

# Plenty *of flavours*

An insider's guide to the best flavours  
in the Bay of Plenty



**FLAVOURS**  
**OF PLENTY**

POWERED BY TOURISM BAY OF PLENTY

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  flavoursofplenty

# Plenty *of flavours*

**Welcome to the Bay of Plenty's ultimate foodie guide, where we share hot tips about the best bites, brews, trails, and food events in our coastal region.**

Our hospitality scene is booming, thanks to the award-winning chefs, passionate growers, and artisan manufacturers who are choosing to make the Bay their home. Their talents are being showcased at local restaurants, cafés, breweries, and food markets. This recently prompted the New Zealand Herald to crown our region as one of the country's top gastronomic destinations.

Rich volcanic soils, a warm climate, and the plentiful Pacific Ocean underpins our reputation for producing some of the freshest and finest flavours in Aotearoa. From the time of the first kūmara, riwai and kamokamo plantations, to more recent cultivations of kiwifruit, avocados, and berries, our horticultural history has earned the Bay a rightful reputation for natural abundance and plentiful produce. These days, our place is also renowned for its citrus, olive groves, truffles, sourdough, cheeses, chocolate and more.

Our commitment to manaaki tangata (caring for people and places) continues today, as we pair incredible ingredients with a deep cultural foundation to create unforgettable dining experiences.

On the coastline from Waihi Beach to Ōhope, and inland to the farms and orchards surrounding Pukehina, Te Puke, and Tauranga, you'll find a region packed with outstanding experiences and a flourishing array of foodie events.

***Hungry to know more? Then dive right in!***

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# Events



## *a plenty*

**Our region serves up inspiring food events all year round, where you can meet local producers, brewers and chefs, and treat your tastebuds while enjoying a festival atmosphere.**

Foodie events offer the perfect excuse to gather friends and family together to eat, drink and celebrate. Bring your appetite and a sense of adventure and prepare to be wowed! Tickets are often snapped up fast, so stay up to date on social media or sign up for email updates so you don't miss out.





### VEGAN VIBES

Meet the friendly faces behind the region’s most sustainable foodie businesses and enjoy delicious, wholesome food at Soper Reserve in Mount Maunganui. Great speakers, workshops, and live music are all on offer.



### FIRST WE EAT

This mouth-watering festival is held annually at Wharepai Domain and brings together an array of street food vendors, top chefs, wineries, breweries, and musicians from across New Zealand. It’s a day not to be missed!



### KITCHEN TAKEOVER

Discover epic fine dining with a twist at these incredible pop-up events. Staged several times a year at surprise locations, enjoy a five-course meal from internationally-renowned chefs that will leave you begging for more.



### TAURANGA FOOD SHOW

Held at Mercury Baypark in Mount Maunganui, you’ll discover more than 150 exhibitors along with live cooking demonstrations from the region’s best chefs, beverage masterclasses, and an array of food truck offerings.



### LOCAL WILD FOOD FESTIVAL

Celebrate sustainability and the abundance of foods that are sourced from our local environment. The action-packed programme includes wild food cooking challenges and demonstrations with food tastings, live bands, a craft beer garden, food and market stalls.



### KATIKATI AVOCADO FESTIVAL

New Zealand’s biggest and best avocados are grown right here in Katikati, and this annual festival celebrates this amazing super fruit. Expect great food, fabulous wines, interesting product displays and lively entertainment.





# Discover our world-class ingredients and thriving hospitality scene during this annual multi-day festival.

The programme offers a tempting array of incredible events. The Plates of Plenty Challenge sees local eateries vie for the coveted top awards, creating special dishes featuring three or more items of locally-grown produce. Go behind the scenes to see how products are made, learn new culinary skills, and indulge in degustation menus. Bon appétite!

[flavoursofplentyfestival.com](http://flavoursofplentyfestival.com)



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# Markets

## Our local food markets are a regular highlight for thousands of locals and visitors alike.

This is the opportunity to ‘meet the makers’ who toil over their crops or artisan products, the clever foodies who create mouth-watering street food dishes showcasing different cuisines. These markets are held regularly throughout the year and always attract a crowd. Live entertainment is on offer too, creating vibrant places to hang out for a few hours, enjoy a meal, or buy your favourite local ingredients.



### TAURANGA FARMERS' MARKET

Locals know this is the best place to shop for fresh, organic produce in the Bay. Held every Saturday between 7:45am and 12pm at Tauranga Primary School, buy items from the orchard, paddock or vege patch plus nuts, wines, coffee and more.



### DINNER IN THE DOMAIN / DINNER IN THE PARK

These weekly night food markets are held in Papamoa (Thursday) and Matua (Sunday) over the summer months, serving exceptional street food from a variety of the Bay's best vendors. Enjoy a few cheeky beverages and live music.





### **PAPAMOIA COMMUNITY MARKET**

Every Sunday at the Te Manawa ō Pāpāmoa School from 8:30am to 12pm you can pick up fresh produce and lots of delicious artisan products to stock your pantry. Get your coffee fix too.



### **KATIKATI PLANT AND PRODUCE MARKET**

Held every Friday from 3:30pm to 6pm (or until dark in winter) at the A&P Showgrounds on Major St, Katikati. This is your chance to buy locally-grown fruit and vegetables, oils, breads, cheeses, salami, chocolates, jams and preserves.



### **GOURMET NIGHT MARKET**

Held every Friday night in summer at Coronation Park in Mount Maunganui. Bring a picnic blanket and your appetite and choose from an amazing array of dinner and dessert options, as well as farmers' market stalls.



### **MOUNT MAINSTREET URBAN MARKET**

Held every Sunday from 8:30am to 12:30pm at Te Papa o Ngā Manu Porotakataka in Mount Maunganui. Enjoy an array of local artisan food products, coffee, fresh produce and great street food.



### **WHAKATĀNE SUNDAY MARKET**

Held on Sundays from 8am to 1pm at Mitchell Park in Whakatāne, meet the local growers and artisans who are selling their fresh organic produce and award-winning products.



### **THE LITTLE BIG MARKETS**

Held on Saturdays year-round in either Mount Maunganui or Papamoa, these markets have a range of artisan goods, yummy street food stalls, arts, crafts and live entertainment.



# Produce

Our makers and growers are a passionate bunch, dedicating much of their lives to producing world-class ingredients and unique products. Our sunny climate and fertile soil provide ideal growing conditions and the Bay of Plenty has long been renowned for its kiwifruit and avocado prowess. But we produce so much more than that! From high-quality truffles to the juiciest of berries, our produce is carefully nurtured while our culinary treats are made with the greatest of care and the ultimate flair.

## *of plenty*

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# Growers



*Strawberry picking at Julians Berry Farm*

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## VERY BERRY

Nothing says summer like the taste of fresh summer berries! And the Bay is blessed to have some of the most bountiful berry farms right on our doorstep. Pop in to grab some pre-packed punnets or take a container with you and pick your own!

**Somerfields Berryfruit Farm** in Ōropi (on the outskirts of Tauranga) is a popular outing for many families who top their Christmas pavlovas and stuff their trifles with the farm's succulent berries.

**Black Stump Berries** at Papamoa has a delightful café where you can enjoy a scone topped with berries and cream or a round of mini golf before heading out into the strawberry fields. Over towards Whakatāne you'll find **Blueberry Corner** and

**Julians Berry Farm** just a short distance from one another. Both are legendary for their real fruit ice creams which will leave you wide-eyed at how much can fit inside one single cone! The best time to visit is between November and early January, when you can pick raspberries, blackberries, blueberries, ranui berries, boysenberries, loganberries and, of course, your favourite straws.

**R n' Bees** in Whakatāne is also a popular stop for locals and visitors to pick their own berries throughout the summer months.



*Black Périgord truffle harvest at Te Puke Truffles*

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## SHROOM TO GROW

Magic grows in our rich volcanic soils and our mushrooms and truffles are highly sought-after by top chefs and restaurants. **Te Puke Truffles** produce black Périgord truffles which you can hunt yourself during the May to August harvest season, or you can buy them pre-packaged along with truffle salt and truffle butter. **Ohiwa Black Diamonds** grow premium truffles beside their oak and hazelnut trees in the Eastern Bay and are developing innovative new products to harness the health benefits of truffles as well as the taste. **Mārama's Mushrooms**, in the foothills of Whakamārama, sell blocks of phoenix oyster mushrooms that yield up to 2kg of nutritious goodness, as well as mushroom dowels to inoculate your own logs to grow a lasting supply of oyster mushrooms, shiitake, tawaka and turkey tail varieties.



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# Growers



Morning at the kiwifruit orchards



The Avo Tree avocados

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## LAND OF PLENTY

You don't have to look very far in the Bay to spot the horticultural crops which power the local economy and boost our general health. **Kiwifruit** vines and **avocado** trees dominate the landscape in both Te Puke and Katikati, where the vast majority of these multi-billion dollar crops are grown in New Zealand each year. In fact, there are more than 10,000ha of kiwifruit in the Bay of Plenty alone! Our climate and soil conditions are perfect for these fruit and, as a result, they taste sensational. Keep an eye out for roadside stalls as you'll often find bags for sale direct from the grower. Award-winning **olive groves** are also found here, producing high-quality olive oil and other olive products. Meanwhile, **Harbourside Macadamias** near Katikati is making a big name for itself. This orchard produces a unique range of sweet and spicy macadamia products, as well as an oil and a premium macadamia liqueur to pour over ice-cream or to include in cocktails. Delicious!



Liquid gold at Manawa Honey

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## POTS OF GOLD

Tucked away in the heart of a remote untouched indigenous forest is Ruatāhuna, the home of **Manawa Honey**. Their Rewarewa honey beat over 600 other entries from across the world to win the Grand First Prize and the title of the 'Best Tasting Honey in the World' at the Black Jar International Honey Tasting Contest in 2021. Their Mānuka, Tāwari and raw Kānuka honeys are all award-winners too. You can buy their extensive range of honeys directly from this Bay of Plenty company. They also produce gorgeous beeswax candles and luxurious Mānuka skincare. Some other Bay of Plenty honey favourites are world-renowned **Comvita** in Paengaroa, **BeeNZ** in Katikati, and **Bee First Apiaries** in Whakamārama, to name just a few!



# Makers



*Solomons Gold Chocolate*

## BAKERIES

Nothing beats fresh, warm bread or buttery flakey pastry, and we have some of the absolute best bakers around. **Breadhead** produces 10 different types of sourdough loaves which are light and soft on the inside and beautifully crusty on the outside. Their croissants, 'cruffins', bagels and amazing Danish pastries are well worth queuing for. **Mount Sourdough** are bread aficionados and use traditional methods to create an authentic artisan range of sourdough breads. The long fermentation process and good bacteria makes these loaves easy to digest. **Flaveur** specialises in slow-fermented artisan sourdough, gluten-free, multigrain and raisin breads that are packed full of goodness. You can also buy soft pretzels, gorgeous fruit tarts, croissants and baguettes from their bakery. **Pocket**, in Tauriko, produce exceptional sourdough breads and delicious pastries including almond croissants. They're open Wednesdays, Fridays and Saturdays, and often pop up at local markets. Finally, there's simply no-one better at making pies than Patrick Lam. **Patrick's Gold Star Pies** has won over 70 awards including the Bakers Supreme Pie Award an unprecedented eight times. We suggest you judge the results for yourself! At the markets in the Eastern Bay, you'll find **Bread Asylum**, who bring along their freshly baked sourdough from their boulangerie in the rural town of Manawahe.

**Mount Eliza Cheese**; Specialising in raw milk cheesemaking, Mount Eliza uses milk produced on a local Katikati farm and traditional recipes and methods. Take your cheeseboards, pastas, soups and salads to the next level!

**Solomons Gold**; Some of New Zealand's finest and healthiest chocolate is hand-crafted from organic cacao and coconut sap sugar right here in Mount Maunganui. These mouth-watering chocolate bars are free from cane sugar, dairy, nuts and soy.

**Heilala Vanilla**; This local company supports vanilla growers in the Kingdom of Tonga, taking their pure farmed vanilla beans and turning them into a range of premium products that are acclaimed by professional chefs for their rich flavour.



*Award-winning pies at Patrick's Gold Star Pies*

# Makers



*Fish & Chips at Bobby's Fresh Fish Market*

## KAIMOANA

Given the Bay's proximity to the ocean, it's no surprise that we serve up the freshest fish and seafood delicacies at our local cafés and restaurants. For a classic scoop of Kiwi fish and chips, head straight to **Bobby's Fresh Fish Market** on the waterfront in Tauranga, the iconic **Maketū Fish & Chip** store, **Tio Ōhiwa** (formerly Ōhiwa Oyster Farm) near Ōhope Beach, or **Gibbo's Fresh Fish** in Whakatāne. What was swimming in the harbour this morning can be battered and fried to perfection this afternoon. If you want a more upmarket dining experience, check out **Fisherman's Wharf** café at Ōhope, **Saltwater Seafood Grill and Oyster Bar** in Mount Maunganui, **Harbourside's** fine dining menu in Tauranga, or **Flatwhite** at Waihi Beach. Their experienced chefs know how to turn locally-caught seafood into a meal to remember. And if you want to cook your own kaimoana at home without having to catch it first, you can buy Skg bags of **Whakatōhea Mussels** from Ōpōtiki to bake, barbecue, steam, smoke or fry to your heart's content.



*Gibbo's Fresh Fish (above) & Flatwhite Waihi Beach*



## GUIDED TOURS

Get “off the eaten track” and join **Tauranga Tasting Tours** or **Taste of Plenty Tours** to meet local food producers and visit specialty shops, markets, restaurants and production facilities that you’re unlikely to stumble across by yourself. These tours are great for anyone who loves food mixed with a little history and insider tips on discovering the great bounty this region has to offer. You can also join former Māori All Blacks captain, Deon Muir, for an unforgettable day out. **Muir’s Tours** is more than just a fishing or diving charter – you’ll learn why certain fishing techniques work better than others, and hear some great yarns along the way. If you prefer a liquid lunch, jump aboard a **Brewbus** tour to discover the best craft breweries in town. Sample popular beers and discover hidden gems of the brewing world. Enjoy behind-the-scenes access and learn how to make the perfect pour.

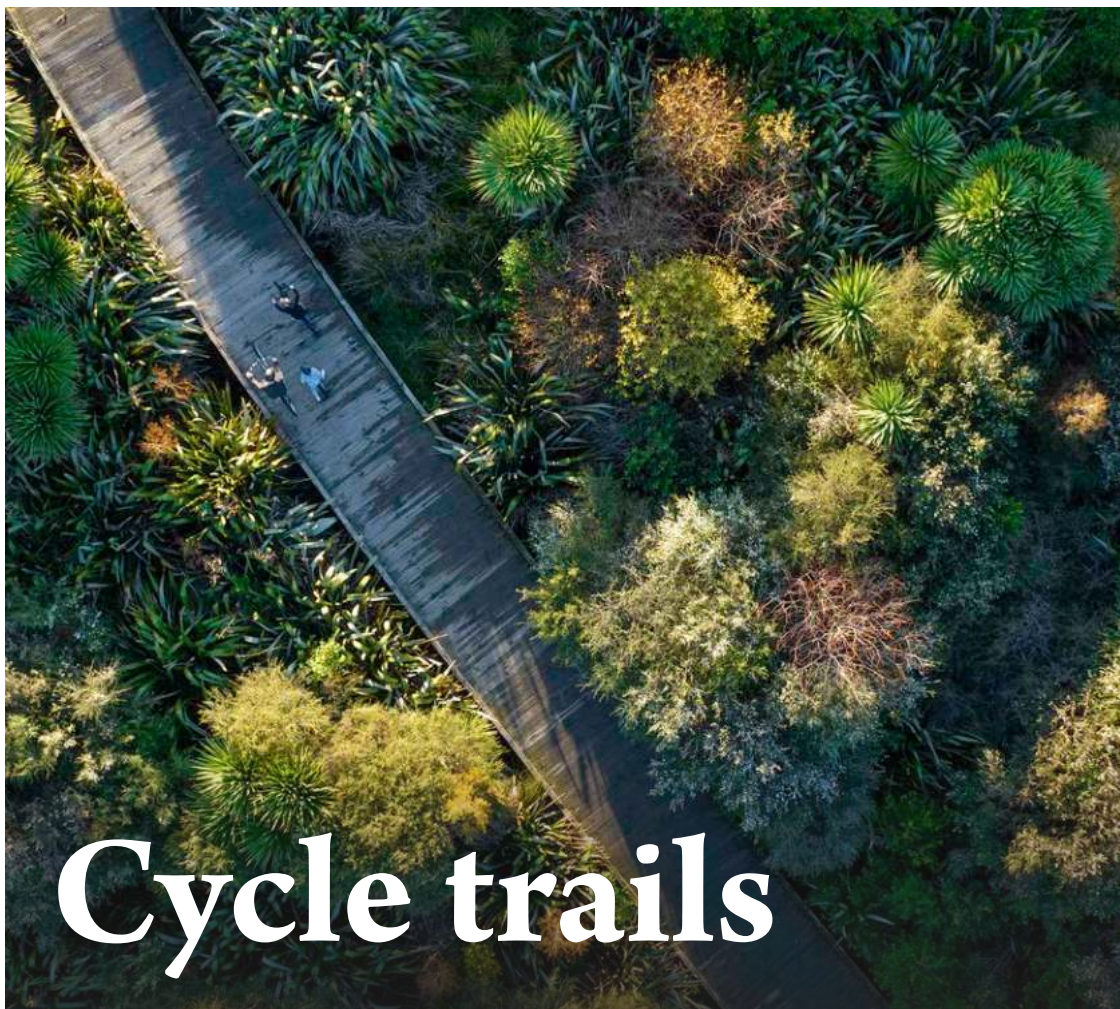


*Fishing experiences with Muir’s Tours*

**Tio Ōhiwa** (formerly Ōhiwa Oyster Farm) have recently started a guided tour where you can cruise along the Ōhiwa Harbour, discover the local culture and heritage, experience a working oyster farm and dig into a kaimoana feast.



*Craft beer tours with Brewbus*



# Cycle trails

Pedal power is one sure way to work up an appetite! And thankfully there are plenty of great cycle trails and excellent places to refuel around the Bay of Plenty. This region has an ever-expanding network of epic places to ride your bike and there are trails suitable for every skill level, ranging from an easy family cruise to adrenaline-fuelled mountain biking across spectacular terrain. So strap on your helmet, slap on some sunscreen, and cycle your way to your next meal.

## ↑ KOPURERERUA VALLEY

Pedal through the captivating Kopurererua Valley trail, a 6km journey through Australasia's largest wetland. Take a break at The Historic Village, home to **The Whipped Baker's** famous doughnuts, and immerse yourself in a unique journey of discovery as you explore this vibrant creative hub.

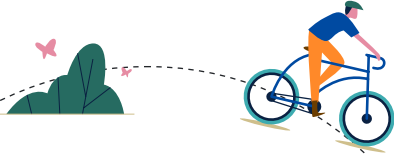


Image: Freepik



### ŌHOPE HARBOURSIDE TRAIL →

Enjoy a relaxing ride along this flat 3km trail which runs along the shoreline of Ōhiwa Harbour. It begins at Waterways Drive and heads east towards the wharf at Port Ōhope. There's a playground and toilet facilities along the way, and you can enjoy a feast of fish and chips at **Fisherman's Wharf** café when you reach the end. Or, if you don't fancy greasy fingers, they have a full dine-in menu as well. Relax and take in the harbour views and fresh air.



### ← WAIHĪ BEACH AND BOWENTOWN

Get the best of both worlds with this popular 12km coastal trail, which travels the length of Waihi Beach and Bowentown with optional sidetracks that include the Athenree Estuary. There are plenty of places you can stop along the way. One of our top picks is **Flatwhite** café which sits right on the beach!

Their huge all-day menu will delight everyone's palates, featuring the freshest seafood, killer tacos, and amazing coffee for those after a caffeine stop!

### PAPAMOAO TO PAENGAROA →

This 20km (one way) route travels alongside the Tauranga Eastern Link highway and Te Puke Highway, offering scenic views across the river, wetlands and surrounding countryside. Admire the stunning carved pouwhenua at the Kaituna River Bridge crossing, and finish with coffee or brunch at **The Trading Post - Osteria Italiana** in Paengaroa. This charming bistro serves up an all-day menu of casual Italian and Mediterranean cuisine showcasing local ingredients.



### ← ŌMOKOROA TO WAIROA RIVER

You're bound to work up a thirst cycling this track which connects the seaside peninsula of Ōmokoroa to the beautiful Wairoa River. **The Cider Factorie** in Te Puna is an ideal place to stop off en route. Sample a tasting paddle of four different ciders and order a snack from their delicious menu. You can rent an e-bike from Te Ara Tourism, which offers guided cultural and heritage tours around the area. Learn about the inherent connection Māori have to the natural world as you cycle through this unique part of the country.

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# Drink up

## Best Brews

We love a cold bevvy – and the Bay has some of the finest breweries you'll find anywhere in the land. Each brewery has their own unique story, taste and technique when it comes to crafting the perfect drop.

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### SLAB

Slab Brewing has grown out of a backyard shed in Tauranga to become a big name on the local craft beer scene. With big flavours, big cans and a big dose of Kiwi humour and cheek, this brewery will put you in a good mood. Open Fridays 3pm-8pm.



### THE ISLAND

Brewing its own range of IPAs, lager, pilsner and cider on site, The Island at Papamoa is a great spot to sit back in the sun and enjoy good food, good company and good times. Open daily from 12pm, you can dine in or order beer online for delivery nationwide.

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### LUMBERJACK

This small craft brewery is based in Pukehina, but their IPAs, lager and porter are stocked in liquor outlets and supermarkets right across the Bay. With names like 'hatchet', 'log splitter' and 'throttle lock', this beer is as manly as it comes.



### MATA

Mata Brewery, based in Whakatāne, produce a vast range of craft beer and cider, from easy drinking to full-flavoured, with lots of seasonal releases. They focus on local ingredients, such as golden ale with mānuka honey. The Mata tasting room is open Wednesday-Sunday in the afternoons.

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### FITZPATRICK'S

Combining a passion for classic cars and craft beer prompted Fitzpatrick's Brewing Company's range of fresh, flavoursome beer. The brand pays homage to a classic era of automobiles and you can fill a flagon on Fridays and Saturdays while admiring the cars in the shed.



### ROCKY KNOB

This Mount Maunganui husband and wife team produce a uniquely Kiwi range of beers that are stocked in dozens of liquor stores and bars nationwide. Rocky Knob is all about full-flavoured beers and good times, with each beer brewed with specific people in mind.



### GOOD BUZZ

Kombucha is more popular than ever as Kiwis seek a healthier tippie. Good Buzz produce organic, traditionally brewed kombucha with fruity tangs such as blueberry peach, feijoa, and passionfruit guava from their factory in Tauriko. Available nationwide and online.



### THE CIDER FACTORIE

The Cider Factorie in Te Puna has been crushing it in the Bay since 2012. Enjoy a tasting paddle of four different ciders or just pick your favourite. Choose from distinctly Kiwi flavours such as feijoa apple or classic pear, or mix things up with mojito, plum, fig or mulled cider.



### MOUNT BREWING CO.

Having quenched locals' thirst for over 25 years, this brewhouse is also home to The Rising Tide taphouse and eatery. Choose from 38 taps supplying craft beer, cider, gin and wine. Alongside their core range are ever-changing seasonals with experimental flavour combos and crazy ingredients.



### LEVERET & MILLS REEF WINERY

A group of highly regarded wine brands including Leveret Estate, Mills Reef and Falconhead have come together to produce an extensive range of wines from vineyards in Hawke's Bay, Marlborough and Gimblett Gravels. Visit their cellar door on SH2, near Katikati, to sample your favourite styles.



### WAI MĀNUKA

Whakatāne is now producing this premium New Zealand beverage which captures a uniquely Aotearoa flavour in a bottle – mānuka honey with a touch of lemon juice and sparkling water. The result is a refreshing non-alcoholic drink that can be enjoyed by everyone, helping to connect people to our story, culture and country.





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## Coffee roasters

Life is better when it's caffeinated, so it pays to hunt out the best cup of coffee you can find! We have some incredibly talented coffee roasters in the Bay of Plenty who love nothing better than to create a special brew for you to enjoy. The skill and expertise that goes into roasting coffee beans is pretty complex which is why we're proud to share six of our favourite spots with you.



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### FOLK BREWERS

Discover the sanctuary of Folk, an intimate coffee shop in downtown Tauranga. Enjoy their artisan 'Folk blend' and single-origin coffees, accompanied by delicious food. Take home a bag of beans to brew your own perfect cup. Located at 148 Durham Street.



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### FIXATION

Indulge in Fixation's rich, satisfying coffee roasted with precision. Their fluid-air bed roaster creates a smooth flavour profile. Choose from award-winning blends and specialty single origins. Available to purchase online and delivered straight to your door.



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### LITTLE DRUM

Experience the unique flavours of Little Drum's small-batch, single-origin roasts. From tart plum to soft mandarin, you can explore their diverse coffee profiles. Visit Unit 4/22 Macdonald Street for cup tasting sessions and high-quality brewing accessories.



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### EXCELSCO

Excelso blends the finest Arabica coffee beans from around the world to create espresso perfection. Attend barista school or soft brew workshops for coffee-making skills. Join the monthly 'flight of flavours' and taste exceptional coffees. Visit 112 Third Ave, Tauranga.



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### THE BEAN

The Bean in Whakatāne offer fresh coffee roasted daily onsite. Their beans originate from six different countries and are roasted and blended into four distinct flavours. Purchase your beans or a delicious espresso and freshly made treat.



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### FUSION

For more than 20 years, Fusion Coffee has been perfecting the art of roasting. Discover their range of specialty coffees named after local landmarks. Located at 141 Totara St, Mount Maunganui, they offer delicious food, specialty brewing equipment, and a relaxed coffee experience.



# Hot foodie *spots*

No matter which part of the Bay you're in, we've got all the intel on the best places to eat. From casual eateries to five star fine dining restaurants, we've compiled a list of all our favourite places for you to try.



# Tauranga



*Picnicka*



*Sugo*

If fancy is your thing, then you're in for a treat. Our high-end restaurants are known for their fabulous décor, ambience and extensive drinks menu, and their incredible food. **Picnicka** is still a relative newcomer on the dining scene in Tauranga, having opened in mid-2022. Enjoy tapas-style dining and first-class cocktails in a beautifully-designed space. **Macau's** menu is also designed to share, and its Asian flavours will leave you with sticky fingers and tingling tastebuds. Their banquet menus are a great option for large groups.

**Somerses Cottage** is the special occasion 'go to' restaurant for many locals, and their rustic cottage in Bethlehem has been serving up classic cuisine for almost 30 years. This is fine dining at its absolute best.

**Harbourside** is another five-star favourite.

Its covered balcony literally sits over the water and offers some of the best harbour views in the city as you enjoy premium dishes showcasing the Bay's freshest meat, seafood and produce. If you love Italian, **Sugo's** menu will certainly impress, as will their front-of-house service led by Anthony Lugo-Sharp, former butler to the Queen and many rich and famous celebrities. Experience culinary excellence at **Clarence Bistro**, housed in the historic restored post office and led by renowned chef Simon Wright, formerly of the esteemed French Café. Impeccable service, exquisite cuisine, and a memorable dining experience await you.



*Centrale at Clarence*



*Clarence Bistro*



Miss Gee's Bar & Eatery



Falafel Metro



Lloyd's Deli & Pizzeria

**Nectar** on The Strand brings a touch of Saigon to Tauranga, serving up epic Vietnamese flavours in a casual yet fabulous setting. Their cocktails are superb and the menu is substantial. **Umami** in Pyes Pa also boasts a trendy fit-out. Their modern fusion menu combines flavours of southeast Asian cuisine with a Pacific twist and all meals are beautifully plated and presented. **Miss Gee's Bar & Eatery** serves specialty cocktails and no less than 30 different types of gin! Delicious casual dining is also on offer, which you can enjoy in their sunny courtyard and 'greenhouse' space. If you're a sweet tooth, look no further than **But First Dessert**. Choose from their mouth-watering cabinet selection or order one of the fabulous creations from their menu. **The General at the Lakes** (formerly known as Maude) is a great breakfast, lunch or casual dinner spot. Serving top-notch coffee and quality food, you'll be very happy to have dined here. **Centrale at Clarence** is a lively Italian cocktail bar located inside one of the historic treasures in Tauranga, the former

central Post Office. Pull up a bar stool outdoors and share authentic pizza and other Mediterranean delights. For a quick lunch or a place to sit and enjoy a great coffee, **Elizabeth St Café** on Cameron Road is an ideal option. They have a great selection of cabinet food plus a brunch/lunch menu serving all of your favourites. **Falafel Metro** in downtown Tauranga always pulls a lunchtime crowd as their light and crispy falafel balls are combined with warm pita bread, crisp salad leaves and comforting condiments. **The Nourished Eatery** is another downtown café that will put a smile on your face. They specialise in plant-based and gluten-free food that looks and tastes incredible. **Oscar & Otto** is a small but perfectly formed space that blurs the line between café and restaurant. Their house pies are legendary or you can grab a gourmet roll or fresh scone from their cabinet. **Chidori** is an unassuming Japanese noodle restaurant that serves the best ramen in town. Their broths are gently simmered to perfection, creating an affordable yet satisfying meal. Finally, **Lloyd's Deli & Pizzeria** has quickly gained a loyal following thanks to their amazing fresh and toasted sandwiches featuring house-made bread and their enormous New York-style sourdough pizza. Exceptionally yum!



# Mount Maunganui

If you're looking for a unique dining experience, check out **Izakai Bar and Eatery** at Bayfair, which fuses Japanese and Māori cuisine. Their hangi-style pork belly and watercress ramen noodle bowl is unbelievably good. Multi-award winning **Fife Lane** is famed for their exceptional steaks and traditional 'meat locker' display and for delivering a classy experience. **Alpino** will transport you straight to Italy with their traditional décor. Indulge in delicious pizza and pasta dishes with all the parmesan, basil, olive oil, and garlic you can handle. **Solera's** moody and sophisticated interior creates an intimate, cosy atmosphere. Their menu is designed to share and they stock the finest New Zealand wines which can be perfectly matched to your meal. **Saltwater Seafood Grill & Oyster Bar** in the heart of Maunganui Road showcases the freshest kaimoana you'll find in the Bay, alongside other worldwide ocean delights. **Sailor** is one of the newest spots around. This galley and rum bar focuses on high-quality, upscale food in a casual environment. Their extensive rum list and rum cocktails are not to be missed!



*Eddies & Elspeth*



*Alpino*



*Special Mention*



*Solera*

Special mention must be made of the Mount's very own **Special Mention** café. This hidden gem can be hard to spot on Oceanbeach Road but serves up the most Instagram-worthy dishes that taste as great as they look. **Eddies & Elspeth** is a collaborative venture between a brunch parlour and bakery – and both are equally delicious. Enjoy perfectly poached eggs at Eddies or grab the flakiest croissant or pastry out of the cabinet at Elspeth's right next door. **Roxie's Red Hot Cantina** is a pumping taco joint that serves up the best street food from L.A. to the Baja Coast. Portions are definitely as big as the flavours and their frozen margaritas are epic. **Master Kong** also packs a punch with its seriously



*Izakai Bar and Eatery*

kick-ass Asian street food. You haven't tasted 'hot' until you've tasted their spicy firecracker chicken! **Rice Rice Baby** is a great casual dining spot serving up authentic Vietnamese cuisine. Their fresh ingredients, combined with green chilli sauce, sriracha mayo, crushed peanuts or fried shallots, will have your tastebuds singing. **The General Café** is an award-winning eatery that makes everything from scratch. Their menu is so popular they've recently expanded across town and set up another branch at The Lakes.



*Palace Tavern*

Sweet-tooths can find **Spongedrop** cakery on the edge of Coronation Park. It's small and perfectly formed, just like their delicate cupcakes, exquisite layer cakes and colourful macarons. **Gratitude** café is just a short walk from there. This wholefoods eatery is famous for its home-cooked vegan food and the absence of refined sugar. There's also lots of gluten-free options and superb organic coffee. The cabinet at **Mixture Eatery** is always bursting with homemade goodies that have been freshly baked from family recipes passed down through the generations. You're guaranteed to enjoy a fabulous breakfast, brunch or lunch here. **Rita's** is the home of the best Detroit-style pizza in Mount Maunganui. Their thick and crispy crusts are piled high with mozzarella and your favourite Italian toppings. If you're after a cold beer and a bite, **Palace Tavern** on Maunganui Road has delicious burgers and plates of southern fried chicken wings with your name on it. **Tay Street Beach Café** has undergone a recent transition under the guidance of the award-winning Pearl Kitchen team. This fully licensed eatery serves up fresh coffee, a wicked brunch, beautiful cabinet treats, and a great drinks list for those wanting to park up and settle in. **Tay Street Store** is a cute little beachside café where you can grab an ice cream, coffee or snack on a beautiful day. They stock sustainably-focused local products like nut butter, sourdough, empanadas and raw vegan slices.



*Gratitude*



*Tay Street Store*

**Mount Made** is famous for their small batch ice cream and inventive flavours such as black hokey pokey ice cream. The flavours are hand-crafted using local ingredients such as Solomons Gold chocolate, Bionic Coffee and Somerfields strawberries. **Sea People Ice Cream** is another local favourite. They specialise in plant-based (non-dairy) treats using a unique blend of cashew nuts and coconut milk. Their menu includes berries and cream, espresso brownie, and pecan caramel, and their gluten-free waffle cones are baked and rolled daily on site. Finally, **Wildflour** bakery epitomises everything we love about food in the Bay – unique goods made with love, precision and plenty of flair! Their range of gooey raw slices, bliss balls and freshly baked cinnamon brioche buns are to die for.

# Papamoa



Pearl Kitchen



Lantern



Henry & Ted



The Island

**Lantern** is a short walk from Papamoa Beach and is aglow at night with beautiful low-slung lanterns. They serve delicious southeast Asian cuisine and are famous for their moreish tiger prawn toast. **Pearl Kitchen** has a stellar reputation and won “most outstanding café” at the Bay Hospitality Awards 2022. This eatery focuses on seasonal produce and their contemporary, stylish décor creates a relaxed atmosphere to enjoy coffee or brunch. **The Island** is a great laid-back venue after a big day at the beach. Relax in their large garden bar and enjoy woodfired pizza, epic burgers, and smoked meat cooked over their Texas-style BBQ. You’ll find the cosy little **Gather Café** right across the road from the Tasman Holiday Park. Their fresh-baked goods are as eye-catching as their smoothies and their beloved chilli eggs are hard to beat. Directly across the road from Gather you’ll find the **Bluebiyou** bistro restaurant which has been serving customers for more than 30 years and still pulls a crowd. Soak up the blue sky and ocean view while enjoying their European-inspired menu which showcases fresh local ingredients. A little further east is **Henry & Ted** café which is always humming for breakfast, brunch or lunch. Whether you’re ordering from their cabinet selection or their menu, you’ll be wowed by their presentation and flavours which are next level delicious. **Leo’s Pizza** is made from handmade dough and crafted with plenty of dedication and love. Each one is stone baked and topped with quality ingredients that will leave you feeling warm and happy on the inside. Finally, **Best Bakehouse** on Tara Road is exactly as the name suggests - one of the Bay’s best bakeries. They create everything on site including sourdough, focaccia, bagels, slices, muffins, sausage rolls, and delicate mini cakes which are dripping in icing. They almost look too good to eat.



# Katikati & Waihi Beach



*Best Burgers at the Surf Shack*



*The Secret Garden*

The historic **Talisman Hotel** is one of the oldest venues in the Bay. This garden bar and bistro is a great place to enjoy a sunny afternoon or evening meal, with fresh herbs and avocados sourced straight from their courtyard. The sophisticated menu makes the most of seasonal and locally-sourced ingredients and has something to please everyone. If you need a morning pick-me-up while in Katikati, you'll find **Common Ground** café tucked away behind the local library. Their freshly-made pastries, scones, muffins and slices are to die for, and they serve hearty salads and lunch fare too. If you're lucky enough to spot a custard square in their cabinet, grab one quick! **The Orchard House** believes fresh is best, so a lot of the fruit and vegetables used in their café is grown on site. They use free-range meat, and their menu features a wide range of vegetarian, vegan and dairy-free options. Everything is sourced as close to home as possible, and even their sauces and relishes are made from scratch so you can enjoy a quality meal in this charming spot on the outskirts of Katikati.

Locations don't get much better than **Flatwhite's** beachfront café. Their rustic décor is framed entirely around the ocean view so you can watch the waves roll in or gaze out towards Tūhua (Mayor Island) while you dine on their exceptionally good food. **Surf Shack Eatery** is a sustainably-minded café at Waihi Beach

which is famous for its Kiwi bach vibe. Lonely Planet have rated their burgers among the best in Aotearoa, and they also have a good range of vegan-friendly and gluten-free choices along with epic pancakes, breakfast classics, and street food. If seaside chic sounds like your vibe, **The Porch Kitchen & Bar** is a great place to enjoy breakfast, brunch or a laid-back dinner. This eatery is renowned for its continental-style food and serves some of the best organic coffee you'll find at Waihi Beach. Enjoy live music on weekend evenings and classic tasty dishes any time of the day. Grab your caffeine fix from **Hui Coffee**, a cute coffee window near the surf lifesaving club, beside the main roundabout. Sit yourself down on a yellow bar stool, indoors or out, and grab a bagel or a smoothie while browsing their selection of homewares, clothing and surf goods.

**The Secret Garden** café is so much fun to explore, with endless outdoor nooks where you can enjoy a drink or meal beneath huge stands of bamboo or tropical plants. Follow the secret pathways and you'll often discover live musicians to entertain you while you sip mulled wine or a Mexican hot chocolate. And if you want a meal to remember and a venue to enthuse over, head straight to Waihi Beach Hotel. Their restaurant, **Mazzola's**, serves Kiwi-infused Italian cuisine and their fresh, vibrant dishes are simply stunning. Dine indoors beneath huge pillowy lights or outdoors on their expansive deck.

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# Te Puke & Paengaroa



*The Daily Café*

Experience the irresistible allure of **The Daily Café** in Te Puke, where divine coffee and delectable cuisine await, all while supporting the local community. Around the corner is **The Packhouse - Lumberjack Taproom**, a collaboration between Lumberjack Brewing and the Okere Falls Store, offering an exquisite range of tap beers and mouthwatering food. Also in Te Puke is **El Cartel**, the go-to spot for authentic Mexican food. The birria tacos are to die for, along with their generous sized burritos, tacos, nachos, you name it! Indulge in the authentic Italian flavours of **The Trading Post - Osteria Italiana** in Paengaroa, where heavenly pastries and an all-day menu beckon.



*The Trading Post - Osteria Italiana*



# Te Puna & Ōmokoroa



*Café Nourish*



*The Cider Factorie*



*Clarke Road Kitchen*



*Alma Eatery*

Savour the fruitful delights of **The Cider Factorie** in Te Puna, which has been crafting award-winning ciders from an array of apples, pears, feijoas and more since 2012. Enjoy a tasting paddle alongside a sensational lunch. Refuel at **Café Nourish**, renowned for their delectable salads and sweet treats, with a seasonal menu and irresistible cabinet food. **Clarke Road Kitchen** beckons with an inspired menu, exotic flavours, and a tranquil ambiance. Indulge at **The White House** restaurant, where delicious cuisine and a welcoming atmosphere await. Catering to all ages, it's a favourite among locals and visitors alike. The slight detour out to **Alma Eatery** in Ōmokoroa is well worth it. This award-winning eatery serves up some of the region's best Italian fare, as well as great coffee and fresh baking.



# Eastern Bay of Plenty



*Cigol (left) and L'Épicerie Larder (below)*



*Mata Brewery*



*Fisherman's Wharf*

Embark on a delightful culinary journey through the Eastern Bay of Plenty, with a diverse array of eateries from Matatā to Ōhope. Start your adventure at **Drift Matatā**, a cool shack-style café offering authentic Southland cheese rolls and great coffee with a picturesque view of the lagoon. Discover the award-winning beers of **Mata Brewery** and indulge in their tasty pizzas and wedges. In Awakeri, you'll find **The Smoking Goose**. This restaurant and beer garden serves up a proper American-style barbecue with all the trimmings! **L'Épicerie Larder** entices with French delights like almond croissants and ham and cheese baguettes. **The Wagon** tempts with massive American-style burgers and a secret sauce. Experience a fusion of Korean flavours with a Pacific twist at **Cigol** and enjoy their sharing menu and sweet Mango Bing-Su dessert. **Gibbo's on the Wharf** is a must-visit for fresh fish and seafood, while **The Comm** offers hearty soul food and Good George beer in an iconic historic setting. **Mou Mou Kai Café** in Ruatahuna serves up a range of rustic modern dishes infused with the flavours of Te Urewera. **Moxi Café** in Ōhope impresses with seasonal dishes and creative brioche French toast, and **Cadera** serves up Mexican delights including nachos, fish tacos, and margaritas. Finally, savour steaks and seafood while taking in a beautiful sunset at **Fisherman's Wharf**.





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