



PENINSULA | *Gourmet*

Guilt-Free Gourmet Fit to Eat at Sober Mule

Finally, there has been a culinary revolution that will end our search for a meal that is healthy, convenient, and delicious!

Nutritionists everywhere are constantly frustrated because they recommend a high protein, low refined carbohydrate, low fat and sugar diet, but their clients complain that adhering to these guidelines is too hard, too inconvenient, or that they just don't have the time to prepare or source healthy options in the 'real world'.

So a leading local health professional and Personal Trainer, Dr Vanessa Cook, has joined forces with Antonio Bencich from the Sober Mule in Mornington to provide the Peninsula with a wonderful variety of healthy, guilt free meal options. The new menu is called Fit to Eat, and has been especially formulated and endorsed by Vanessa so you can have your proverbial cake and eat it too... Actually, you can have your yoghurt and rhubarb trifle and eat it too!

All of the menu items are high in animal or vegetable proteins, high in complex non-starchy 'good' carbs and nutrients, low in saturated fats and refined carbohydrates, and most are gluten free and celiac friendly, and great for diabetics. Each of the tasty morsels also have a breakdown of the total calories, carbs, protein and fat, so those watching their figures can feel confident to make an educated choice that won't break the calorie bank.

Wouldn't it be nice to just walk into the cafe, or have a delivery straight to the office door, and be able to pick

anything from the menu with the knowledge that it will be fresh, tasty, and good for you? Guilt free food that's Fit to Eat!

So what about the taste? Surely healthy food can't be scrumptious? Think again! Vanessa is a big fan of delicious dishes, and she says a brussel sprout on a lettuce leaf just won't do. Have a look at the sample menu below, and just tell us your taste buds aren't dancing already. The Fit to Eat menu will be coming to the Sober Mule from February, so come in and experience the revolution!

SAMPLE MENU

Breakfast: Skinny Eggs – two poached eggs on a bed of grilled zucchini and baby spinach with tomato. Calories: 231, Carb: 8.0g, Protein 16.7g, Fat 14.9g

Snack: Fruit Skewers – an assortment of fresh seasonal fruits on a stick smothered in passionfruit jus. Calories: 200, Carb 50.2g, Protein 2.8g, Fat 0.8g

Lunch: Mustard Chicken Ensemble – a free range chicken breast oven roasted in a tangy mustard dressing with char grilled asparagus and capsicum on a bed of rocket. Calories: 318, Carb 17.2g, Protein 34.3g, Fat 13.7g

Snack

Yoghurt & Rhubarb Trifle – fat free natural yoghurt layered with stewed rhubarb and toasted pistachios with a topping of delicate blackberries.

Calories: 263, Carb 33.1g, Protein 18.0g, Fat 7.7g

Pictured above: Dr Vanessa Cook with Antonio Bencich

Blissful Bundles

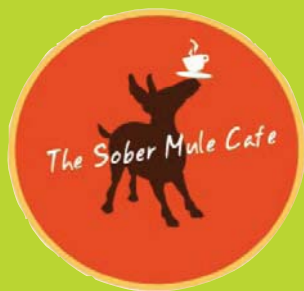
Take a gastronomical journey around the Peninsula without leaving home with Blissful Bundles! The flavours & aromas of the Peninsula are now available for delivery Australia-wide!

They have selected the finest epicurean delights from around the Peninsula and teamed them with premium, award winning red, white and sparkling wines from some of the areas most noted vineyards. Treat that someone special to a gourmet gift, gentle hypo-allergenic skin care, plush teddies and brightly coloured toys, babies linen and apparel. Visit www.blissfulbundles.com.au to view their complete range.

Pictured Below: For the B&B breakfast to have at home, why not try the Breakfast Brews for Two at only \$89.95 it is the perfect combination of gourmet coffee, tea, muesli and preserves.



COMING IN FEBRUARY @



"Fit to Eat"

Guilt free healthy meal options especially formulated and endorsed by leading local health professional & personal trainer

Dr Vanessa Cook

A culinary revolution that will end your search for a meal that is healthy, convenient and delicious!

THE SOBER MULE CAFE
SHOP D7 1128 NEPEAN HWY, MORNINGTON
TELEPHONE 03 5973 5211

Gourmet Food to Enjoy at Home

Full of Fresh Natural Ingredients & Flavours

Enquire about Catering - Finger Food, Cakes and all types of Parties

www.chillaustralia.com.au
orders@chillaustralia.com.au

Malvern Store
Relaunching
14th January

chill
- australia -



49 Mt Eliza Way
Mt Eliza 9787 3356
4 / 148-150 Wattletree Rd
Malvern 9500 2735

Steffanies Fine Foods

...Great Range of Healthy and Nutritious Homemade Meals
...Local and Imported Cheeses
...New Range of Rob's British Products



Strand Village Centre, Mt Eliza phone: 9787 9881