

# RELAX, RECHARGE, REFUEL



Summer.....it's all about relaxing, recharging, fueling the body and doing the things you love with those you love!

Whether you're spending time with family or friends, entertaining or picnicking, it's made even easier with Capers Café and Food Store.

Not only do Capers offer a delicious Summer Menu in house, but everything on their new menu and in their cabinets is available as a takeaway option. Meaning you can head to the lakes, enjoy a picnic in the forest or another magical spot of Rotorua with freshly made, nutritious food to fuel your adventure.

The Capers prep kitchen team start work in the wee small hours, preparing fresh food to grace the cabinets. An impressive selection of salads which change daily, await you and include gorgeous greens, root vegetables, pastas and grains such as quinoa, buckwheat and freekeh. There's a salad to suit your mood and your tastebuds at Capers every time!

If you've decided to prepare your own salad, Capers Food Store provide an impressive range of New Zealand Made Artisan Salad Dressings and Drizzles. Flavour kicks in a bottle from Zarbo, Telegraph Hill, Cuisine Scene, Peppers and Heavensent. All offering gluten free options, made in small batches that deliver the finishing touch and x factor to your summer salads.

Hosting a BBQ? Impress your guest with Raptor Rubs. They are perfect way to jazz up meat whether you choose to sprinkle, rub or marinate! The Raptor Rubs range include Smoky Salmon, Cowboy Steak, BBQ Pork and Ribs, Veggie Salt Sprint, Herbed Chicken and Chipotle Beef. Raptor Rubs are also all suitable for putting some zing into vegetarian and vegan dishes!

Raptor Rubs proving to be a hit with 10 year-old Cooper, who has never been a huge fan of roast chicken. Cooper's Mum, Philly – Capers Food Store Manager says, "he now rates roast chicken as one of his favourite dinners, as long as it's cooked with Herbed Chicken from Raptor Rubs". High praise from a junior food critic.

Browsing the shelves you'll also find Seedlip, the world's first alcohol-free spirit. Based on the 1651 publication The Art of Distillation, Seedlip offers the perfect go-to if you've been over indulging over the festive season, but still want to enjoy a sophisticated drink. Choose from Garden 108, Spice 94 and Grove 42, with your choice of mixer. Low sugar options like Six Barrel Sodas or Soda

Press Organic Syrups, are ideal to match with Seedlip and are available at Capers Food Store also.

"There's a growing demand for people looking for a non-alcoholic option to drink at home with friends while still feeling like they are celebrating" says Capers Café owner Susan Brown.

Another great option for a summer quencher is the vast tea selection. T2's fruit teas creating refreshing ice tea flavours as well as Websters Tea - organic loose leaf tea from the Bay of Plenty. Take your pick from the likes of Mangoes & Cream, Fruitalicious, Vanilla Slice, Pina Colada and Blood Orange.

Tea brewing tools are also available if you're just starting out and staff can help you pick flavours to suit your taste-buds and help with inspiration for your perfect brew this summer.

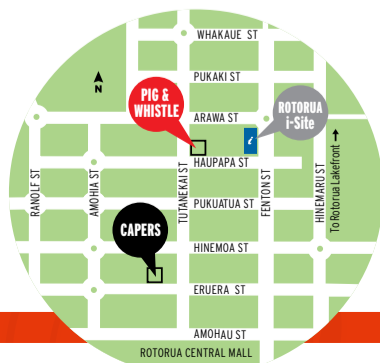
"The Capers team have a mantra around their relationship, connection and presence with customers and each other" says Suzy. "They are the heart, soul and energy of Capers".

"We want people to feel at home here, to come in to be nourished and well looked after, whether you're a regular or joining us for the first time".

Susan loves the wise words of Cesar Chavez "If you really want to make a friend, go to someone's house and eat with him... the people who give you their food give you their heart".

Capers also offers sweet treats, perfect for a coffee date over their Organico Coffee or vast Tea Menu. Choose from raw organic refined sugar free goodies to the legendary Capers Chocolate cake, fresh summer berry or lemon tarts, gluten free and/or dairy free offerings you can visually see the effort and aroha that goes into creating a treat for everyone.

Dive into your Summer and fuel your adventures with the team at Capers Café and Food Store, they're open 7 days from 7am till 9pm.



## Seedlip - What to drink when you're not drinking.

### Seedlip Spice & Ginger Ale

#### Ingredients:

- Seedlip Spice: 50ml
- Ginger Ale: 125ml

#### Directions:

- Mix and pour over ice.
- Garnish with a twirl of lemon rind.
- Sit back, savour the taste and relax into summer!

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open 7.00am - 9.00pm, 7 days a week

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