

Sea Zen presents ...

the food lovers

**GUIDE TO THE GREAT OCEAN
ROAD
AND THE OTWAYS**



About this guide

We have been exploring places in the Otways and along the Great Ocean Road to eat for over 20 years and have lived here full time since 2009.

In this Food Lover's Guide we share with you our favourite places, some well-known and others known only known to locals.

We hope you have the same pleasure we have had eating at these places of delight in the Otways and along our spectacular ocean road.

NOTE- If you are making a special trip to any of the food places mentioned here please call ahead to make sure they are open (especially during winter months.)

BON APPETIT!!

Rex and Sibylle

Separation Creek / Wye River, 2016

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Our local – Wye River General Store and café



This hidden gem right in Wye River, has the best coffee on the Great Ocean Road, equal to any we have had anywhere in the world!

The bakers at The General specialise in artisanal sourdough bread and gorgeous French pastries. Our favourite is the Polish doughnuts with home-made jam.

Folks come at weekends from Melbourne and Lorne, just to have a great coffee in a great location. Open for breakfast and lunch all year. Over Christmas also dinner but check first. Phone 5289 0247. Drive for 1km, 3 mins or walk along the beach at low tide. (Paddy's Path is closed as at Sept 2016 due to slippages after rains after the Xmas day bushfire. We hope it will be open again soon so please read our Guest Info Guide to keep you up to date.)

Our local - Wye Beach Hotel



With good food and an amazing outlook over Wye beach, this is where we bring visiting friends and family for a truly Wye dinner experience.

Our favourites are the Fish and chips, always a winner but for something different try the Duck Curry. Prices medium with large serves – beware the huge Parma it can feed two! Dinner kitchen open between 6 – 8 pm.

Open for lunch and dinner every day of the year. At 19-21 Great Ocean Rd, phone 5289 0240.

River Bank Coffee, Lorne



We love this one for the ambience which hasn't changed since the rename from Riverbank Tea House. Still lovely location for good coffee and the selection of teas. The cakes are good too.

River Bank Coffee is open for breakfast and lunch with a varied menu of cakes, patisserie, egg dishes and other daily specials. Relish. LOCATION – 4B Mountjoy Parade Lorne, Ph

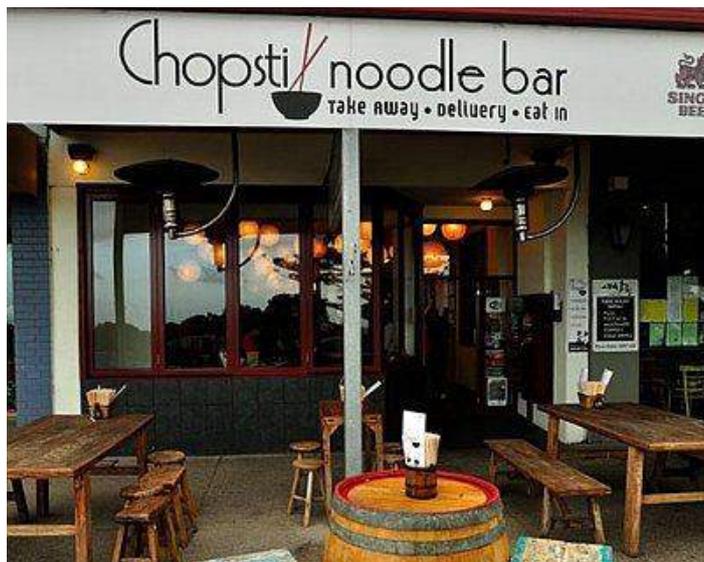
Pizza Pizza, Lorne



Pizza Pizza is a great little takeaway favourite, especially on a cold day or night. With traditional recipes as well as modern, gourmet interpretations. Gluten free options usually available. Pizza Pizza is in the same little street as River Bank Coffee, overlooking the Erskine River (near the Lorne FoodWorks).

2 Mountjoy Parade, phone 5289 1007.

Chopstix, Lorne



Chopstix Noodle Bar is a casual dining / takeaway café offering the flavours of the orient in a modern and funky vibe. Very handy for a quick meal when out and about or a take-away to bring back to **SEA ZEN**. There are hand rolled Japanese Sushi, an Indonesian Nasi Goreng, as well as Pavlova and ice cream topped with a raspberry dressing!

96 Mountjoy Parade. Lorne, 15 minutes drive from **SEA ZEN**.

Maple Tree, Lorne



A very nice place and a little bit pricey so perhaps the place for a celebration. Maple Tree is located in central Lorne and overlooks the beach on the Great Ocean Road. Many ingredients are sourced from the Otway Ranges, the Victorian coastlines and local pastures. The kitchen celebrates this local produce and the menus evolve with the seasons.

Only 15 minutes drive from **SEA ZEN**. 116 Mountjoy Parade, Lorne. Ph 5289 1004.

Swing Bridge Café, Lorne



Near the Swing Bridge at Lorne (of course!). right on the sandy beach of the Erskine River mouth at the foot of the iconic suspension 'swing bridge'. Walk or drive to the area behind the Caravan Park for delicious coffee. Often they'll do fresh BBQ selections on an open coal wood fire – scrumptious. A lovely spot where you sit and gaze at the bridge, the sand and the waves.

15 mins drive from **SEA ZEN**. At 30 Great Ocean Road, Lorne, phone 0408 895 022.

Qdos Arts, Lorne



Qdos Arts is a gallery, cafe and sculpture garden to celebrate the visual, performing and gourmet arts. A lovely place for lunch or just coffee and cake. There's always some interesting paintings on show and the garden sculptures are a treat.

20 drive from **SEA ZEN**. 35 Allenvale Road, Lorne. Turn left at round about near Lorne Visitors Centre (see sign post). Phone 5289 1989.

The Bottle of Milk, Lorne.



If you love burgers, well this is the place. The Bottle of Milk prides itself on using local, quality Australia beef. An informal cosy beachside family favourite with quality ingredients and fresh, local produce. We like their coffee too.

15 mins drive from **SEA ZEN** at 52 Mountjoy Parade, phone 5289 2005.

The Lorne Country Club (Golf Club)



The Lorne Country Club (ie Golf Course) has Don's Kitchen where the meals are around traditional Asian tastes especially Malaysian. Flavours of oriental herbs and favourites like green curries and beef rending. Don's Kitchen is not a gourmet place but the food is hearty and filling and good value and the views are sensational across the sloping grounds through the trees.

20 mins from **SEA ZEN** at Holliday Road, Lorne. Phone 5289 1267.

Chris's at Beacon Point, up Skenes Creek Road.



Our absolute favourite for special occasions – not only for the food but the unique views, through trees, across hills and paddocks down onto the town of Apollo Bay and the beaches and ocean. Awesome! The food is Greek inspired as many meals are based on Chris's homeland recipes. However there is a beautiful cosmopolitan range to the food and the service is exquisite. Our favourite are the Mezze dips, pork and the Fish special on the day. A mid range price restaurant for a time that's slightly special. (5237 6411)

About 45 minutes' drive from **SEA ZEN**, towards Skenes Creek in the direction of Apollo Bay. Before Apollo Bay at Skenes Creek you turn right up Skenes Creek Road and about 10 mins later you see the sign on the right. Turn up a steepish drive and drive up the hill.

Fishermen's Co-op Fish and Chips at Apollo Bay Marina



Definitely one of our favourites, come summer or winter. Grab some fabulous fresh fish n chips and sit outside the Co-op and enjoy the view of the calm marina with the bobbing fishing boats of this working fishing village.

Drive through Apollo Bay and follow the sign to the Marina and golf Club. You can't miss it.

Crays are popular, especially at the annual Seafood festival in February.

La Bimba, Apollo Bay



One of our favourites for the view and the sea food. You are sitting upstairs, preferably next to the windows and looking out over the hills beside Apollo Bay and the deep blues of the ocean in front of you. La Bimba has always prided itself on its sea food so the paella for two is the dish of choice for us, but make sure you also ask about the fresh daily fish specials.

30 mins drive from **SEA ZEN** at 125 Great Ocean Rd, Apollo Bay. Phone 5237 7411.

Café 153, Apollo Bay



What's not to like about this cheerful place for a lovely place for breakfast, brunch or lunch? Simple fare like fresh breakfast eggs but also Moroccan chicken, Thai soups, pumpkin soup and excellent coffee and cakes.

Only 30 mins drive from **SEA ZEN** at 153 Ocean Road, Apollo Bay. Phone 5237 1123.

The Brew House, Apollo Bay



A typical pub with typical great Aussie pub food. But a big drawcard is the way the Brew House showcases beer, wine and produce from the local region. Many of the beers are local brews, like the Prickly Moses. Our favourite is the Spotted Ale, and we love the way some of the money from the sale of this one goes to the Cape Otway Ecology Centre for its Spotted Tiger Quoll conservation program.

And in behind the fabulous old red brick building is the Tastes of the Region, if you are visiting during the day don't forget to enjoy a beer or wine tasting while you're here! ...

30 mins drive from **SEA ZEN**. 29 Great Ocean Road. Phone 5237 6240

BRAE, Birregurra by Dan Hunter



Brae is Scottish for a hillside; a gentle slope. Brae, by Dan Hunter, is a modern restaurant set on 30 productive acres and in 2016 it was ranked the 65th best restaurant in the world.

A place to interact with nature and eat from the land. Menus are created with location in mind and reflect the owner and chef's connection to the land, the restaurant's pristine natural surrounds and the productive region in which it sits.

While we haven't been to Brae we have kept up with all the coverage it's been getting and have spoken to some of our SEA ZEN guests who have gone for special occasions.

Yes the prices are huge but we had one guest couple who went for a special anniversary and said it was the most amazing and wonderful food experience of their lives. Menu \$180pp / Optional matched wines + \$120pp (as at mid2016 but you may want to check.)

54 kms away, drive back towards Lorne then via Deans Marsh Road, about an hour to drive from **SEA ZEN**. Bookings are a must. 4285 Cape Otway Road, Birregurra. Ph 5236 2226

Forrest Brewing, Forrest

In the town of Forrest is a microbrewery/restaurant/mountain-biker-hangout run by the Matt and Sharon Bradshaw, a brother and sister team. The two converted the old general store into a no fuss stop. The food and beer is excellent and they are passionate about what they do. On some Sundays they have a band playing. We love the small wooden plate with the six little glasses of tasting beer. Try Silvertop and Pobblebonk!!

About an hour drive from **SEA ZEN**. Apollo Bay Road (Forrest is a small town, you won't miss it) But phone first if you want to make a special trip. Phone 5236 6170



Bespoke Harvest, Forrest. (Our favourite!)

Now this is a really lovely place, where the folks know about divine tasty and beautifully presented food at a very reasonable price. Bespoke Harvest is licensed and features a mix of seasonal produce from their own garden and surrounding farms that capture the taste and flavour of the region. Front of house staff always explain where all the ingredients are from.

About one hour drive from SEA ZEN. 16 Grant St, Forrest. But you **MUST** book, so phone them to avoid disappointment. Phone 5236 6446.



Near the 12 Apostles



Timboon Cheesery (formally the **Mouse Trap café** located in Timboon (former Timboon Farmhouse Cheese), close to Port Campbell on the Great Ocean Road. You can sample the handmade cheeses and selections by local producers and relax in a magnificent garden surround by the scenic farmland. 3 Ford and Fells Rd, Timboon, Make sure you phone 5598 3322 for opening hours so you won't be disappointed.

Many **SEA ZEN** guests have made a day of it with a trip to this place and a visit to the 12 Apostles at the same time.

They sell a range of organic French style cheeses with the most traditional techniques and recipes that third generation cheese maker and owner Matthieu Megard has brought from his home country. They only use local organic milk and are enthusiastic about making sure that the products reflect the Great Ocean Road "Terroir".

23 Ford And Fells Rd, Timboon. 140 km from **SEA ZEN**, takes about 2 and a quarter hours through Apollo Bay and onto port Campbell. Then take Timboon – Peterborough road until Ford and Fells Road.

Apostle Whey Cheeses

Watch local cheese makers work magic with curds and whey, treat your sweet-tooth to hand-crafted chocolates at GORGE Chocolates, and take home locally roasted coffee beans from Kazbah.

Apostle Whey Cheeses is 15 minutes from the 12 Apostles. 9 Gallum Rd, Cooriemungle. Phone 5598 7367.



OTWAYS HARVEST TRAIL – SEE BROCHURE

Beyond the Great Ocean Road, in the Otways hinterland lies a land of bountiful fresh food. A land with a unique combination of aspect, soils, climate and farming practices that produce distinctive and exceptional flavours in fresh products to tempt all palates.

This Otway's Harvest Trail traverses some of the most fertile land in Victoria which grows some of the state's best produce. Breakfast can be enjoyed anywhere between Apollo Bay and Lorne before turning left into the Otway's hinterland. The Deans Marsh and Pennyroyal area is renowned for its berries, olives and wineries.

Further North, Birregurra is the hub of Otway produce and the perfect lunch stop. Heading back towards the Great Ocean Road via Forrest, which has a boutique brewery and an atmospheric cafe. Continue South through towering rainforest to Apollo Bay.

Enjoy a few hours, enjoy a day tour. Bon Appetit!

Pennyroyal Raspberry Farm

Pennyroyal is a working organic berry farm and B&B. Organically grown pick your own berries in season. Devonshire teas and farm produce in the cafe. About 1 hours' drive from **SEA ZEN**. See the Harvest Trail map. Please note Pennyroyal is only open at certain times so definitely phone them beforehand. 15 Division Road, Murroon 3243 (between Birregurra & Barwon Downs) Phone 5236 3238



Gentle Annie Berry Gardens

Picturesque valley setting. Pick Your Own in season – a huge variety pesticide free berries & orchard fruit. Farm preserves, licensed cafe. Gentle Annie Berry Gardens is nestled in the picturesque Pennyroyal Valley and is a pick-your-own berry farm using organic practices, with a licensed farmhouse café and local produce shop.

About 40 minutes from **SEA ZEN**.

Open 7 days Dec-Jan 10am-5pm. /Closed Tuesdays and Wednesdays in November, February, March and April. Closed Christmas Day. Closed New Year's Day. (Season closed between end of April till beginning of November). Phone before hand if you are making a special trip.

520 Pennyroyal Valley road, Pennyroyal Valley. Phone 5236 3391

Farm Foods And Provedore Birregurra

Enter the world of the boutique butcher. Free range meats and locally sourced products. Birregurra. Birregurra, 35 minutes from **SEA ZEN**. Drive back to Lorne and then up the Dean's Marsh Road. 43 Main St, Birregurra. 5236 2611. See the Harvest Trail Brochure.



Apollo Bay Farmers Market

The Apollo Bay Farmer's Market is on the third Sunday of every month @ the youth club in Apollo Bay. Lots of local produce like local meats, fruit and vegetables, Goats of Gaia soaps, home spun wool and woollen hand knits, herbs, local potted plants etc. From 9 am to 1pm and best to go early, take a coffee from nearby Café 153 (see Café notes.)



BON APPETIT !!