

## SPOTLIGHT ON



# avalon.

FROM BAGUETTES TO BISTRO FOOD, AVALON IS A FOODIE'S PARADISE.

WORDS: POLLY SIMONS

### LA BANETTE

**28 Avalon Pde. Ph: 9918 2948**

People queued from 7am on Christmas Eve to collect freshly-baked baguettes from this popular bakery and patisserie owned by Vince Luong and his wife Uyen Le. From the egg-yolk yellow walls to the old-fashioned wooden shelving, the vibe is classic French and customer favourites include baguettes, old-fashioned sourdough loaves and deliciously buttery palmier pastries.

### NOURISHED

**17 Avalon Pde. Ph: 9973 3233.**

**W: thehealthyfoodco.com.au**

Health-conscious Avalon locals have embraced this laid-back cafe with its combination of excellent Campos coffee and healthy-but-never-boring dishes. There's an expanded juice and smoothie menu and they do a brisk trade in

dishes such as poached chicken and pistachio salad and organic egg-white omelettes.

### CAFÉ IBIZA

**47 Old Barrenjoey Rd. Ph: 9918 3965.**

**W: cafeibiza.com.au**

No culinary tour of Avalon would be complete without a mention of Café Ibiza. "We're the longest (standing) by a long way," owner Tim Wheeler says. Housed in the second-oldest building in Avalon, there's a large sandstone fireplace for winter and a balcony and alfresco area for summer. The menu is full of crowd-pleasers, including the famous Ibiza Burger.

### SWELL CAFÉ

**74 Old Barrenjoey Rd. Ph: 9918 5678**

Fourth-generation hotelier Barry Blyth and his wife Natalie took over Swell Café six years ago

and it has been bustling ever since. The coffee is Allpress and the emphasis is on clean, fresh food, preferably organic and mostly gluten free. The avocado, spinach, kale and pomegranate salad is sure to reverse the ravages of the night before.

### BISTRO BOULEVARD

**40 Avalon Pde. Ph: 9918 8933.**

**W: bistroboulevard.com.au**

Nathalie and Patrice Mican took over the former Le Boulevard site 18 months ago, and have transformed it into a Provencal bistro. The food is classic French bistro fare: twice-baked goats cheese soufflés, pate, bouillabaisse, even snails. The wine list is a mix of Patrice's favourite French drops and Australian and NZ classics.

### CHILL BAR

**74 Old Barrenjoey Rd. Ph: 9918 4445.**

Avalon couldn't be a better location for this gelato bar run by brothers Luke and Nick Fermia and their cousins Vince and Joe Caccamo (there's also a second Chill Bar in Dee Why). House-made with real fruit and no artificial flavours, the favourites are the mango and chocolate sorbets, or try an affogato: hot Schibello coffee poured over a scoop of gelato.




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