



www.prahranmarket.com.au

## Come and visit Matilda Bay Brewer's Bite this weekend!



Matilda Bay Brewer's Bite is on this weekend only!

Matilda Bay, Aussie leaders in craft brewing are teaming up with the best artisan food producers at Prahran Market to share their knowledge on matching fine beer to fine produce.

Come down this weekend for your complimentary tasting of a range of boutique beers (including Fat Yak Pale Ale, Big Helga dry Munich style lager and Beez N handcrafted honey wheat beer) matched to tasty bites made with the freshest seasonal market produce.

*When:* Saturday 9th October (10am-4pm), Sunday 10th October (10am-3pm)

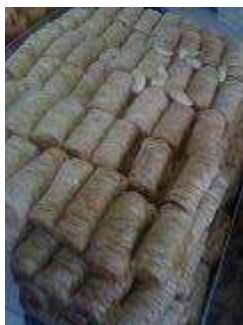
*Where:* Brewer's Bite Stall - Middle aisle fruit & vegetable hall, Prahran Market

## Hansi artisanale limonade



Since 1853 Hansi has been making Artisanale limonade from natural spring water in the Alsace region of France. Delicately flavoured and not too sweet, Hansi comes in four sophisticated flavours - Blood Orange, Pink Limonade, Traditional and Lemon. We could just look at the bottles they are so pretty! Available at Delicatess 98. 1752.

## Abla's Patisserie – special newsletter offer!!



Abla's Patisserie in the Deli Hall sell their own handmade Lebanese pastries, Focaccia cakes and more.

Abla's Patisserie have a special offer just for subscribers to our newsletter! When you buy a cup of coffee at Abla's - mention this newsletter to them and they will give you a free piece of their delicious cashew baklava FREE! Tel: 9827 5881

## It's Lily of the Valley season



We love this time of year when Lily of the Valley's dainty little bell like flowers the Market again. Renowned for its sweet fragrance, put some posies around your house to herald in Spring!

Fresh Cut Flowers: Tel: 0411 730 988 and Flawless Flowers Tel: 9827 7656.

## The latest craze - coconut water



As you may have heard "Coconut Water" is the IN thing at the moment. Extoll its healthy attributes, it is a natural isotonic that is high in potassium (more than bananas) and minerals. One cup of coconut water contains more electrolytes than most sports drinks making it easy for your body to hydrate.

Coconut water is also fat free and low in food energy which makes it very appealing to people exercising and watching their weight. Pino's Fine Produce Tel: 9827

## Plain chicken again? No no no!



Jazz things up a bit with a ready marinated butterflied free range chicken! Choose from Greek marinade, yoghurt tandoori or Thai lemon, lime and chilli.

So easy - BBQ - just 15 mins each side, or 45 minutes in the oven at 180 degrees. D&J Poultry Tel: 9827 3047.

**Prahran Market - the food lovers market. We hope to see you soon!**

## Reminder: Market closed

A reminder that the Prahran Market will be closed on Tuesday 2nd November for Melbourne Cup Day.



### General Enquiries

Phone: 8290 8220

Fax: 8290 8222

Email: [management@prahranmarket.com.au](mailto:management@prahranmarket.com.au)



### Mailing Address

Prahran Market Management Office  
Suite A, 163 Commercial Road,  
South Yarra 3141



### Trading Hours

Tuesday: dawn-5pm, Thursday: dawn-5pm

Friday: dawn-6pm, Saturday: dawn-5pm, Sunday: 10am-3pm