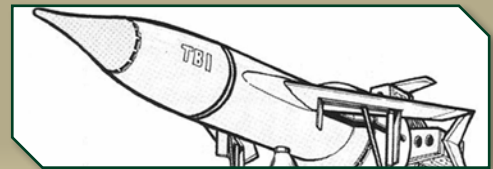


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**19** The #foodLAB...  
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veges - great for Winter meals.*

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# Say what...

Issue 19 • July 2015  
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# Dining Out...

**@ The Shack**  
**19 Bow Street**  
**(Cnr Bow St & Wainui Rd)**  
**Raglan**



*Considered to be one of New Zealand's "Must Do" surf spots, Raglan has a long history of good living, fun lifestyle, and more recently, coffees and some very innovative industries. However, everyone must eat, and in that too, Raglan has something unique and impressive to offer casual diners - The Shack.*

The Kiwi soul is made up of a number of deeply-ingrained elements, the building blocks of our cultural identity, if you will. Some of those things include the holiday bach, time at the beach, ice creams and lollies in the sunshine, and grabbing a meal at the eatery near the beach. Raglan itself covers a lot of those bases, and The Shack admirably takes on the roll of the holiday eatery with its rustic look, eclectic vibe, and pure embodiment of the 'we have enough spare bits, we can make this work' attitude.

Starting with the random selection of light fittings, continuing through the recycled wooden siding panels to clad the front counter, clever use of preserving jars as utensil holders and the old-style glass milk bottles proudly standing in as water jugs, this place has "Kiwiana" at its very heart - both in what they are using, but also in how they use it too.

About the only thing you would not class as 'recycling in action' is the food - there is nothing 'something old given new life' about it. While there may be a few names you recognise, they are as fresh and vivacious as the rest of the dishes, with the added bonus of having an unusually high number of local and regional products used in them. Dining here is not only a pleasure, but also great for the local economy.



Some of the local producers they support and utilise include: Raglan Microgreens, Raglan Coconut Yoghurt, Harmony free-range meats, Te Akatea Honey, Green Valley organic milk and Rocket Coffee. They are also proud to promote the fact that they only use eggs sourced from free-range hens - no battery-bred hens eggs will be found in your meals, and while you may or may not taste the difference, it's great to know your meals come with no ethical baggage.

One of the dishes the staff are justly proud of is the Roti v7 - a dish that has been on the menu for nearly two decades, and has only been tweaked occasionally to keep up with the times and the produce available. Packed with thyme-roasted chicken, bacon, cheese and potato, wrapped in hand-made Roti bread, topped with a creamy aioli and served with a rustic slaw, microgreens and a zesty beetroot chutney, this is not just food, it's edible art.

A few other dishes that may catch your eye include: chickpea and corn fritters with a poached egg, guacamole, red pepper chimichurri, tomato and cumin salsa - a gluten-free and dairy-free main that is sure to please - or for the meat lovers there is the pork and fennel meatballs served with orecchiette pasta, tomato sugo, broccolini and buffalo mozzarella.





However, for the traditionalists, nothing hits the spot better than a burger... and for that, you should try the Burger Italiano - herby pesto and mozzarella topping a prime beef patty cooked to perfection, nestled on a bed of zucchini pickle, topped with roast tomato and creamy aioli, nestled in a sourdough bun, and served with a fresh salad on the side. If you are brave, you can add some of the salad into the burger and tuck in bare-handed, or you can use cutlery to tackle it bit by bit, savouring all of the flavours. Wash it down with a drink from their extensive selection and you'll be satisfied, ready to spend the afternoon walking along Raglan's many beaches, or just sitting on the shore watching the sea in peaceful contemplation.



If you still have room for more, you might want to break tradition a little and finish the meal with a nice starter, such as a hearty bowl of warming soup. The soup of the day can vary, but if you are very lucky you might be in line for a real treat with the Curry, Coriander and Pumpkin soup, finished with a swirl of locally-produced Raglan Coconut Yoghurt.

Raglan is such a wonderfully laid-back town, so parking will be a breeze to find in the Winter months, but it gets a little crowded in the warmer weather - pair that with the stunning scenery and welcoming vibe of the town during peak surfing season, and even a moderate walk will be a pleasure.

Still, as the thermometers start to climb, you would be wise to plan ahead for lunch any day of the week, or dinner Fridays and Saturdays from 5pm. See their website or Facebook page for more details.



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