



GOURMET SHOPPING

10 of Canberra's finest foodie destinations

Canberra

1 SILO BAKERY: this bakery/café is a must stop for foodies. Its bread and pastries are among Australia's best, its walk-in cheese room sells a terrific selection of Australian and imported cheese, and its breakfast and lunch menus reflect the owner's passion for high-quality food. 36 Giles St Kingston Tel: (02) 6260 6060.

2 REGIONAL @CIT: a co-operative retail and wholesale food outlet showcasing a wide range of local produce including meats, poultry, fish, speciality small goods, vegetables, fruit, organic and eco-friendly products, pastries and bread, desserts, condiments, ready-to-eat meals, wine and beverages. Bottom floor of K Block at the Reid Campus of the Canberra Institute of Technology, Constitution Avenue, Reid. Tel: (02) 6207 3196.

3 CAPITAL REGION FARMERS MARKET: great selection of produce from the Southern Tablelands region, including fruit and vegetables, Asian greens, honey, olives, plants, smoked meats, jams and preserves. Saturday 8am-11am at Exhibition Park.

4 DEEKS BAKERY AND CAFÉ: former marathon runner Robert de Castella has teamed up with clinical biologist Bill Giles to open a business selling entirely gluten-free products. The unique Deeks Bakery & Café is the first in what de Castella hopes will be a chain of shops throughout the country. And, yes, there's even gluten-free tiramisu and chocolate mudcake! Pearce Shops, Hodgson Crescent, Pearce. Tel: (02) 6286 9444

5 OLD BUS DEPOT MARKETS: one of Canberra's favourite markets, the Old Bus Depot Markets, held every Sunday in Kingston, has a range of hand crafted goods including a wide range of fresh produce gourmet food. 21 Wentworth Avenue, Kingston.

6 ALL THINGS CHOCOLATE: there's no such thing as too much chocolate at All Things Chocolate, where you can splurge on delicious hot chocolate drinks, coffee and other beverages, cakes and pastries, chocolate making supplies, chocolate recipe books, chocolate-themed homewares and fondue sets and a wide range of chocolates in unique flavours such as passionfruit bites, chilli chocolate, strawberry kisses and espresso cups, plus regular chocolate making classes. Shop 19 Cusack Centre, Eyre Street, Kingston. Tel: (02) 6162 0881.

7 JONES THE GROCER: premium local products and gourmet delights as well as a café open for breakfast and lunch, and Canberra's largest humidity-controlled cheese room. Shop 13, M Centre, Palmerston Lane, Manuka. Tel: (02) 6162 0516.

8 BELCONNEN FRESH FOOD MARKETS: a fresh food market with 31 specialty stores and a great atmosphere with lively spruikers offering competitive prices - together with delicious flavours and aromas, and a cornucopia of fresh produce. Tasting tours are available on request. Open daily. Lathlain Street, Belconnen.

9 GORMAN HOUSE MARKETS: Canberra's only Saturday market with an organic producers market, fresh food from all over the world. Set in the heritage listed Gorman House, with wisteria clad undercover walkways, sunny courtyards and magnificent hawthorns. Every Saturday from 10am-4pm..

10 POACHERS PANTRY SMOKEHOUSE CAFÉ: gourmet smoked-meat manufacturer, tasting room and cellar door in a beautifully restored 1930s weatherboard farm cottage. The Smokehouse menu features Poachers' own products, such as smoked chicken, quail, lamb, pork, kangaroo and emu, but there are plenty of other dishes to choose from. Tastings and sales are available every day; the café is open Fridays and weekends. Nanima Road, Hall. Tel: (02) 6230 2487