

BUMPER PUZZLE BOOK + MEGA CROSSWORDS

MINDFOOD

#SMARTTHINKING

HEALTH

LEARNING TO
PUT THE PAST
BEHIND YOU

HOW TO FUNCTION
WITH COMPLEX PTSD

THE ULTIMATE
SUMMER BBQ

EASY-TO-MAKE
DECADENT
ICE CREAM
SANDWICHES

PROTECT
YOURSELF
OUR SMART
SUNSCREEN
GUIDE

INDIGO
DREAMS
CREATE
A HOME
TO DYE
FOR

ADELE

VOICE OF A GENERATION

"My music is the time I can be my most truthful and honest"

2022 FUTURE
TRENDS FORECAST



A SLICE OF ITALY ON THE HARBOUR

Run away to every imaginable region in Italy this summer on Sydney's Woolloomooloo Finger Wharf with new restaurant Il Pontile. There is nothing like an outdoor table to watch the world float by as you order 'cucina' from Abruzzo or Emilia-Romagna, to Sicily or Liguria. The entrées are perfect for sharing, with house-cured ocean trout to fresh oysters served with citrus dressing. You can also enjoy the steamed mussels with lemon and chilli oil and the burrata served with peaches and hazelnuts – all generous serves and a perfect starting point for this slice of Italy on the wharf. The wine list is varied and features a good range of both Australian and Italian wines. Try the seafood linguine baked in a parchment bag opened at your table; torn handmade bread mops up the delicious sauce. There are giant shelled prawns and lots of pastas to choose from, all reminiscent of wonderful food memories and some of the very best dining experiences while visiting Italy. The dessert menu also includes delights such as crispy filo pastry filled with vanilla bean Chantilly cream and fruit salad. The interior space is pared back and relaxed, with extremely knowledgeable staff, and it is perhaps the only restaurant along the wharf that is dog friendly. Say goodbye to long-haul flights; your new Italian fix is ready and waiting. ilpontile.com.au



TASTE OF THE COAST

The New South Wales coastal town of Forster has welcomed an enchanting Mediterranean eatery. Situated in a converted boatshed perched on Wallis Lake, Isola Riva sees Italian chef Dani Cerullo head up the kitchen, celebrating local produce with Mediterranean culinary flair. isolariva.com.au



TIPPLES IN TASMANIA

Mary Mary is the visionary new cocktail bar nestled in Hobart's The Tasman hotel. Developed by renowned creative team Proof and Co and award-winning Australian bartender Charlie Ainsbury, the venue is an intimate space, with heritage elements, exposed sandstone and even a historic passageway for special tastings of rare spirits. thetasmanhobart.com



CHEESE, PLEASE!

Newly opened in Mascot, NSW, Three Blind Mice is a welcome addition to the neighbourhood. The menu focuses on cheeses, meats and artisan products but will also reflect the freshest seasonal produce. One of the owners, Adelaide native Milan Majstorovic (pictured), figured inner-city Mascot needed something "a little different". He highly recommends this gorgeous French Mimolette Vieille cheese (pictured). With a delicious butterscotch and caramel profile, it is perfectly paired with a sangiovese or chianti wine. facebook.com/threeblindmicemascot



A WORLD OF TEAS

Calling all tea lovers! Contemporary tea apothecary Yugen Tea Bar has opened the doors to its elegant South Yarra destination. Tea sommeliers, pastry aficionados and interior experts have collaborated on the stunning hospitality venture, where visitors can sample teas from around the world and indulge in a decadent selection of pastries. yugenteabar.com.au