

Welcome to our newsletter

It has been a long time between newsletters so I thought I should let everyone know what we have been up to lately. I can't believe how quickly 2009 has passed and I find myself looking forward to 2010 as people are starting to feel positive about the economy and life in general. Living and working in Wingham, I am constantly reminded about the strength and resilience in this area, and I enjoy some great friendships due to my work. Without the constant support of our customers we would not have been able to grow and prosper. Bent on Food has had another fruitful year with some great press and a few more trophies to add to our collection. Let me tell you, it is no mean feat to get some of these awards, my staff and I have worked very hard to ensure that Bent on Food is a must see destination for tourists and a great place for locals.

The tourism awards process is stringent with a 30 page submission that covers areas such as sustainable practices, marketing, innovation, ability to meet goals and objectives, customer service, staff training strategies, procedures, revenue and cash flow, community involvement, and contribution to tourism for the region and beyond. A judge then visits to ensure that the document is true and correct. It is a great way to set goals for your business and also a very rewarding process.

Awards 2009

2009 NSW Tourism Awards

Winner – Tourism Restaurants

Finalist – Specialised Tourism Services

2009 Manning Valley Business Awards

- **Winner – Hospitality Cafes**
- **Runner up – Best Overall Business Manning Valley**

2009 Champion of Champions NSW Small Business Awards

- **Finalist – Cafes**
- **Finalist – Entrepreneur Award**

2009 North Coast Tourism Awards

- **Winner – Specialised Tourism Services**
- **Finalist – Tourism Restaurants**

2009 Northern Region Restaurant and Catering Awards

- **Finalist – Tourism Restaurants**
- **Finalist - Cafes**

Hampers

Bent on Food is your local hamper supplier and this year we have sourced some great foodie treats for you to send to family and friends and to give to your corporate clients or staff members. We have a regional hamper filled with great local food and wine that is proving especially popular for real estate agents to give to newcomers to our region, it even comes complete with a complimentary coffee from Bent on Food. In conjunction with Bent on Life we can offer great gifts for any occasion, sent anywhere in Australia. Check out our website for more details. [.bentonfood.com](http://bentonfood.com).



Get Bent on Life

Most of you would know about our new home wares store "Bent on Life". Bent on Life is an extension of Bent on Food and is housed in the old Retravisio building at 89 Isabella Street, Wingham, 2 doors up from the cafe. We have been stocking up for Christmas with many beautiful gift lines that have been chosen especially for you with love. And what's not to love about our selection of French Provincial furniture and home wares especially for the heritage home. We also have a great selection of baby gifts with top brands like Oobi, Alimrose, Britt Design, Baby Cupcakes and some beautiful locally made children's clothing by Danny Lane. If you are looking for designer jewellery, we can help you with that too, beautiful rings from Australian designer Mimi and Me have just arrived and they go really well with a Riley Burnett slinky designed by Lennox Head designer Jenny Riley. We also have the famous Triwa watches in a range of colours and some locally designed jewellery too. We have funky 2010 diaries by Melbourne company "Rebound" and a range of Manzoni bags. We will gift wrap your purchase for you whilst you relax at Bent on Food with a coffee, free with every \$50 you spend at Bent on Life.

Drop in on Thursday night December from 5pm for our shopping night and share a glass of bubbly with us.

Events

NEXT MUSIC NIGHT SATURDAY NOVEMBER Our music nights continue to be successful and lots of fun. This year we saw some great performances by Up in Annies Room, The Last Train, Peggy Van Zalm Band, Alkemystyka, Jazz Plus and James Johnston. There was dancing in the street and a touch of karaoke and great times spent with friends.

Our last music night for the year will be held on Saturday November with Helen Knight and Peter Mullaney from "Up In Annies Room" along with special guest Michael Brown. This should be a very popular event and you are sure to enjoy it. A two course meal will be served for an all inclusive cost of \$35. BYO. Book now. 6557 0727.

New products

Back in store for the festive season is the beautiful **Pashmak Persian Fairy Floss** in great flavours such as Rose, Orange Blossom and Pistachio. This is a great way to dress up your desserts and make them look like they came out of the kitchen at Aria. They taste great too and are popular with adults and children.

We have a wonderful range of marinades and sauces from Newcastle based **Simply Stirred**. All products are prepared and cooked in small batches to ensure quality and flavour. They contain few or no preservatives, additives or colours, and are made with top quality fresh ingredients. With a range that includes stir fry pastes, dressings, condiments and marinades, there is sure to be something appealing for your family and guests alike.



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Bent on Food

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Open 7 days

Bent on Life

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Open Tue - Sun

More products

Wildings Pantry Essentials is one of the few producers that still passionately make everything by hand in their own kitchen in Tylden, Victoria. Drawing on over 20 years experience in hospitality, all products are made in small batches using the freshest & finest ingredients. Products have been cleverly designed and crafted to provide versatility yet are brilliant in their simplicity. The range of spices, condiments, sweet things, dressings and an infused range are all natural, free of all the modern day preservatives, additives, colours and fillers, and are almost entirely gluten free. One of our favourites is the Arabian Pomegranate Dressing, excellent with green leafy salads or cous cous salads with roasted pumpkin & feta.

Local focus

The Other Chef is a small gourmet food business based in Lake Cathie, just up the road from us on the beautiful mid-north coast of NSW, producing a range of hand-made fine foods. This brand is one of Bent on Food's favourites. We have been following the progress of this award winning brand and using them in the menu since chef Eric Robinson developed the very first product. The range has grown over the years to include a wide variety of condiments, oils, conserves and their wonderful balsamic essence. One of the latest additions is the **Chilli Jam**, sweet and sticky, this condiment has warm aromas and flavours of star anise and ginger, with a medium chilli heat. Serve with tempura prawns or fish, barbecued meats, pizza or pasta. You can use this chilli jam with just about anything. This product recently won bronze at the 2009 Royal Hobart Fine Food Awards. Eric also makes the Bent on Food range.

Happy Birthday party Bent on Food



We have almost made it to 5 years. On December 2004 we opened our doors in Bent Street, 3 years later we made the very successful move to the main street where we have been able to expand our menu and include our music nights and private functions. Our outside deck is almost complete which will allow for more seating out the back. On Friday December from 6pm we will be celebrating with some celebratory drinks and canapés so please call in and say hi and stay a while, all welcome.

Merry Christmas and Christmas hours

My staff and I would also like to take this opportunity to wish all of our customers and their families a safe and happy festive season. This season is a wonderful opportunity to socialise and relax with family and friends. Treat yourself to some wonderful food, taking advantage of what's in season and what is available locally. If you have time go for a drive and take a look at some of the beauty that we have in our own back yard, you will be pleasantly surprised. If you are on the roads this Christmas, take care. Let's hope that 2010 is a wonderful year. We will also be taking a well earned break, see below.

Closed Friday December - Monday December

Re open Tuesday December to Thursday December 9 am – 4 pm

Closed Friday January

Re open Saturday January 2010 - 9 am