer bag
2. Flour drumsticks & dip into egg mix one at a time & coat in 7 Seas Spice 7 crumb mix
3. Place in a baking dish & cover drumsticks with separated onion rings
4. Cook for 35-45 mins in a pre-heated oven (180deg C) - discard onion rings. Other Screaming Seeds blends such as 'Kashmiri Krush' can also be used.



Mornington has a growing number of restaurants and cafés that are able to provide gluten free meals.

The Grand Hotel located on Main St.

Mornington is a heritage-listed building and a landmark on the Mornington Peninsula. Built over 100 years ago, the Hotel is gracefully restored featuring all modern comforts. Fine food, good cheer and traditional hospitality is offered with dedicated gluten free choices on their **new Winter Menu**. Local Safeway stores currently have a 2 for 1 meal offer on the back of their dockets (as of 21/6/09- see dockets for more details).

What's New? (all gluten free)

SYNDIAN RANGE Vegan & Dairy free– We have a dedicated freezer to stock the entire Syndian Range!

- **Soups–** Roasted Pumpkin 400g or Sweet Potato and Carrot Asian Fusion 400g
- **Burgers–** Lentil Burgers, Adzuki Bean and Kumera Burgers, Brown Rice & Vegetable Burgers
- **Bites & Patties–** Curried Pumpkin bites, Falafel bites, Lentil bites, Bean & Chilli or Falafel patties
- **Ready Meals–** Thai Yellow Curry 400g, Moroccan Vegetable Tagine 450g, Mougrabie 450g



PASSAGE TO THAILAND– all \$4.00

- Thai Basil & Sweet Chilli Stir fry sauce 200g/ Pad Thai Stir fry sauce 200g/ Green Thai Curry 200g

BRIGHTERLIFE WHEATFREE FOODS– No amines, corn, egg, flavours, gluten, nuts, preservatives, salicylates, soya, wheat, yeast, low in fat, low in sugar, low in casein and G.I. Available in:

- Kylie's Pancake Mix 250g & Kylie's Cup Cakes 200g \$5.20
- Kylie's Bread Rolls 350g, \$5.95



GLUTEN FREE GOURMET

- **Sweet & Savoury Pastry Sheets 700g- \$8.90**
- **Cheesecakes 150g–** Passionfruit, Raspberry, Lemon, Blueberry. \$4.50 ea

ICE CREAM

- **Everest Premium Vanilla Ice Cream Dixie Cups–** 100ml only \$1.00!
- **Gigi's Gourmet Ice Cream–** Organic with no preservatives, artificial flavourings or colours added. Available in:
 - Honey Choc Chip only 4% fat 500ml
 - Creamy Passion fruit only 3% fat 500ml



SCREAMING SEEDS SPICES—\$5.95

- Dukkah/ Smokey Tomatina/ Seven Seas/ Kashmiri Krush/ Paella Blend
- Greek Seasoning/ Marrakesh Magic/ Taco Seasoning/ Rainforest Season

PASTA PRODUCTS

- Beef Ravioli/ Spinach & Ricotta Cannelloni/ Beef Cannelloni/ Mixed Cannelloni

KICK ICE COCKTAIL MIXES– Simply add water & alcohol. Then Shake, Freeze and Squeeze!! All \$15.95 and makes 1.7 litres. Available in:

- Strawberry Daiquiri/ Lime Margarita/ Pineapple PinaColada.



SLIM SECRETS– Guilt free potato chips. Only 1.2g fat per serve! \$2.00 ea

- Sea Salt 40g/ Cheese & Onion 40g/ Salt & Vinegar 40g

NUTRIENT SECRETS– Under 100 calories per bar! Enriched with Omega 3 & essential nutrients.

- Hearty Cranberry Crumble 28g/ Smart Vanilla Almond 28g/ Radiant Peaches & Cream 28g

MISCELLANEOUS GROCERY ITEMS

- **SoyaTOO!–** Dairy Free & 0% Lactose soy whip spray cream in can 250g \$7.00
- **Life Free From–** Dairy free & Vegan grated Parmazano cheese 60g \$5.50
- **Carmans' Deluxe Fruit muesli bars 6 pack 210g \$5.70**
- **Orgran–** Corn crispy crumbs 300g \$4.55
- **Bare Foods–** Organic Cream of Tomato soup in a can 400g/ \$4.10 Organic Chick Pea soup in a can 400g \$4.00
- **Brother's Handmade Confec.–** Peanut Crunch, Mr. Preclle, Coconut Rough 20g all 90cents/ Rocky Road 110g \$3.00
- **Plamil Organics Choc Bars–** vegan & no nuts: Organic orange with cranberries, Organic choc mint, Rum & Raisin \$3
- **Cookbook- 'Homestyle Cooking Gluten Free' by Ruby M. Brown, \$26.95**

