



DINING LOCALLY

WIN DINNER ON US

Dine at one of the restaurants on our Dining Locally pages and enter the draw for your chance to win dinner for two to the value of \$100. Drawn on the 31st July, 2009.

1. Dine at or purchase from one of the fantastic restaurants featured on our Dining Locally pages.
2. Put your receipt in an envelope.
3. Place your name, address and daytime phone number on the back of the envelope.
4. Drop your entry into the Coolum & North Shore News office (upstairs Coolum Chambers, 5-7 Birtwill Street, Coolum) or post your entry to: "Coolum Dining Experience" PO Box 1008, Coolum Beach QLD 4573.

Winners will be notified by phone and also published in the Coolum & North Shore News on the 7th August, 2009.

Coolum News

Sugar-free for health

WINE TALK
with Steve Hogan



THE wines of Vinos de la Cruz are quite an enigma.

South America is well known for its long history of wine making, with Jesuit missionaries importing grapes and making wine in the 1500s.

Vinos de la Cruz is one of the oldest wineries in Uruguay and is situated about 100kms from the capital Montevideo.

This wine is ideal for people who are diabetic and want a chemical-free, completely sugarless wine. Most diabetics avoid wines because they contain sugars even if it is not that easily tasted.

The sweet ones are easy. However, even dry red wine is not completely dry.

It is normal for a heavy red wine to contain around three grams a litre and the flavours

and tannins tend to disguise this.

The wines of Vinos de la Cruz have zero sugar and are preservative free.

This has a range of health benefits, purity and weight loss are only the beginning.

Fermenting a wine to complete dryness requires very healthy yeast strains and this is probably a reason why so few other wineries attempt to make such wine. All are of a single grape variety only.

The 2005 malbec displays the fruit of this grape with a nose of blueberry and some lilac.

This is a relatively light style that is savoury with touches of herb as well. Quite European in style and structure, the wine also features old wood influence.

As befits a wine of zero sugar it does taste quite dry. These wines are aimed at the sugar intolerant and health conscious and are quite unique in concept.

The wines are available at \$35 from Salty Dog Cellars.



Vinos de la Cruz offers organic, sugarless wines.

PHOTO: STEVE HOGAN

PARADISE
by the sea
Authentic Thai Cuisine



Winter Special (July)

DINE IN between 6-7pm
on Sunday & Tuesday night
receive a FREE entree & a glass of wine

Lunch 12-2pm Thu-Sun Dinner 5-8.30pm Tue-Sun
Home Delivery within 2km radius

FREE delivery for orders above \$30 or extra \$6 for orders below \$30

Free 1.25ltr Coke for pickup orders over \$20

Clubb Coolum Resort, 1740 David Low Way (On the Esplanade) Coolum

Ph: 535 11 999

CASTRO'S
BAR RESTAURANT

Castro's boasts a contemporary Australian cuisine with Mediterranean influences.

The menu highlights include wood-fired pizzas, pastas, steak and sumptuous salads, plus an array of main courses and seafood with ever changing specialties.

Dine In or Takeaway
Open 7 Days from 5pm



Coolum Beach Resort 7-13 Beach Rd, Coolum 5471 7555



CAPONES

"We'll make you a meal you cant refuse!"

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Fully Licensed | Dine In Or Take Out

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PIZZA PASTA RISOTTO



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