

# VENZIN

FOOD CULTURE & TRAVEL

## DAVVY

MAKING BRUNCH  
A BIG DEAL IN  
BRISBANE

## WOMEN

INFLUENCING THE  
*food + health scene*

## Social Season Savvy

HOW TO KEEP  
A BALANCE

#03

**FREE COPY**

HEALTH + WELLBEING

RECIPES

FITAZFK FOR 2018

BRISBANE'S BACKYARD

SAILING CROATIA





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MODEL: COVER GIRL DAVINA "DAVVY" RANKIN,  
DIRECTOR OF WE LOVE BRUNCH CO  
AND TV PERSONALITY ON  
MARRIED AT FIRST SIGHT 2018  
(SEE PAGE 10)

LOCATION: PAWPAW, WOOLLOONGABBA  
@PAWPAWCAFE

MAKEUP: PERRIOR MAKEUP + BEAUTY BAR  
@PERRIORMUA

DRESS: BEGINNING BOUTIQUE  
@BEGINNINGBOUTIQUE

PHOTOGRAPHER: TAYLAH GOLDEN  
@TAYLAHGOLDEN1



# EDITOR'S LETTER

As we flutter between festivities and relish the social season, our once seemingly routine lives have quickly unravelled. All that remains is a string of guilt, food comas and hangovers.

It's hard work maintaining a balanced lifestyle, especially when socialising often leads to unhealthy eating and drinking habits. In this edition we chat to a group of influential Brisbane women, including our beautiful cover girl Davina, and ask how they maintain a healthy and active lifestyle during the festive season (page 10).

For myself (knowing how my body behaves), I'll be making sure that the days that aren't filled with pavlova, platters and cocktails are filled with light, nutritious foods and outdoor fitness. I'm an advocate for moderation and balance, and I avoid putting negative pressure on myself.

Directors of fitness studio FitazFK reveal health and fitness *Fact or Fictions*, and tell us what's in their fridge. Likewise, we tell you which ingredients to stock in your fridge to make a bunch of healthy recipes (from page 21).

We know that health and fitness play an important role in improving our wellbeing, but what we mightn't fully understand are the benefits of having a digital detox (page 30).

On that note; lose the phone, head outside and enjoy this glorious weather. Thanks for picking up the third edition of Venzin Magazine!

Candice

## TEAM



Candice Groves  
EDITOR  
@candicedarryl



Giorgina Venzin  
PUBLISHER  
@giorginavenzin



Rachel Lee  
DESIGNER  
@rachel.descartes

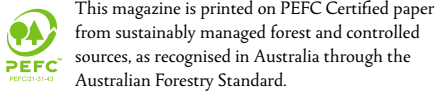
**WRITERS**  
Candice Groves  
Danny Venzin  
Giorgina Venzin  
Gretel Whiteman  
Kara Mackrell  
Katherine Beresford  
Sarah Eagles

**PHOTOGRAPHERS**  
Candice Groves  
Giorgina Venzin  
Emotivelightphoto  
Taylah Golden

## ABOUT

Venzin Magazine is a complimentary publication created for the Brisbane community's enjoyment.

For advertising, editorial, general feedback and enquiries, please contact the editor via email - Candice@venzingroup.com.au.



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## COVER

Davina 'Davvy' Rankin  
We love Brunch Co | Married at First Sight 2018

**Makeup:** Perrior Makeup + Beauty Bar  
@perriormua

**Outfit:** Beginning Boutique  
@beginningboutique

**Photography:** Taylah Golden  
@taylahgolden1

**Location:** Pawpaw, Woolloongabba  
@pawpawcafe

THE VENZIN GROUP



# BRISBANE



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@VENZINMAGAZINE

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- Upload a photo of our magazine in your world and use the hashtag #venzinmag.

Winners drawn monthly!

Win!

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art @candicedarryl





PAWPAW WOOLLOONGABBA'S  
NEW MENU FOR 2018

@PAWPAWCAFE  
#PAWPAWCAFE





# VENZIN GROUP UPDATE

WELCOME ALL TO THE LATEST EDITION OF VENZIN MAGAZINE. WE'RE NOW THREE ISSUES OLD AND PAWPAW IS THREE NOW TOO - NOT IN YEARS, BUT IN RESTAURANTS!

Joining our Woolloongabba and Tingalpa restaurants is our third Pawpaw, Pawpaw Asian Kitchen Balmoral. The venue opened in September, launching with a glamorous soiree.

Expect the same mouth-watering Western and Asian-inspired food you love from our Woolloongabba and Tingalpa stores, in a relaxed mostly outdoor dining area that's perfect for the Brisbane climate. Our fit-out was inspired by Southeast Asia, bringing those balmy Bali vibes to our beautiful city.

Now you might be wondering why you're not seeing the Picnic logo around the place. We're definitely a little sad to announce that we've decided to pass Picnic on to new owners. Camp Hill is where it all started for us, and rest assured that Mons Ban Sabai Thai is still going strong, however we have decided to share our tasty food with new suburbs rather than have two restaurants on the same street. We wish the new owners of Picnic all the best!

Southsiders, don't despair! If you're looking for your morning coffee or breakfast fix we are pleased to announce that Sundays Café opens in early 2018 in Rocklea. We will be plating up modern and traditional quick and easy eats in true Venzin Group style. More will be revealed in the next edition.



Piggy Back in Jindalee still reigns in the rainbow-food-gone-viral world. Have you seen our Unicorn Rainbow Parties or glitter lattes yet? Join in on the fun at @piggybackcafe on Instagram.

If you haven't already spotted on our social media, we have our very own takeaway app! Not only can you save money when you order direct with us, but ordering through the Pawpaw app also eliminates complications with third parties (hello quick delivery).

We like to spoil our customers with regular discounts too! Enjoy 20% off your next order when you enter the code 'VMAG3' at the checkout. Simply search 'Pawpaw' at the App Store and on Google Play to download for free.

words DANNY  
snaps CANDICE  
and GIORGINA

1. Roti canai, chilli popcorn chicken and fish tacos - available at Pawpaw and the Pawpaw Asian Kitchens  
2. Sabrina at Pawpaw Asian Kitchen Balmoral  
3. Balmoral launch party  
4. Pawpaw Asian Kitchen Balmoral



# BOLD BRISBANE WOMEN

## *making an impact on the food scene*

COVER GIRL

DAVINA  
"DAVVY"  
RANKIN

Director of 'We Love Brunch Co' + 'Infamous Physiques'  
TV Personality on 'Married at First Sight 2018'  
@davyxx @welovebrunchco



### WE CHAT TO SEVEN INSPIRING WOMEN WHO ARE MAKING WAVES IN THE HEALTH + FOOD SCENE

#### X WHERE DID THE IDEA FOR 'WE LOVE BRUNCH CO' COME FROM?

Owning an all-female personal training studio, I get to meet so many incredible women on a daily basis. Most of which I would never have the chance to meet if it wasn't for my job, as most are shift workers, new mums, new to town or women who don't get to socialise as much as they'd like. I wanted to create an event where local like-minded women could mingle together and let their hair down. It's hard finding new girlfriends as an adult, and it's very intimidating walking into a room full of strangers. The best thing about We Love Brunch is that it's a completely judgement-free zone! I encourage ladies to come solo. It's also amazing for our local businesses, as the event gift bags are jam packed with gifts from our sponsors. It's literally the best event in the world - food, freebies and new friends!

#### X WHAT'S ON THE HORIZON FOR @WELOVEBRUNCHCO?

2018 is going to be a huge year for We Love Brunch! With the excitement around Married at First Sight, it gives me the opportunity to take the event to a national level and connect with ladies all over the country. I am so passionate about empowering women and I am so excited to make this a more regular and well-known event.

#### X WHAT'S YOUR GO-TO BRUNCH DISH?

I'm a big sucker for a smashed avocado! Even if I've already had breakfast! Smashed avo and a green smoothie is my go-to (oh, and maybe a side of bacon).

#### X HOW DO YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE DURING THE BUSY SOCIAL SEASON?

I'm probably the most balanced personal trainer you'll ever meet. I train every day doing high intensity interval training. I do pilates twice a week and I walk my puppy about 4km every day. However, I'm a huge socialite so you'll never hear me say no to a dinner or a cocktail. I try not to overthink or make myself feel guilty when I do have weekends full of eating out or drinking. I train to be able to maintain a fun lifestyle. I don't train because I hate myself, I train because I love myself and I love my life. If I want to continue living the crazy life I live, I have to train otherwise I'd be the size of a house! Keeping my routine exciting helps me stay motivated. Trust me, even personal trainers get bored sometimes!

To find out more information about We Love Brunch, head to the Instagram page @welovebrunchco

#### X TELL US ABOUT THE 'WORLD'S FRIENDLIEST DONUT'?

All of our donuts are baked, not fried. We make them fresh daily, using naturally gluten-free ingredients and have a variety of delicious flavours! My favourite is the Strawberry Coconut Donut with Couverture Hazelnut Chocolate and Freeze-Dried Strawberries. We also have dairy-free options such as the Valrhona Beetroot Donut with Couverture Dark Chocolate and Cacao Nib Crumb (another favourite).

#### X HOW CAN WE GET OUR HANDS ON "THE BEST GLUTEN-FREE FLOUR BLEND"?

We are very proud of our gluten-free flour blend and we use it in all of our baked goods. It's available to buy online and in our nodo stores in Newstead and the CBD. We also stock a few boutique grocers around Brisbane including James St Markets and Hawthorne Garage.

#### X WHEN YOU'RE NOT BAKING DONUTS, WHAT DO YOU ENJOY DOING IN YOUR SPARE TIME?

I love spending time with my family! I have a 4-month old daughter who I absolutely adore, so I am enjoying being a mum.



#### X HOW DO YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE DURING THE BUSY SOCIAL SEASON?

This is difficult and something I am still working on. I don't feel as though I have mastered the art of balancing work, family and social life, but I do try to stay healthy so that I have positive energy to spread around. This means eating a healthy balanced diet, which includes a daily donut and coffee.

KATE  
WILLIAMS

Founder of  
@nododonuts



JACQUI  
TOUMBAS

Nutritionist + Owner of Miss Bliss  
@therealmissbliss @missblissau @missblisstreats



#### X YOU ARE FAMOUS FOR YOUR BLISS BALLS! WHY ARE THEY SO POPULAR - IS THERE A SPECIAL INGREDIENT?

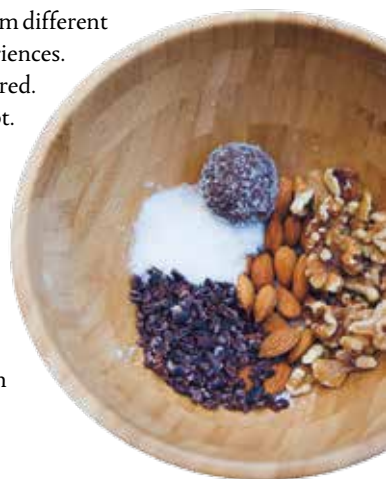
Our Miss Bliss balls were created with nutrition and wellbeing in mind. As a qualified nutritionist, I always saw bliss balls around with added sweeteners, or too large of portion for a typical snack. I wanted to create a nutritionally balanced snack that was the perfect size in terms of nutrition and also with minimal ingredients. It's not what special ingredient we add - it's what we don't add. Our base bliss ball has four ingredients - that's it!

#### X YOU'VE BEEN KNOWN TO COME UP WITH QUIRKY, CREATIVE RECIPES AT MISS BLISS. WHERE DO YOU FIND INSPIRATION?

I work very closely with my chef and staff, taking inspiration from different cultures, different creative fields and from everyday experiences. Our latest menu for Summer 2017/18 is Mediterranean inspired. This was fun for me with my background being Cypriot. My Yiayia (grandmother) has shared a few secrets with us!

#### X HOW DO YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE DURING THE BUSY SOCIAL SEASON?

I don't put pressure on myself to achieve a certain amount of fitness or eat a certain way. I regularly change up my fitness. At the moment I am into HIIT training with FITSTOP, but also enjoy stretching and classes that slow my mind down - SOBA West End has been a lifesaver!





KATHERINE BERESFORD

Food + Health Blogger  
@kbsugarfree



**X WHAT'S YOUR FAVOURITE SUGAR-FREE RECIPE AND HOW CAN WE MAKE IT?**  
One of my absolute favourites would have to be my Low Calorie Peanut Butter 'Cheesecakes' (see recipe on page 26). I love them because they aren't filled with coconut oil or cacao butter and hence don't make me feel super sick after eating them!

**X YOU'VE RECENTLY TEAMED UP WITH A BUNCH OF INSPIRATIONAL GIRLS INCLUDING @THEREALMISSBLISS TO CREATE @REALWOMENCO. WHAT IS REAL WOMEN CO AND WHAT INSPIRED YOU TO START THIS REVOLUTION?**

Real Women Co is a community for hustling in the health, wellness, business and lifestyle industry. It was created for female entrepreneurs, intrapreneurs and solopreneurs to come together to share their experience, their skills and their passions with the purpose of empowering their community and in turn, be empowered by the community.

Real Women Co started when Jacqui (@therealmissbliss) and I became fed up with the competitive nature of the industry and instead saw the benefit in working together, building each other up and helping each other in areas we each had strong skills in.

**X HOW DO YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE DURING THE BUSY SOCIAL SEASON?**  
I try and maintain balance where I can. Some days there will be Christmas parties and other days I'll hit the gym and maybe go for a run. At Christmas I tend to not be so hard on myself, enjoy the occasional sugar-filled treat, but then return ASAP to my sugar-free habits!

I also try to remind myself that the food isn't going anywhere - if I don't feel like dessert, I can always have it another day if I feel like it. I try not to eat food just because it's there and I'm having a 'treat day', but rather I listen to my body and what it feels like. Sometimes harder said than done, especially at Christmas!



To join Real Women Co, head to the website [www.realwomenco.com](http://www.realwomenco.com) or Instagram @realwomenco

**X WE'VE SEEN TWO PAWPAW ASIAN KITCHENS OPEN IN 2017! ANY PLANS FOR A THIRD?**  
I am constantly on the hunt for the next Pawpaw Asian Kitchen spot. I really want to open up one in the Bayside (Cleveland/Redlands area) where I grew up. We have a good following around there - it has a real sense of community!

**X WHEN YOU'RE NOT BUSY FLIPPING VENUES, OPENING RESTAURANTS AND CREATING NEW MENUS, WHAT DO YOU ENJOY DOING TO RELAX?**  
Anything involving sunshine is the best form of relaxation for me. This could be a short holiday in Bali or day trip the Gold Coast, whatever works at the time! I need to get out of Brisbane to relax.

**X WHAT CAN WE EXPECT FROM THE VENZIN GROUP OR THE PAWPAW BRAND IN 2018?**  
You can expect more Asian Kitchens in areas still unknown to me! Sunday's Café is opening in early 2018 in Rocklea. Oh, and you will hopefully find yourself cooking at home using our house-made curry pastes and recipes!

**X HOW DO YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE DURING THE BUSY SOCIAL SEASON?**  
I try to make sure I eat dinner before I go to events to save myself from picking, as it's easy to get carried away with nibble-style foods. Also, when you plan on having one drink and then it turns into a night out, I always try to drink plenty of water - sparkling water with fresh fruit is my go too substitute for a cocktail!



GIORGINA VENZIN

The Venzin Group | Café + Restaurant Owner  
@giorginavenzin @pawpawcafe  
@pawpawasiankitchen @piggybackcafe  
@monsthaibrisbane @sundayscafe



NICOLA INGER

Founder + Owner of  
@the\_unrefined + @nutiiboost

**X YOU ARE SUCH A POSITIVE ADVOCATE FOR HEALTHY LIVING. WHAT LED YOU TO THIS LIFESTYLE CHOICE?**  
I grew up playing sports and eating relatively healthy. It wasn't until I competed in fitness modelling and had my first son that I wanted to know more, so I studied nutrition and naturopathy. I am an advocate of ditching the diets, eating healthy and well, moving your body, but most importantly feeling happy!

**X TELL US ABOUT YOUR SUMMER BLITZ PROGRAM?**  
I have a few different programs, but they all have the same philosophies, which are derived from naturopathic philosophies. I have competed, and also studied personal training so all my programs are holistic and focus on so much more than just food and exercise.



**X IF YOU HAD TO LIVE OFF ONE STAPLE INGREDIENT FOR THE REST OF YOUR LIFE WHAT WOULD IT BE?**  
Oh, that's a hard one, but probably nuts. Nuts are full of good fats, keep you full for longer and there are so many varieties.

**X HOW DO YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE DURING THE BUSY SOCIAL SEASON?**  
I don't change my gym dates with myself, and I am not a big drinker, so Christmas parties are relatively calm for me! I make sure I drink plenty of water and I also make sure that I take advantage of all the great produce out at this time of the year!

**X TELL US ABOUT THE NEW @NUTIIBOOST?**  
NutiiBoost (low-sugar, versatile granola) launched in September 2017 and offers two flavours in its range; 'Daily Blend' and 'Turmeric and Ginger'. Both blends are representative of an 'unrefined' lifestyle: high in healthy fats and plant protein, and low in refined sugar and carbohydrates. The product is also super versatile and can be used in salads, smoothies, raw treats or blended down and used as a gluten-free flour. NutiiBoost is currently available in more than 45 stores across Australia, as well as The Unrefined online store.

**X WHERE DID THE IDEA COME FROM?**  
The Unrefined NutiiBoost was established after finding a gap in the breakfast and snack food market for a tasty, low-sugar, gluten-free granola with a transparent label. I first discovered the demand after posting about a homemade granola recipe on my social platforms and blog The Unrefined. Photos and blog posts about granola would always attract the most attention and engagement. After a year of blogging, a cafe approached me and asked if I would create a recipe for their menu. The recipe was so popular I decided to make it into a product and start selling it!

**X HOW DO YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE DURING THE BUSY SOCIAL SEASON?**  
I always make time for exercise as it keeps me motivated and sane! I personally like going to the gym and running. If I'm working late, I usually try to fit in a 20-minute HIIT workout on my living room floor. It's amazing what even the smallest amount of exercise can do to both your energy and mind. In terms of food, I try to live an 80% healthy, 20% indulgent lifestyle. I eat as many wholefoods as possible and fill up on healthy fats and protein to curb unrefined food cravings. That said, if I am dying for some chocolate or chips - I'll allow myself a treat.

JESS BLAIR

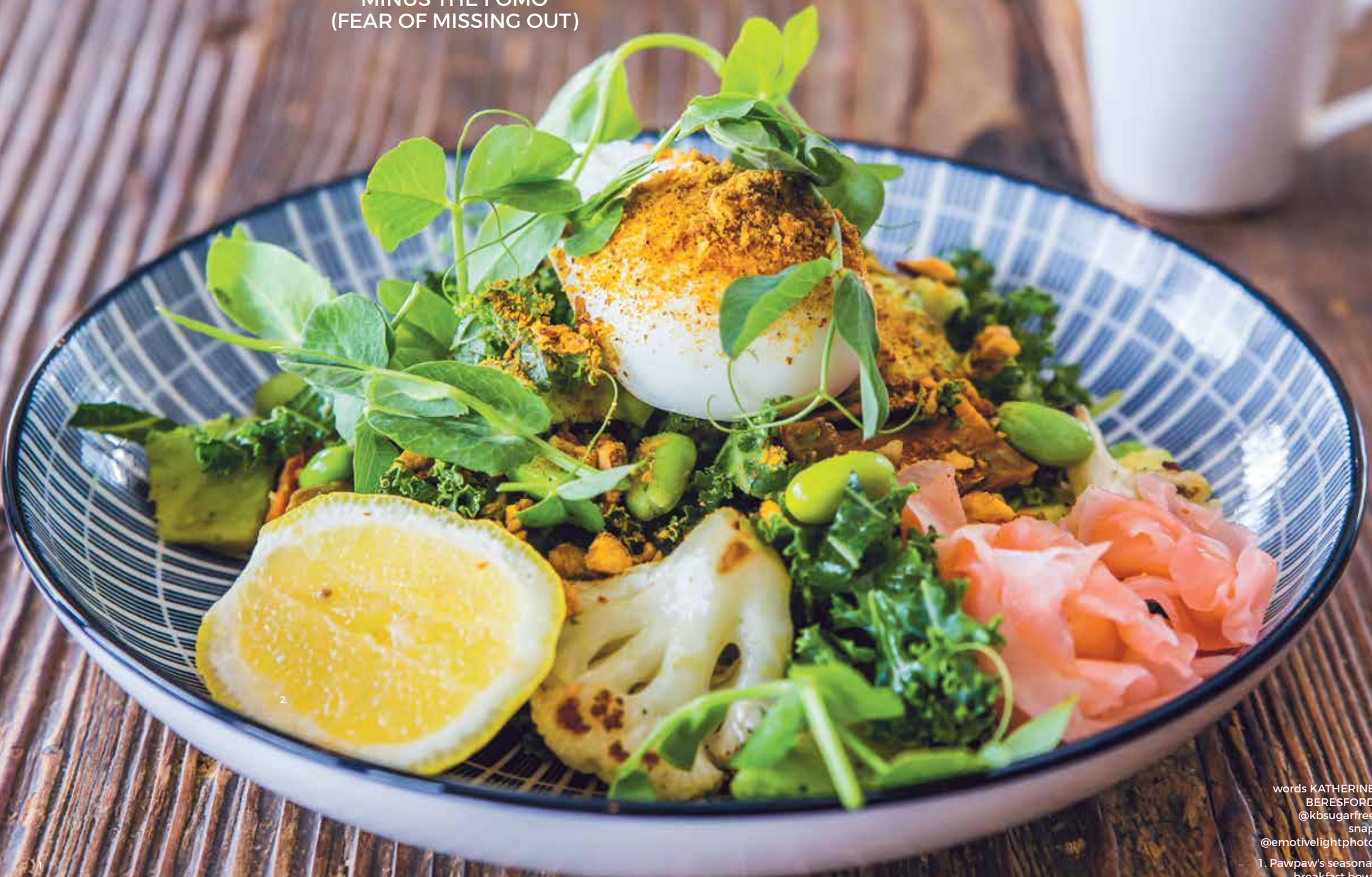
Naturopath + Nutritionist  
@wellnessbyblair





# FOMO

HOW TO BE HEALTHY,  
MINUS THE FOMO  
(FEAR OF MISSING OUT)



words KATHERINE  
BERESFORD  
@kbsugarfree  
snap  
@emotivelightphoto  
1. Pawpaw's seasonal  
breakfast bowl

FOMO is a real thing. The fear of missing out on anything - whether it's food, going out with friends, or attending a special event. However, when you are trying to make healthy choices, particularly being sugar-free, the FOMO kicks in daily.

A lot of people feel like they can't dine out for breakfast, lunch or dinner because of the 'hidden sugars' that may be lurking in their food. But it doesn't have to be that way.

If your healthy lifestyle is going to be long-term, you don't want to be missing out. If you're feeling like you're giving up something that you really love - it won't last!

Instead, learn how to order healthier options with the following five tips:

**1 PREPARE BEFORE YOU GO**  
Making meal decisions 'in the moment' can sometimes be overwhelming and difficult. Immediate decision-making can tempt you towards making a regretful decision (post-meal feels). Avoid this by looking at the menu earlier that day and making your decision before you arrive at the venue.

**2 SAVOURY FOR BREAKFAST, ALWAYS**  
There is nothing better than having a big plate of veggies to start your day. Plus, there isn't a lot you can do to vegetables to make them 'unhealthy'. Lots of cafes offer breakfast salads and these are an option I wholeheartedly endorse!

**3 ASK FOR SAUCE ON THE SIDE**  
Sugar is commonly hidden in dressings. Unless it's hummus or yoghurt-based (like tzatziki), ask for the dressing/sauce on the side, separate to the main dish. You can then check it out and add sparingly.

**4 AVOID DEEP FRIED FOODS**  
Whether it's vegetables, eggs or tofu - opt for steamed or grilled, rather than fried. This avoids consuming unnecessary oils.

**5 VEGETARIAN AND GLUTEN-FREE ISN'T ALWAYS THE HEALTHY OPTION**  
Unless it's a part of your dietary requirements or your values, there are certain diets that don't necessarily meet the 'healthy option' criteria.

Fresh sourdough, eggs and avocado, with embellishments on the side is the ultimate balanced and nourishing breakfast, yet this doesn't meet the gluten-free or vegetarian criteria. A lot of my audience and friends have these specific diets, but I won't necessarily be ordering them since they don't apply to me. I fully endorse cafes who cater to these diets, however you'll find me enjoying the whole food options, with lean protein and perfectly poached eggs, any day!

Pawpaw is one of my favourite cafes to recommend for healthy options. My go-to is always the seasonal breakfast bowl or avocado on toast, with a long black on the side! The best part is that Pawpaw's menu is seasonal, so they're always using the highest quality produce at the time when it tastes the best - just as it should be!





*pawpaw*  
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# VENEZIANO COFFEE ROASTERS

EMILY COUMBIS HAS ENJOYED WORKING IN THE HOSPITALITY INDUSTRY FOR ALMOST 10 YEARS. HOWEVER, HER PASSION LIES IN THE ART OF COFFEE; LATTES TO BE EXACT.

Emily has made a name for herself among town as the Latte Art Queen. She has taken home first place in the Northern Region Latte Art Championship and third place in the Australian Latte Art Championship for 2016/17. The Latte Art Championships are a big deal in the coffee world!

In fact, the Latte Art Championship is part of a whole suite of coffee competitions, each one focusing on a different discipline. There's the Barista Championship, Brewers Cup and many more. National winners then go on to represent the country on the world stage.

Emily has risen through the ranks of coffee as a barista, but has honed her skills in the latte art field. Emily first learnt the skill of latte art by watching videos on You Tube and Instagram. When she decided to compete, she enlisted the help of Veneziano Coffee Roasters to support her on her journey to the national stage.

Veneziano Coffee Roasters are specialty coffee roasters, and suppliers to the Venzin Group's cafes. Veneziano offer competition training to their customers, and took Emily under its wing, supporting her on her path to success. Emily trained four to five days a week, after work, pulling 14-hour days.

Veneziano have an intimate understanding of the competitions and rules, with many of their team either having competed or judged before, which puts them in a unique position to help budding barista competitors.

"Without Veneziano's help, there is no way I could have placed third," Emily admits. "They were there every step of the way dissecting ideas, tasting coffee after coffee and providing constructive feedback and insights into the competitions that I would not have known on my own."

“VENEZIANO HAVE BEEN PART OF EMILY’S SPECIALTY COFFEE EDUCATION JOURNEY FROM THE BEGINNING...”



Veneziano have been part of Emily's specialty coffee education journey from the beginning, as she first fell in love with specialty coffee at one of Veneziano's many industry workshop events, so it was only fitting that they were to continue the journey together.

Emily's number one tip for someone wanting to compete in a barista competition is as follows: "You can't be afraid of hard work and practice. There will be days where you feel defeated, but tomorrow you'll be better for it. It's not about complexity, it's about execution. Pour the pattern until you can do it to perfection with your eyes closed."

Veneziano Coffee Roasters runs a Barista Training School for all skill levels including the professional barista, the competitor and the coffee lover wanting to make delicious coffee at home. The courses range from Introduction to Espresso, Intermediate Barista, Brewing Fundamentals, Latte Art and Barista at Home.

To book a session at Veneziano Café Brisbane, located in West End, head to the website: [venezianocoffee.com.au/barista-training](http://venezianocoffee.com.au/barista-training). Venzin readers can enjoy 20% off all courses by entering code 'VENZIN' at the checkout. Expires 31st May 2018.

words SARAH

1. Veneziano Coffee Roasters interior  
2. L - R: Australian Pura Latte Art Champion: Aaron Dongsu Shin of Short Black Café, Runner up: Shinsaku "shin" Fukayama of St Ali, Third place: Emily Coumbis of Piggy Back Café. Image by BeanScene magazine  
3. Freshly brewed coffee  
4. Emily pouring latte art. Image by MICE2017

SPONSORED BY VENEZIANO COFFEE ROASTERS



# HEALTH + WELLBEING TIPS

with KARA MACKRELL

## Social events

Ensuring that you eat something satisfying before going to a social event will help you feel more in control of your food choices, making it more likely for you to opt for a healthier option. I always have a well-balanced healthy-fat, protein-rich snack before an event. My go-to snacks are the following: green smoothie with avocado and protein powder, a hand full of nuts, Greek yoghurt with cinnamon, a boiled egg.



## Dining out

When we leave a large gap between lunch and dinner, we often arrive at dinner feeling starved and eager to see the menu. Blood sugar levels have dropped and so we often order too much and overeat. Eat a protein-rich snack around 4pm, so when dinner time comes around you can relax into the evening and control how much you eat.

## Move your body

Exercise with intention and become aware of how you feel before and after your workout. You will notice a significant improvement in your mood, energy levels, sleep and digestion. Get into a routine of doing some form of exercise at least three times a week and set goals to keep you going. Whether it's yoga and your intention is to become more mindful, or it's cardio and your goal is to run 5kms, it becomes more achievable when you have something to work towards.

*Kara is a qualified nutritionist who grew up in Noosa on the Sunshine Coast. Kara's passion for helping others, along with an introduction to natural medicines as a teenager, inspired her journey into the world of health. As well as Nutritional Medicine, Kara is also passionate about exercise and fitness and the role each play in maintaining a healthy mind and body. Since completing her Advanced Diploma of Nutrition, Kara now works alongside a naturopath and mentor at MK Natural Health in Greenslopes, also working part-time at Pawpaw Woolloongabba.*

## Deep breathing

This is something that is so often overlooked. The therapeutic effect breathing has on detoxifying, alkalising and calming our body is significant. Try focusing on your breathing when you're walking, driving and eating. Aside from bringing you into the present moment and reducing stress, you are also oxygenating your body on a cellular level and increasing blood flow throughout your body's system.

## Reduce sugar cravings + increase energy levels

Add 1tbsp of apple cider vinegar to 200ml of warm water before breakfast. This will help to reduce sugar cravings as well as stimulate bile acid production and help break down food. I always do this after eating a dense meal.

Add lemon juice and olive oil to your salads as an alternative to mayonnaise or other sauces that are full of sugar. A high-quality extra virgin olive oil can assist to lower LDL (bad cholesterol) due to its fat content.

Supplement with a good quality magnesium and vitamin complex. People with low magnesium levels are more likely to have sugar cravings, anxiety, muscle aches, poor digestion and poor sleep quality.

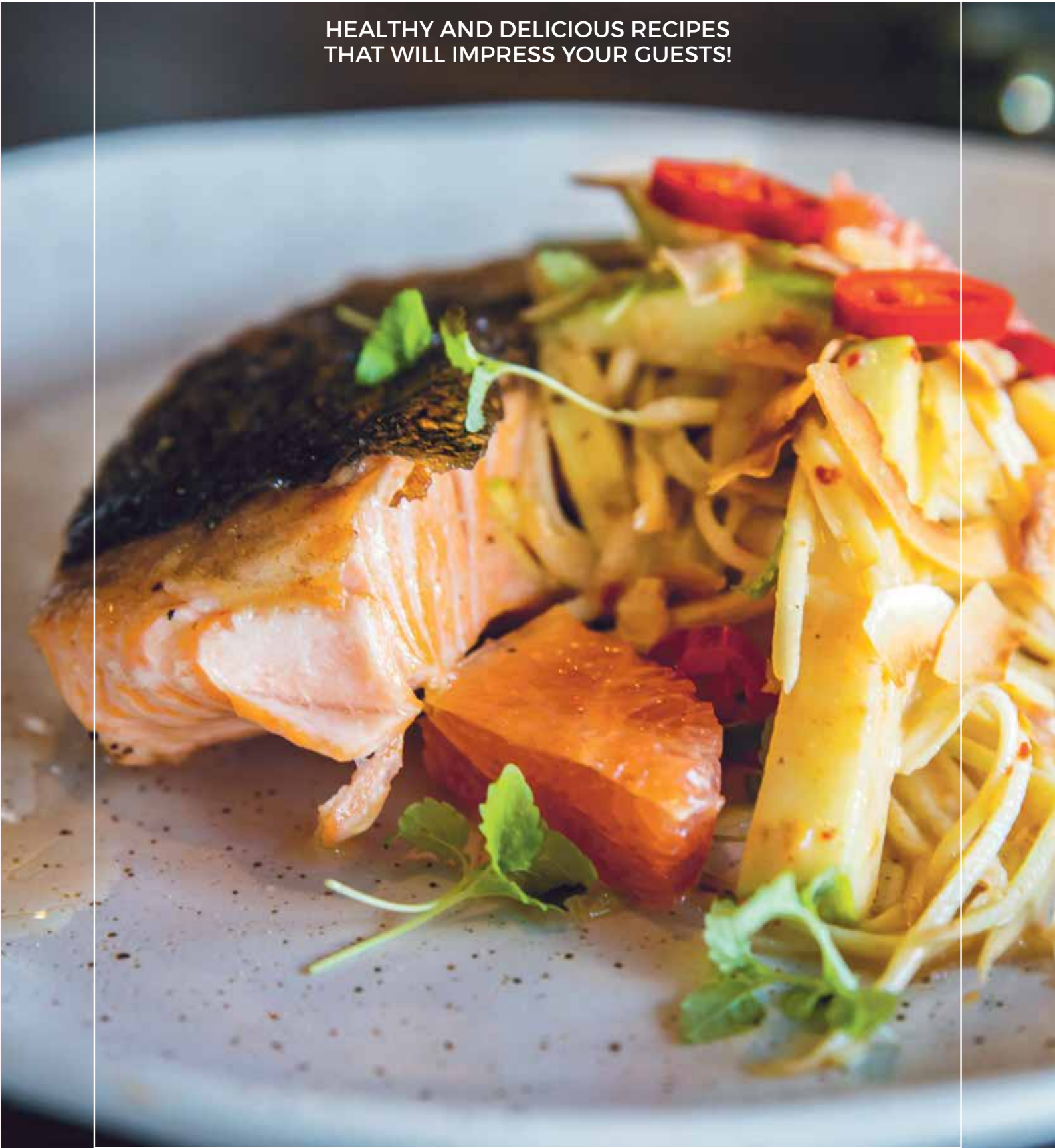
Don't consume fruit after 12pm, as this helps to stabilise blood sugar levels and reduce afternoon sugar cravings.

Add cinnamon to yoghurt, smoothies, teas, curries, etc. Cinnamon helps to stabilise blood sugar levels by blocking certain enzymes that allow glucose to be absorbed into the blood, then resulting in a decrease of glucose that enters the blood stream after a high sugar meal.

Consume adequate amounts of fibre, protein and good fats at every meal! Extra fibre can be found in green leafy vegetables, whole grains such as quinoa, brown rice, millet and low-GI starchy veggies like sweet potato.

# RECIPES

HEALTHY AND DELICIOUS RECIPES THAT WILL IMPRESS YOUR GUESTS!



snap @emotivelightphoto





@pawpawasiankitchen  
@pawpawcafe  
@monsthaibrisbane



## Green Papaya Salad

**GLUTEN-FREE  
VEGETARIAN AND VEGAN  
WITHOUT FISH SAUCE**

### INGREDIENTS

#### *DRESSING*

200ml lime juice  
100ml fish sauce  
200g palm sugar

#### *SALAD*

1 clove garlic  
Fresh chilli, or to taste  
1 small tomato, cut into wedges  
20g green beans  
1-2tbsp roasted peanut, crushed  
100g shaved green papaya (approx. one full hand)  
 $\frac{1}{4}$  cup salad dressing

### METHOD

#### *DRESSING*

- Melt lime juice and palm sugar together in a saucepan, stirring on a low heat.
- Remove saucepan from heat and leave to cool down.
- Add fish sauce and stir, then set aside to use in salad.

#### *SALAD*

- Crush the garlic, green bean and chilli (if using) with a mortar and pestle.
- Add dressing, papaya and tomato to the garlic and green bean. Then mix and grind ingredients together in the mortar and pestle until the papaya has absorbed the dressing.
- Serve with crushed peanuts on top.

## Pumpkin Hummus

**GLUTEN-FREE, VEGETARIAN  
AND VEGAN  
MAKES ONE LARGE BATCH**

### INGREDIENTS

1.2kg cooked chickpeas  
 $\frac{1}{2}$  cup lime juice, or to taste  
 $\frac{1}{4}$  cup olive oil  
5tbsp garlic confit  
10tbsp tahini  
500g roasted pumpkin, without skin  
1  $\frac{1}{2}$ tbsp salt, or to taste  
 $\frac{1}{2}$ tsp pepper, or to taste  
 $\frac{1}{2}$ tsp turmeric powder

### METHOD

- Place all ingredients into a food processor and blend until smooth.
- Tip: Roasting the pumpkin: Roast the pumpkin pieces (without skin) in oven at 180c for approximately 20 minutes (depending on the thickness of the pumpkin pieces).



# Grilled Salmon with Mango and Green Apple Salad

GLUTEN-FREE  
SERVES 1

## INGREDIENTS

### SALMON

160g steak cut salmon, skin on  
3tbsp canola oil  
½ cup green mango, julienne  
½ cup green apple, julienne  
¼ grapefruit, cut into 3 wedges  
5 mint leaves  
5 coriander leaves  
1tbsp roasted coconut  
2-3tbsp coconut & lime dressing

### COCONUT & LIME DRESSING

500ml coconut cream  
100ml sweet chilli paste  
30ml fish sauce, or to taste  
60ml lime juice, or to taste  
1-2tbsp corn flour

## METHOD

### COCONUT & LIME DRESSING

- Add all ingredients into a saucepan, except the corn flour.
- Bring to a boil for one minute, then turn to a low heat.
- In a separate bowl, mix the corn flour together with one tablespoon of water, then pour into the saucepan, stirring well until dressing thickens.
- Cool the dressing down completely (one hour) before serving.

Tip: Remaining dressing can be stored in the fridge for up to two weeks.

### SALMON

- Add the canola oil to a frypan and cook the salmon on a high heat to crisp the skin (approximately 1-2 minutes).
- Turn down to a low heat and turn the salmon over cooking until medium or to your liking. Place on the serving plate.
- In a bowl, gently mix the mango, apple, grapefruit, roasted coconut, herbs and dressing.
- Add to the plate with salmon and serve.



@pawpawcafe



@piggybackcafe

# Maple Pumpkin and Grains

VEGAN  
SERVES 4

## INGREDIENTS

750g pumpkin, cut into 3cm pieces  
1 red onion, halved, cut into thin wedges  
2tbsp extra virgin olive oil  
1 long fresh red chilli, deseeded, finely chopped  
1tbsp lemon juice  
1tbsp maple syrup  
120g (2/3 cup) pearl barley, rinsed  
625ml (2 1/2 cups) water  
150g sugar snap peas, trimmed, blanched, refreshed  
1 cup firmly packed mixed herbs (mint, parsley)  
2tbsp toasted pine nuts

## METHOD

- Preheat oven to 180°C.
- Line a large baking tray with baking paper. Place pumpkin and onion onto the prepared tray and drizzle with half of the olive oil. Roast for 20 minutes or until tender.
- Meanwhile, combine the chilli, lemon juice and maple syrup in a bowl, seasoning with salt.
- Remove tray from oven and transfer cooked onion to a bowl.
- Drizzle pumpkin with 1 tablespoon of the maple mixture and roast in the oven again for another 10 minutes or until golden and caramelised. Set aside.
- Bring the pearl barley and water to a boil in a small saucepan over high heat.
- Reduce heat to a low and simmer, covered, stirring occasionally, for 20-25 minutes or until tender.
- Drain then refresh pearl barley under cold running water, then drain well.
- Whisk the remaining oil into the maple mixture.
- Combine pearl barley, pumpkin, onion, sugar snap peas, herbs and half the pine nuts in a large bowl. Drizzle with half the maple mixture, then gently toss to combine.
- Plate up and top with remaining pine nuts and drizzle with the remaining dressing.



# Low Calorie Peanut Butter ‘Cheesecakes’

GLUTEN FREE, DAIRY-FREE,  
VEGAN AND REFINED SUGAR-FREE  
SERVES 6

## INGREDIENTS

### BASE

3x Kez’s Kitchen Choc Mud Bars, or your favourite health food bar (total quantity 75g)  
½tbsp Coconut Oil

### FILLING

1 can of coconut cream (left in fridge over night, or a high quality one won’t require this)  
1tbsp psyllium husk  
1tbsp Byron Bay Peanut Butter, or another natural peanut butter (plus 2tbsp extra for topping)  
2tbsp coconut oil  
1tbsp organic honey

## METHOD

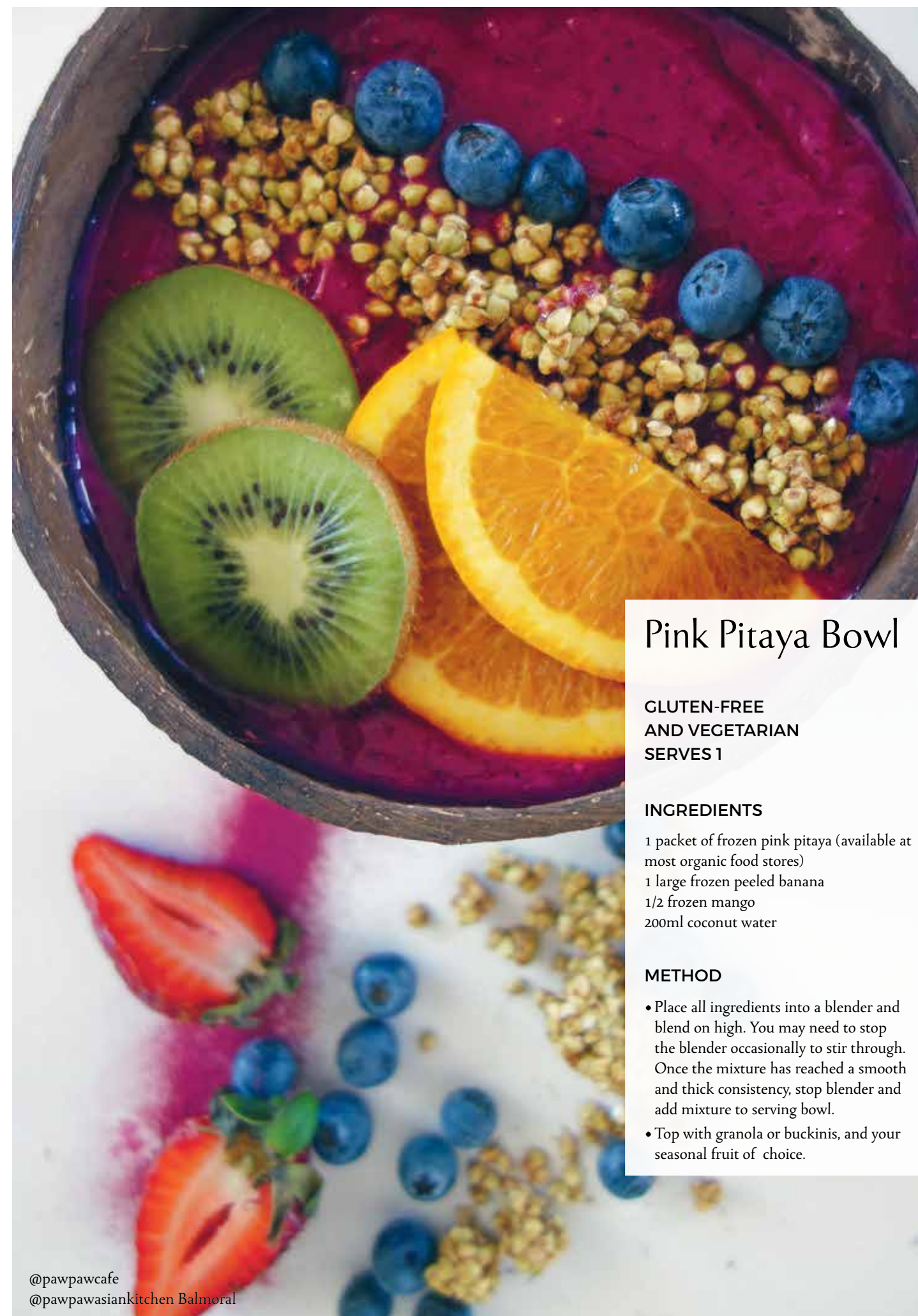
### BASE

- Crumble the Kez’s Choc Mud Bars (or alternatives) into a large bowl and add melted coconut oil.
- Combine well before pressing mixture into the base of 6 silicone moulds.

### FILLING

- Blend all ingredients in a food processor or by hand.
- Scoop mixture, placing evenly into moulds.
- Add 1tsp of peanut butter to the top of each ‘cheesecake’ and gently press/swirl through filling.
- Place in the freezer for approximately 20 minutes before serving.

@kbsugarfree



# Pink Pitaya Bowl

GLUTEN-FREE  
AND VEGETARIAN  
SERVES 1

## INGREDIENTS

1 packet of frozen pink pitaya (available at most organic food stores)  
1 large frozen peeled banana  
1/2 frozen mango  
200ml coconut water

## METHOD

- Place all ingredients into a blender and blend on high. You may need to stop the blender occasionally to stir through. Once the mixture has reached a smooth and thick consistency, stop blender and add mixture to serving bowl.
- Top with granola or buckinis, and your seasonal fruit of choice.

@pawpawcafe  
@pawpawasiankitchen Balmoral



## Espresso Super Breakfast Smoothie

GLUTEN-FREE AND VEGAN  
SERVES 1

### INGREDIENTS

Double Espresso  
1 large ripe banana  
1/4 cup cashews  
1 heaped tbsp cacao powder  
1tbsp chia seeds  
1tbsp flax seeds  
1tbsp hemp seeds  
1tbsp protein powder (we recommend  
a raw, bio-fermented brown rice type)  
1/4 cup frozen or fresh blueberries  
125ml coconut water  
125 ml almond milk

### METHOD

- Place all ingredients into a blender and blend until smooth.



@venezianocoffeeroasters



@pawpawcafe

## Tropical Green Smoothie

GLUTEN-FREE AND VEGAN  
SERVES 1

### INGREDIENTS

1 banana (frozen for thicker smoothie)  
½ mango, cut into cubes, no skin  
(frozen for thicker smoothie)  
2 handfuls of fresh baby spinach leaves  
30ml coconut cream  
120ml coconut water  
Roasted coconut for garnish

### METHOD

- Place all ingredients into a blender and blend until smooth.
- Serve with roasted coconut garnish.





# FITAZFK FOR 2018

We chat to FitazFK owners and directors Aaron McAllister and Georgio Batsinilas about maintaining our health goals and keeping an active lifestyle, particularly during the festive season.

**IT'S THE FESTIVE SEASON WHICH MEANS MORE SOCIALISING, EATING AND DRINKING! WHAT'S YOUR ADVICE ON HOW TO MAINTAIN A HEALTHY BALANCE AND NOT FEEL THE GUILT DURING THIS TIME OF YEAR?**

Our advice at FitazFK is that life is all about BALANCE. We believe health and fitness is essential in life, but we don't make it our whole life. We love to have a fk load of fun, but know when to focus on the grind.

It's not about being extremists, it's about enjoying everything in moderation, having fun and just living! Even elite athletes have their off days. Just enjoy it. If you push yourself a little bit too much at your work function, make sure you re-hydrate extra the next day and potentially add in an extra training session the following week.

**DO YOU HAVE ANY SUGGESTIONS FOR THE HEALTH-CONSCIOUS WHEN ORDERING FOOD AND DRINKS WHEN DINING OUT?**

We suggest picking food that is as close to what you would normally eat as possible. Try to stay away from fried food and high sugars (you don't want to undo all your hard work), but also try to avoid meals that contain simple carbs such as bread or white rice. Stick to high protein food with lots of veggies for added fiber.

By choosing an entree or small serving size, you will avoid consuming excess calories that lead to weight gain. Also, try to avoid that sneaky dessert when possible.

**WHAT'S IN YOUR FRIDGE?**

Aaron: Lots of green veggies, different forms of protein and coconut water. I'm not a massive meat eater at the moment so I am experimenting with alternative sources of protein such as lentils and tofu.

**WHAT IS FUNCTIONAL KINETICS AND HOW DOES IT IMPROVE OUR FITNESS AND HEALTH?**

Funcional Kinetics (or Functional Movement) is the foundation of our guides and classes at our FitazFK Gym. It's a tried and proven training method (we've helped transform over 50K bodies worldwide!) that is coupled with a clean eating nutritional plan to help people tone up and lose body fat fast. All of our workouts are 28 minutes a day - 5 minutes warm up, 18 minutes of sweat and 5 minutes cool down.

We have now opened an awesome facility in Kangaroo Point, Brisbane where we can help people face to face achieve their goals using this quality training method - we've bought FitazFK to life, so you don't have to spend hours in the gym.

**IF WE WANT TO WORK OUT WITH FIZAZFK HOW DO WE GO ABOUT IT?**

It's easy. Please come on down to 101 Main Street Kangaroo Point and say hello. We also have more information about the gym available at [www.fitazfkgym.com](http://www.fitazfkgym.com) or check out our Instagram @fitazfk\_gym.

**FACT OR FICTION?**

**"ABS ARE MADE IN THE KITCHEN."**

Yes, abs are definitely made in kitchen. Have you ever noticed the contestants in the show *Survivor* they nearly all end up with abs? The food that we eat can lead to bloating and fat gain. When we simplify our food intake and eat clean, our 'doona cover' is removed, exposing our abs. Everyone has abs it's just some of us have a 'doona cover' so they are hidden. With the right diet and training plan we can remove this layer so they are more visible.

**FACT OR FICTION?**

**"WEIGHTS ARE BETTER THAN CARDIO."**

No. An equal amount of both is the key to a healthy training plan.



### QUICK HOME WORKOUT

 SQUAT PRESS	 KETTLE BELL SWING	 WEIGHTED WALKING LUNGE
 HALF BURPEES	 SUMO SQUAT UPRIGHT-ROW	 UPRIGHT-ROW

PERFORM EACH EXERCISE FOR 1 MINUTE FOR THE BELOW REPS.  
RESTING FOR THE REMAINDER OF THE MINUTE.  
10 (BEGINNER), 14 (INTERMEDIATE), 18 (ADVANCE)

**FACT OR FICTION?**

**"YOU CAN CURE A HANGOVER WITH EXERCISE."**

After a full week of work, sweat and play - definitely give your body a fking rest! After a night out, you may be feeling extra sluggish, tired, cloudy and light-headed - avoid weights training or anything high intensity. Opt for a nice, light walk for some fresh air! Skipping your workout on Sunday after a night out, will help your body repair torn muscles so you get the most out of your training.

words CANDICE  
snaps FITAZFK  
1. FitazFK  
Kangaroo Point  
2. Inside the gym  
3. Aaron and Georgio  
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BRISBANE BMW



# DIGITAL DETOX

**WHILST IT CAN BE ENJOYABLE,  
EXCESSIVE USE OF SOCIAL  
MEDIA EVENTUALLY TENDS  
TO PROMOTE ANXIETY.**

Did you know that the addictive nature of social media (when receiving notifications or messages) is due to the release of a chemical called dopamine in the brain? This encourages validation-seeking behaviour.

We are subconsciously desperate to seek validation again and again. Ultimately this creates a cycle that causes stress. Taking steps to slow the habit of constantly checking social media will start to break down this cycle, leading to a calmer emotional state in the long-term.

Our phones, tablets and computers are everywhere in our lives and for many of us they are a constant presence. The world that we live in is fast-paced and highly-connected. Digital media is undeniably integral to modern life.

Most of us now understand that the unrelenting presence of technology in our hands does have a negative impact on our health. Putting the phone away and limiting social media use (where possible) has a very positive impact on the physical, social, and emotional aspects of human health.

Avoiding the urge to scroll the internet, or constantly photograph or video our surroundings, allows us to live more fully in the present environment and be much more productive with our time. Why not experiment with this concept by leaving your phone in another room whilst working or studying; you'll likely notice an increase in productivity (goodbye procrastination)!

Less screen time also enables us to build more meaningful and solid relationships with our partners, friends and family by being truly present with them. It also promotes active lifestyles and getting outdoors, for both adults and kids, as well as allowing for better sleep by avoiding screen time for at least half an hour before bed.

A complete digital hiatus is hardly achievable in the current day, as we depend on technology in so many aspects of our lives, but taking small steps to limit time spent on devices can have an incredibly positive impact on our general wellbeing.



words GRETHER  
snap CANDICE





## FRESH FITOUT

Mons Ban Sabai Thai was well and truly ready to be rejuvenated, having kept the same look for 12 years! The Venzin Group went for a clean minimalist style, keeping it cohesive to the Group's other venues.

The multi-award winning Thai cuisine is now served up in a fresh, new-look venue! Open every night from 5:30pm.

Takeaway for pick-up and delivery is available on the 'Pawpaw' app, which can be downloaded for free on Google Play and at the App Store.

Mons Thai is also available for private functions. For further information contact [Candice@venzingroup.com.au](mailto:Candice@venzingroup.com.au)

12 Martha Street, Camp Hill | 07 3843 536

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# BRISBANE'S BACKYARD

With world-class weather, CityCats gliding along the twisting river, Jacarandas showering us in purple confetti every spring, and a bustling CBD; Brisbane is fast becoming a spot on the map for tourists to flock to.



“IT’S A BONUS THAT SOAKING UP ALL OF BRISBANE’S GEMS IS A PERFECT WAY TO GET OUTDOORS AND GET ACTIVE!”

For those of us who are lucky enough to call this city our home, Brisbane is an incredible destination to play tourist and explore. It’s a bonus that soaking up all of Brisbane’s gems is a perfect way to get outdoors and get active!

Five kilometres from the city centre, Mt Coot-tha boasts over 100 kilometres of hiking trails for people of all fitness levels. Walkers, joggers and mountain bike riders will feel like they’re much further away from the lively CBD as they plunge into bushland tracks; passing waterfalls, rockpools, creeks and Aboriginal Art trails. Several of the paths (such as the JC Slaughter Falls path) take walkers to the summit lookout, which is a well-known spot for soaking up the breathtaking views of Brisbane and the bay. The Simpsons Falls track is another beautiful climb to try, particularly after recent rain when the waterfalls are most impressive.

Down at water level, Brisbane showcases a long and twisting river which can be enjoyed on foot, boat or bicycle. Hire a CityCycle bike for cheap and cheerful transport along the river and around the city hotspots. Bike paths stretch along the water from New Farm through to the riverside area and CBD, following the river all the way to the University of Queensland, or over to South Bank and West End. Ride to New Farm Park for a picnic, or to Kangaroo Point for a spot of rock climbing.

Head over to the luscious South Bank Parklands and work up a sweat in free yoga, cardio and dance classes which are available in spring and summer (check out the Medibank Feel Good program for more information). South Bank is an inviting place for people of all ages, offering playgrounds, walking paths, picturesque gardens, man-made beaches and pools.



Healthy eating is easy in the flourishing Brisbane market scene. Pick up farm-fresh produce whilst enjoying the social vibes of weekend market shopping. There are many markets around Brisbane including Boundary Street Markets, Nundah Farmer’s Markets, Eagle Farm Markets and more. Be sure to check the dates and times of your local market online. It’s a great way to find locally sourced nutritious foods as well as ethnic ingredients, vegan and gluten-free products, all whilst relishing the gorgeous weather.

Unwind in South Bank at the Sunday Sessions on the Green, situated along the River Quay Green, every Sunday afternoon from 2pm. With free live music shows and lawn games, along with spectacular views of the city, it’s a magical way to end the weekend with friends and family.

words GRETEL snaps @emotivelightphoto

1. Jacarandas at New Farm Park
2. Waterfalls at South Bank Parklands
3. View of Brisbane from Mount Coot-tha
4. South Bank
5. Brisbane sign at South Bank





# PIGGY BACK CAFE

Piggy Back Cafe in Jindalee is the home of rainbow food and fun! Colourful and ever-changing menus are served up by a friendly and talented team. Your speciality coffee (featured on Bean Hunter) is brewed by professional baristas, including an award-winning latte art champion!

Unicorn Rainbow Parties are available to book for groups of ten or more. To enquire about having a party at Piggy Back Cafe, email [Candice@venzingroup.com.au](mailto:Candice@venzingroup.com.au)

86 Curragundi Rd, Jindalee | 07 3279 0960

@piggybackcafe #piggybackcafe



# TRAVEL

YACHT SAILING | ISLAND ESCAPES





# SAILING CROATIA

LIMESTONE BUILDINGS WITH TERRACOTTA ROOFTOPS SCATTERED ACROSS THE MOUNTAIN RANGE AND SWEEPED DOWN TO THE TOWN, TO WHERE THE PEBBLED SHORES MET THE CLEAR BLUE SEA.



The views of Croatia from both plane and yacht are as equally mesmerising. I was lucky enough to take in this incredible sight during the ten days I spent in Croatia and of those, seven days sailing between the islands.

I arrived by plane into the Dalmatian coastal city of Split. I met up with a group of friends, spending our first evening together enjoying traditional Dalmatian cuisine at a restaurant along the Promenade. Excitement filled the air as we pepped each other up for the week to come. We were about to embark on The Yacht Week (TYW).

We chose The Yacht Week company as it offered a fun-filled route. There were 26 other yachts joining us for the seven days. Country flags flew from the mastheads, making it apparent that this would be a multinational affair; you might predict how most conversations started.

I enjoyed absorbing the delicious European sunshine whilst out on the deck as we sailed the Adriatic Sea, searching for beautiful bays to stop at and taking dips in the warm, shark-free waters. Once we reached an island, we hopped off to explore by foot along smooth pebbled alleyways, and browsed the markets along the waterfront.

Komiža had me at hello; a little village along the eastern side of Vis. Our group's skipper booked a table for 9pm (praise the long summer nights) at waterfront restaurant, Konoba Barba. The Mediterranean seafood was the best I've eaten. The view of the sunset and marina left me speechless (unusual). The wine didn't disappoint either.



Later in the night, things got a little more energetic on this tour. I was attending parties incomparable to anything I've ever experienced. From dancing to renowned DJs inside a heritage fortress in the island of Vis, to a night where all the yachts anchored together to throw a party in a random bay. People floated between yachts on their inflatable animals, singing and drinking (under supervision), whilst onlookers would jump from yacht to yacht, making new friends from around the world.

Hvar was one of the larger islands I visited during TYW. Within my three days here, my group got to explore the heritage buildings and hilltop fortress and caught boat taxis over to the peaceful village, Palmižana. One evening my friends and I watched the sunset as we sipped frozen margaritas at Hula Hula Bar. Another afternoon we attended the Riviera-chic themed party at Carpe Diem.

The seventh and final day on TYW entailed a race back to Trogir. All yacht teams dressed in costume, cranked their stereos and danced on deck as they sized up each other's competition and tried outdoing one another's performances. This proved quite the spectacle.

After seven days of sleeping on a yacht, living with nine other people, and enduring celebrations to the extreme, I was well and truly ready to separate from the group and set forth for Italy. My memories of island hopping, swimming in pristine bays and endless summer nights have inspired me to visit Croatia again. Next time however, I think I'll do it a little differently and take another route.

“THE MEDITERRANEAN SEAFOOD WAS THE BEST I’VE EATEN. THE VIEW OF THE SUNSET AND MARINA LEFT ME SPEECHLESS (UNUSUAL). THE WINE DIDN’T DISAPPOINT EITHER.”



words CANDICE  
1. Komiža  
2. The Yacht Week  
3. Friends at Hula Hula bar  
4. Yacht party. Image by European Travel Ventures  
5. Dinner at Konoba Barba



# CROATIA



art @candicedarryl





# ISLAND ESCAPES



## Santorini

Perched on one of the highest island peaks, I had arrived at my villa in Firostefani, northern Santorini. The balcony had panoramic views of the island and caldera, surrounded by the sparkling blue Aegean Sea. I stood amidst the crisp air and felt warmth on my skin as I gazed at the white houses, dotted with pink and orange flowers. I was spellbound. The volcanic soil on the black and red beaches in contrast to the water and rocks was entrancing. Some people (including myself) would appreciate the soil more for the wine; known to age well, holding a ripe and rich flavour. There are many islands in Greece, but you must stop by Santorini to enjoy its unique characteristics. I also recommend booking a table at Ammoudi Fish Tavern in Oia.

words CANDICE

## Bora Bora

Northwest of Tahiti in the South Pacific, relish the luxurious and romantic ambience of internationally acclaimed honeymoon destination, Bora Bora. The island is renowned for its ‘floating villas’ which feature glass floors, exposing views the lagoon life below. From snorkelling and scuba diving in the coral reef, or climbing one of the mountains (including a dormant volcano), to browsing the boutiques in the main village, or relaxing in the sun, there are activities to suit everyone. In the evenings, venture from your over-water bungalow to one of the idyllic restaurants the island has to offer. You may not be on cloud nine, but Bora Bora will have you floating on water.

words CANDICE  
snap via TAHITI.COM



## Ko Pha-Ngan

Have you seen the movie *The Beach*? Although the island is highlighted in this well-known film, Ko Pha-Ngan is considered one of Thailand’s best kept secrets. The island has an overall area of 167 square kilometres and is only accessible by small boats and light aircraft from the island of Koh Samui. The island itself is hilly and mostly tropical forest, surrounded by long white sand beaches. The island is notorious for its full moon parties, but you can still enjoy solitude in many areas. The island is perfect for those who love diving, as it is surrounded by nearly 20 dive sites. You can also enjoy amazing undisturbed sunsets, Thai cooking classes, night markets, hiking and kayaking adventures.

words GIORGINA  
snap via KOSAMUI.COM



# BALI-GOERS BAO DOWN TO STREET BOI

It was during his time working at popular Seminyak cafe *Sisterfields*, when Dewa’s love for the hospitality industry flourished. His desire grew to turn a dream into reality and open his first restaurant.

Dewa Bintara, 27, opened the doors to Street Boi in July 2017. The hole-in-the-wall-style Asian street food eatery serves up signature Taiwanese steamed bao burgers. The burgers are filled with flavoursome slow-cooked meats, veggie patties, tangy Asian salads, and sweet and spicy sauces – served with moreish loaded fries and house-made sodas.

“Everyone must try the Porky Pork Bao,” Dewa insists. “I love the contrasting taste of Chinese-style glazed pork belly and tangy Asian salsa verde.”

Food means much more than a moment of satisfaction for Dewa. “Food brings people together. Food is not only food, however it is quite difficult for me to describe.” Dewa laughs, and goes on to explain that he isn’t actually a qualified chef. “I have loved being in the kitchen from a young age; watching and helping my mother and friends cook. Even with my previous job as front of house manager I enjoyed spending time in the kitchen, talking to the chef and nibbling on different foods.”

You’ll find Street Boi on Petitenget in Seminyak, which is only a quick walk from Alilia Beach Resort (south of Potato Head Beach Club). The bar is open from midday to midnight. A must-visit on your next Bali holiday! @streetboibali

words CANDICE  
snap STREET BOI





# WHY THE VENZIN FAMILY CHOOSE THE BRISBANE BMW FAMILY

THE VENZIN FAMILY  
HAVE BEEN HAPPILY  
ASSOCIATED WITH THE  
BRISBANE BMW FAMILY  
FOR ALMOST 21 YEARS.



When Dealer Principal Martin Roller first moved from Melbourne in 1999, it was Gina’s mother Liz who assisted Martin with his relocation. Fast-forward to 2003 and Liz worked closely with Martin during her five-year role as CEO of the Australia-Israel Chamber of Commerce.

However, it isn’t only Liz who has formed a close association with Martin and the Brisbane BMW family. When Gina turned 17 her mother wanted her to have a small but safe car. Martin found a cute little 1 series for Gina.

Gina’s dad Raymund has also owned Brisbane BMW vehicles ever since the Venzin family moved from Melbourne to Queensland in 1995.

The only renegade is Gina’s musician brother Daniel, who now drives a classic little Alfa Romeo. However, we were happy to hear that Alfa is now part of the BMW family.

The Venzin family are loyal customers to Martin and Brisbane BMW and also cannot say enough good things about their fantastic service manager Matt Cotterill.

Brisbane BMW and the Venzin Group follow the same business principles; the client is number one, and long-term client relationships are key to long-term growth.

So, if you’re looking to buy a new car, especially a new or used BMW, talk to Gina or Liz and they will happily offer a personal introduction to the Brisbane BMW family.

words CANDICE  
1. Brisbane BMW Dealer  
Principal Martin Roller  
2. Gina with her BMW then  
at 17 and now at 27  
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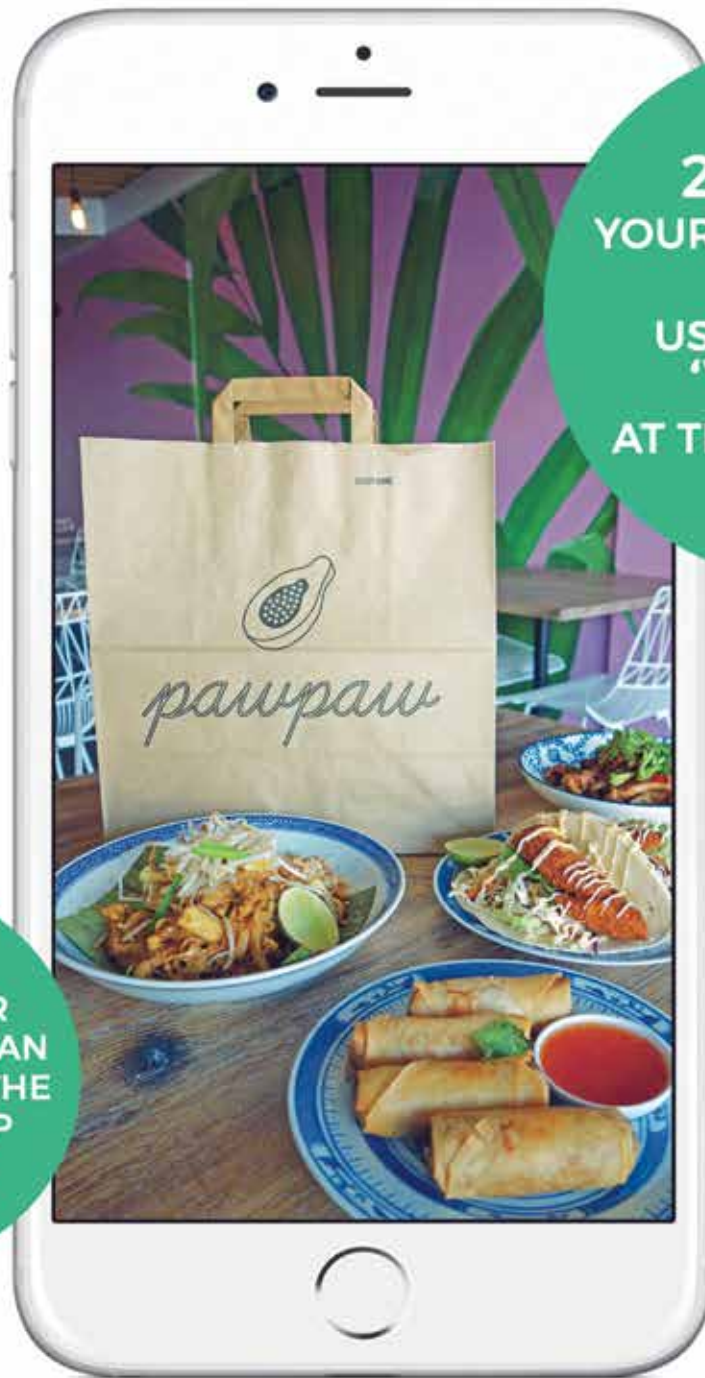
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