

# Food.

If you love food and drink of any kind, then you'll love the artisan products for which Nelson Tasman is deservedly famous. Our rolling hills, picturesque plains, fertile soils and consistently sunny climate have established us as a place that produces top quality and award-winning fare. Moutere Valley, Golden Bay, Mapua, and Nelson City are just some of the places where you can try, buy, and send home some of our delicious artisan products. Olive oils, cheeses, rich and flavoursome wines, beers, and ciders, gourmet mushrooms, local preserves, honey, berries and fruit.

## Artisan food.

Let us start with Truffles – the black or Tartufo Nero otherwise known as the Perigord Truffle. River Road Retreat is located on a producing Truffiere. We harvest fresh truffles from late May to late August each year. Book a time to go Truffle Hunting and enjoy fresh truffle on your favourite breakfast dish of eggs. Truffle butter, freeze dried truffle slices or truffle salt can be enjoyed throughout the year.

Back down the road, 7 minutes drive from River Road Retreat, is the Junction and Connings Food Market. The Junction is a cheesemonger producing a wide range of locally made delicious cheeses. They include Thorvald and Little River brands and their award winning Devotion, sheeps feta, Camembert, Curado. Wildfire and aged Swiss cheeses. They also sell cheeses made

by local Italian cheesemakers Viavio including their delicious Award winning Ricotta, Mascarpone, Strachino, Burrata and Stracciatella . They have fresh bread, eggs , antipasto, meats, condiments and pantry items much of which is produced locally. For dairy they have their own yoghurts, sour cream, cream cheese, feta, and halloumi and Oaklands A2 milk and cream. They also sell locally produced wines and internationally sourced wines.

<https://thejunctionshop.co.nz/category/cheese-shop/>

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Connings sells their own locally produced fresh fruit and vegetables as well as produce from other local growers. So direct from the growers. They also have a wide range of fresh meat and locally made higher end grocery items.

<https://www.connings.co.nz>

And don't forget world famous peanut butter, maker with other delicious offerings and offering a place to have lunch and see where it is made.

<https://www.picspeanutbutter.com/>

**Nelson City Farmers Market** – Saturday mornings <http://www.nelsonfarmersmarket.org.nz>

**Motueka Farmers Market** – Sunday mornings <https://motuekasundaymarket.co.nz/>

## Eating out.

Make your way around the diverse selection of restaurants in the region by designing your own moveable feast extravaganza. Start your evening off at a tapas bar, before moving somewhere else for your main, choosing a different location for dessert then finishing off the evening with a nightcap at your final destination.

## Enjoy the seaside.

Dine by the ocean at one of the many restaurants located along Tasman Bay's magnificent coastline. You're spoiled for choice for an ocean view, from the restaurants that overlook the Nelson Haven to the seaside eateries on the Mapua Wharf and the cafes that overlook the golden sand beaches near the Abel Tasman National Park.

## Try Some Mussels.

A trip to Golden Bay wouldn't be complete without tasting some of the delicious mussels the area is known for. Head to The Mussel Inn, a locals favourite, to try some of their famous fresh steamed mussels or mussel chowder Onekaka style.

## Best places to eat.

A number of award-winning restaurants and cafes are dotted around the region, many of which love showcasing seasonal, regional produce on their menus. Offering everything from fine dining on the waterfront, to traditional Kiwi style comfort food in the heart of the city, to simple sharing platters served alongside outdoor entertainment, Nelson Tasman is the perfect destination for foodie lovers, all year round.

We recommendations you try:-

### Nelson City

**Hawker House and Bar** <https://www.hawkerhouse.co.nz> Asian fusion mostly very well cooked and presented. Good flavours. Inside and outside so great on a warm Nelson night. High tables and low so book your preference. Very good beer and wine list. And great cocktails. Roti is great, so order one with whatever else you choose. Best to share.

**Hopgoods** <http://www.hopgoods.co.nz> Formal dining with very good locally sourced food. Good offering of wine and Beer but could update this as a number of wine makers in this region have now equalled or surpassed the well known Neudorf brand. Quality fare and presentation which is consistently of a high standard. Décor and surroundings though pleasant are a little underwhelming.

**Boatshed Café** <https://www.boatshedcafe.co.nz> Sea food has been a speciality for some years. Location and décor is great especially if the awnings are all opened out, it is a warm calm night and you have booked a table overlooking the water and the Cut.

**Parts & Service** <https://partsandservice.co.nz> Shared food, and small portions to mix and match. Good local ingredients and good range of meat, poultry, fish and vegetarian. Mostly very well prepared and presented. Smart on the cocktails, and good wine list and beers selection.

**Arden** <https://www.arden.nz> Shared food with some very fine tastes and combinations for dishes. Chef is talented. Used to have a very good wine list but more recently has taken to offering locally made 'new age' type wines. Fancy labels but wine itself is lacking finesse and finish. So, if you are not into these sorts of wine then you need to pick your wine carefully and choose a well-known local wine - if you can find one - or something internationally sourced. Good for cocktails. Good on the décor.

**Urban Oyster Bar & Eatery** <https://www.urbaneatery.co.nz> More of a casual fun bar scene. Can be quite loud. Certainly vibrant. Tasty smart food with interesting combos. Good small portions of food to mix and match. Casual- smart.

**Le Plonc** <https://www.leplonc.co.nz> High standard of locally sourced food with some wild and foraged food thrown into the mix. French fusion fare in small portions served nouvelle cuisine style. More formal limited seating, so choose your booking time carefully. Good wine list.

**Redwood Road**- Siedfried's Vineyard and Moturoa Island

Very close by is the **Harvest Kitchen**. This is part of the Seifried Vineyard, so it is less than 5- 6 minutes drive from our Retreat. The food is good but not amazing.

They serve a Brunch, Lunch, Platters to share and good coffee and fresh baking to take away. Siefried's wide selection of wines are available to pair with the food.

A good option is to buy a coffee and something to go with it, and continue your drive to Moturoa (Rabbit) Island where you can sit on the beach and soak up the sun.

## Mapua

**The Smokehouse Mapua** <https://www.smokehouse.co.nz>

**Very good fish and chips.** They also sell fresh and smoked fish and other fish produce including muscles.

**AppleShed** <https://www.theappleshed.nz> Great setting and a 'good' menu and standard of food which has improved considerable in in the last 24 months . Of late the finesse and care with wines and presentation has improved considerably given the selection and quality of local wines available.

Worth a try.

### **Jellyfish**

A wonderful setting, very social, especially on a beautiful still evening. Great place to take in the inlet and overall ambience of the Mapua Wharf and enjoy a glass of wine or a coffee. But the dinning can be a bit hit and miss. Totally depends on who the Chef is that day. Sometimes the sea food has been very good.

[www.jellyfishmapua.co.nz](http://www.jellyfishmapua.co.nz)

**Golden Bear Brewery** <http://www.goldenbearbrewing.com/menu-1> Various beers on tap, some good some so so. Wine on offer is poor and recently they have begun offering wine on tap which has been really undrinkable.

Whoever chooses the local wine is far from discerning especially given the choice of accomplished local wine makers in our Region. Food has improved and they now offer a bit more than basic bar type food to help soak up the alcohol. Best thing going for the Golden BB is the location and if you make up a group of friends and the company is good then a beer or two, or a cider can be a fun night before you exit to eat elsewhere. They often have live music on Friday and Saturday evenings. Local bands that create a festival atmosphere on a sunny evening.

A very good option at Mapua is to buy some fish and chips and sit in the adjoining park overlooking the inlet.

### **Upper Moutere**

Alistair Forster is a talented Chef . The food is very good. Exciting new tastes and creatively presented. Clever experimentation with locally produced food and new flavours and textures. The venue itself is situated on the Moutere Hills Vineyard so the surroundings are great for lunches and summer evenings. The interior of the venue is lacking a bit for 'feel' and aesthetic . The restaurant is constrained by having to serve the Moutere Hills Vineyard's own wines, which are ok but not great, especially given that there are some very talented wine makers located throughout the Nelson /Tasman region.

Check their opening hours as during the winter they only open 1 or 2 nights per week and re otherwise open for lunches.

<https://www.forsters.co.nz/contact-us>

North Eatery (Lunch) are a small, local restaurant situated on the Heaphy Vineyard (formally Kahurangi Estate) in Upper Moutere. Located in the Cellar door, they are open for lunches. They have a limited menu and specialise in pizzas and delicious salads, sourcing many of the ingredients locally including our Truffles (June – August) and our birch boule ( March – April) . There is a small inside area and a slightly larger courtyard. They serve Heaphy and Kahurangi wines.

<https://northeatery.weebly.com/>

## Wine and Beer.

**WINE:** Nelson Tasman wineries and cellar doors have some of the most stunning natural backdrops you'll find anywhere in New Zealand, and are well worth taking your time to visit and enjoy. A day trip can easily see you touring the wine route <https://www.nelsontasman.nz/assets/PDFs/Web-Experience+the+Taste-Brochure.pdf>

From the Waimea Plains to the Moutere Hills, tase your way around the extraordinary Pinot Noir, Chardonnay, Riesling, Pinot Gris and Sauvignon Blanc varieties.

<https://www.tastenelsonwines.nz/wineries>



**Highlights** include Greenhough Vineyards <https://greenhough.co.nz>. Try their 2014 Riesling. And delightful crisp and light chardonnay. Richmond Plains <https://www.richmondplains.co.nz> Try their Blanc de Noir. Te Mania Estates <https://www.temaniawines.co.nz>. **Hot Tip:** Try their Pinot Noir and The Seifried Estate, which is the South Island's oldest winery.

**Beer:** Holding the title as Aotearoa's craft brewing capital and as the world's top cider city, our vibrant year-round event calendar pays tribute to the artisanal excellence our region is renowned for. MarchFest, Beer Week, Cider Festival and the Brightwater Wine and Food Festival are highlight events spread across the year, featuring local producers specialising in handcrafting beverages from Nelson Tasman's finest hops produced such as Sprig & Fern Brewery, McCashins Brewery and Mussel Inn in Golden. Bay.

### **Follow the craft Beer trail.**

Nelson Tasman is the only region in New Zealand to grow commercial hops, so experiencing the range of craft breweries along the Craft Beer Trail is a must-do when you're here. Take it at your own pace or join in on a guided tour of breweries and hop gardens. Have a pint at a craft beer Freehouse in Nelson City or the Moutere, visit the Hop & Beer Museum at Founders Heritage Park, take a brewery tour, indulge in a tasting platter or hire some bikes to explore some of the trail.

**Highlights include** The Workshop, Stoke, Hope Federation Brewery, Eddyline Brewery and McCahin's Tap Room. Enjoy a pint at the Moutere Inn, New Zealand's oldest pub in its original building.

<https://www.nelsontasman.nz/assets/PDFs/Nelson-Craft-Beer-Trail-Brochure-2020-21-Proof5.pdf>