



FOOD SECRETS OF
GLYNDE

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The 'Food Secrets of Glynde' publication is an initiative of the City of Norwood Payneham & St Peters.

We would like to thank the individual businesses and ambassador Salvatore Pepe for providing the recipes in this publication.

 /TheGlyndeCornerSA



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FOREWORD



My name is Salvatore Pepe, Chef and owner of Pepe Cucina Restaurant at Burnside Village. As an Italian who arrived in Australia as an adult more than a quarter of a century ago, I have been on a quest to find the flavours of my childhood here in my adopted home. The artisan producers featured in this publication are passionate about flavour and this passion is infused into their products. I am proud to be able to call many of them my friends.

As a Chef and Restaurateur, it is exciting for me to be able to source products of such quality from businesses located just minutes from my home. Visiting the production kitchens and shops and meeting with the producers is a privilege that is now not limited to those working in the food industry. These businesses are generous and active members

of their local community, keen to share the traditions and innovations they employ in creating their specialist products, be their cheeses, fresh pasta or flavoured oils.

Creating the recipes for this publication has been a fun and exciting project and reminded me of how lucky we are to live in a place where so many people from all over the world have chosen to share their food secrets in such a generous and accessible way.

It is an honour to be named Ambassador for Glynde and this publication, 'Food Secrets of Glynde' and I look forward to showcasing the products of these local producers in my kitchen for many years to come.

Salvatore Pepe

WELCOME TO GLYNDE, SOUTH AUSTRALIA



From a 19th Century landscape dominated by rich market gardens, vineyards and orchards, to a modern-day food manufacturing precinct that manufactures and exports premium quality food and wine on a global scale, Glynde is a South Australian secret worthy of discovery and celebration.

Located just 15 minutes from the Adelaide CBD and tucked away behind the intersection of Payneham and Glynburn Roads, Glynde is undoubtedly one of South Australia's best kept food secrets: a unique light industrial area which is home to many family-owned businesses that produce, manufacture and export world-class, award-winning authentic produce to a local, national and international market.

Established in the 1850s as 400 acres of land belonging to Edward Castres Gwynne, the history of the Glynde area is steeped in farming tradition and food production.

Throughout the late 1800s and early 1900s, the Glynde estate – the largest in Payneham – was renowned for its fine vineyards, orchards and gardens, yielding an abundance of fruit, vegetables, crops and grains. It was not until the

mid-1900s that the influx of European migrants, predominantly from Italy, resulted in the progressive subdivision of land parcels.

Everyday living for these new migrants was initially difficult until the establishment of shops and services to cater to their requirements. For example, after 1950, a common sight along Payneham Road was the establishment of butcher shops catering specifically to the needs of these migrants.

The creation of shops, such as the iconic Mario's Store in 1957, was a turning point for Glynde, presenting the opportunity for Italian migrants to purchase products similar to those available in their home land. Mario's Store also provided a meeting place for people of Italian descent to enjoy an espresso from the first commercial coffee machine outside of the Adelaide CBD!

"GLYNDE MAY HAVE A HARD EDGE EXTERIOR, BUT BEYOND THE RAW INDUSTRIAL FACADE IS A MYRIAD OF FOOD SECRETS WAITING TO BE FOUND."

Glynde continued to develop throughout the mid to late 1900s when, following the State Government's decision to decentralise industry, the Glynde light industrial area, framed by Payneham and Glynburn Roads, was established.

Whilst nowadays, Glynde may have a hard edge exterior, beyond the raw industrial facade is a myriad of food secrets waiting to be found and explored, along with many quality examples of the multiculturalism and diversity of South Australia's food manufacturing industry.

This cluster of light industry, set in the suburban back streets of Glynde, is bustling with family-owned, long-standing eateries, businesses and premium food manufacturers which offer quality produce ranging from

wine, cheese, gelati, coffee and confectionery, to traditional pastas, pastries and other delicacies.

Glynde is also home to some renowned and popular businesses. Iconic South Australian institution, Robern Menz, famous for its FruChocs and Medlow Fruit Gels, is located within Glynde, as are numerous other well known local businesses, such as MOO Premium Foods and La Casa Del Formaggio, whose products can be found on the shelves of supermarkets across Australia and the world.

All of this combined, is part of the unique experience and rustic appeal of Glynde and what makes it a food destination that is truly worth discovering.

The experiences and stories of Glynde are brought to life in this publication, 'Food



Secrets of Glynde'. This publication uncovers many of the secrets and hidden treasures, tastes and flavours of Glynde and will allow you to go on a self-guided journey to locate, explore, taste and buy some fabulous local and authentic produce from this unique destination.



1645 COFFEE ROASTERS



**"THE SMELL OF OUR UNIQUE BLEND OF COFFEE ROASTED ON-SITE
WILL LURE YOU DIRECTLY TO OUR DOOR."**

OUR STORY

Home to the iconic 1645 coffee brand, 1645 Coffee Roasters are a relative newcomer to Glynde. Established in 2009, this successful family-owned and operated business takes its name from the year the very first European coffee house opened in Venice, Italy, which started the spread of this 'liquid gold' product throughout the world.

With a classic Vespa displayed prominently in the shopfront and the striking red brand featured throughout the store, 1645 is a retail outlet that you cannot afford to miss.

With a 60 kilogram Brambati roasting machine in the factory at the back and a popular espresso bar out the front, the tantalising smell of 1645's unique blend of coffee will draw you in. Plungers, percolators, coffee machines and cups line the walls, which you can peruse while you wait for Pasquale, or his beautiful wife Lee, to grind you a bag of freshly roasted 1645 beans.

1645 also wholesale their coffee beans to many of Adelaide's coffee shops, restaurants, gourmet stores and local supermarkets.

1645 Coffee Roasters source only the best quality beans from ethical and traceable sources. This ensures the integrity of their products and guarantees top end, well-balanced and pure flavour.

Their drive to improve and perfect their coffee blends and single origin roasts have ensured that their consistently high-quality and distinctive products have won numerous prestigious awards.

They source, roast, pack and distribute their coffee so if you love coffee, you will adore 1645 Coffee Roasters!

OUR DETAILS

Opening Hours

Monday to Friday, 9.00am – 3.30pm
Saturday, 9.00am – 12.00noon

Business Owner

Pasquale Clemente

Contact Us

30 Sunbeam Road, Glynde
P: 8365 6005

E: pas@1645.com.au

W: www.1645coffee.com.au

 /1645coffeeroasters

Public welcome, we sell direct!





ESPRESSO (HOCOLATE MOUSSE

INGREDIENTS

4 espresso shots

200ml milk

300ml fresh cream

4 tsp cornflour

2 tbsp honey

80g good quality dark melting chocolate

Serves 4

Prep Time: 15 mins

METHOD

- Using a little of the milk, mix cornflour to a thin slurry.
- Heat coffee, cream and remaining milk to just below boiling point.
- Add honey and chocolate and stir until chocolate is melted and fully amalgamated.
- Pour in flour slurry, stirring well.
- Divide mixture into 4 serving glasses and chill until set.
- Serve with a dollop of fresh cream dusted with grated chocolate.



AMADIO WINES



"OUR EXTENSIVE RANGE ENSURES WE HAVE
A WINE TO PLEASE EVERY PALATE."

OUR STORY

A 'Cellar Door in the suburbs' with a unique atmosphere is what you encounter when you enter Amadio Wines on Payneham Road.

Built on a long history of successful and award winning winemaking, this third generation family-owned and operated business first began when Giovanni Amadio commercially registered his Dry Table Wine in 1936, after years of making wine for family and friends. In 1985, Giovanni's son, Gaetano, bravely utilised his inherited passion for winemaking, by investing time and money into planting his first vineyard in the Adelaide Hills.

Now, Danniell, Giovanni's grandson, is following in the family footsteps and has substantially expanded the Amadio brand. With dedication to producing premium quality wine in every bottle, he assures his customers that he has his 'finger on the pulse' in every aspect of production, from the vine to the bottle.

In 2015, the Amadio Wines Cellar Door expanded with the introduction of Enoteca Food and Wine. Open on weekends, this food and wine experience gives diners the opportunity to enjoy a selection of rustic home-style platters as well as taste up to 16 wines from the enomatic machines.

Amadio Wines maintains their successful reputation through the careful selection of fruit from the family's Kersbrook Vineyard in the Adelaide Hills, the Barossa, Clare Valley and McLaren Vale. The impressive list of national and international trophies and gold medals awarded to Amadio Wines, bears positive testimony to a consistent standard of exceptional quality.

Priding themselves on their Italian heritage, Amadio Wines now stands as a nationally and internationally awarded and recognised brand.

Why not indulge and enjoy Amadio's premium wine with wonderful food and friends today!

OUR DETAILS

Cellar Door Opening Hours

Wednesday to Sunday, 10.00am – 5.30pm

Enoteca Opening Hours

Saturday and Sunday, 11.00am – 4.00pm

Business Owner

Danniell Amadio

Contact Us

461 Payneham Road, Felixstow

P: 8365 5988

E: info@amadiowines.com

W: www.amadiowines.com

 /amadiowines

Public welcome, we sell direct!





SCALOPPINE AL MELOGRANO

INGREDIENTS

8 pork scaloppine from the fillet

Plain flour

2 glasses of Amadio Wines Pinot Grigio

1 pomegranate

60g butter

Italian parsley

Serves 4

Prep Time: 10 mins

Cooking Time: 5 mins

METHOD

- Dust scaloppine in flour.
- Melt butter in non-stick pan and seal pork for a couple of minutes on both sides using a gentle heat.
- Remove from the pan, add wine and increase heat. Cook until reduced by half.
- Squeeze juice from one half of the pomegranate, reserving the seeds from the other half.
- Return meat to the pan, add the juice, salt to taste, sprinkle with chopped parsley and pomegranate seeds and serve with creamed potatoes.



AR PREMIUM FOODS



"OUR LOVE FOR FOOD IS REFLECTED IN EACH AND EVERY ONE OF OUR PRODUCTS."

OUR STORY

If pasta is your passion, then AR Premium Foods' predominantly handmade tantalising treasures will tempt your tastebuds! Made with no artificial colours, flavours or preservatives and using only the freshest South Australian ingredients, their extensive range of products offers something for everyone.

Beginning life as Adelaide Ravioli 43 years ago, but transitioning six years ago to AR Premium Foods, this thriving food manufacturing business was bought in 2012 by Rocco Carbone. Rocco, assisted by his son, Adam and Head Chef, Vince Scarcella, utilise their collection of secret recipes originating from southern Italy to create original and time honoured classics, as well as new and exciting flavour combinations.

From universally loved pasta such as ravioli, gnocchi, tortellini and lasagne, to sauces,

arancini, ready-to-eat meals and yiros meats, AR Premium Foods specialise in quality, handmade and award-winning products, such as their classic beef ravioli and spinach and ricotta ravioli, which both received bronze medals at the 2014 Royal Melbourne Fine Food Awards.

Before being added to the AR Premium Foods extensive product range, new recipe ideas are trialled to perfection. Rocco and Vince's passion and expertise for producing the finest pasta has led to an outstanding reputation Australia-wide and an increasing demand for a number of their unique products, such as their gourmet duck ravioli and crab ravioli.

With the opportunity to buy over 60 different products, a visit to the AR Premium Foods at Glynde is a must for all pasta lovers.

OUR DETAILS

Opening Hours

Monday to Friday, 8.00am – 5.00pm

Saturday, 8.00am – 12.00noon

Business Owner

Rocco Carbone


Contact Us

89 Lewis Road, Glynde

P: 8336 2611

E: arpremiumfoods@yahoo.com.au

W: www.arpremiumfoods.com

 /arpremiumfoodsptyltd

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DUCK RAVIOLI WITH MASCARPONE

INGREDIENTS

150g mascarpone

100ml cream

60g butter

8 large sage leaves

500g frozen AR Premium

Foods Duck Ravioli

Grated parmigiano

Serves 4

Prep Time: 5 mins

Cooking Time: 10 mins

METHOD

- Bring a large pot of water to the boil. Add one tablespoon of rocksalt and cook ravioli until done.
- Meanwhile, melt butter in a pan and gently fry sage until crisp. Remove and set aside.
- Add cream and mascarpone and melt over gentle heat until just combined, stirring with a wooden spoon.
- Add drained ravioli and gently toss to cover in sauce.
- Serve topped with sage leaves and freshly grated parmigiano.



AVANTI PASTICCERIA



"I WAS BORN INTO THIS BUSINESS,
IT IS PART OF WHO WE ARE."

OUR STORY

Avanti Pasticceria prides itself on being one of Adelaide's oldest family-owned Italian patisseries that uses authentic family recipes passed down from generation to generation. Using only the finest quality ingredients, and time honoured artisan baking techniques, the bakers at Avanti Pasticceria skilfully hand craft delicacies for some of the finest cafes, restaurants and gourmet delicatessens in South Australia.

Not long after migrating to Australia in 1954, Maria Luigia Mercurio (fondly known as Zia Luigia) began baking authentic Italian cakes and biscuits from her home in St Peters. As demand for her traditional sweet and savoury delights grew, so did the family business.

By the 1980s, the business had outgrown its existing commercial kitchen and relocated to its current manufacturing base in Glynde.

A desire to return to what they love and do best saw the company refocus simply on crafting traditional Italian cakes, biscuits and pastries, using the recipes that Zia Luigia brought from Italy over 60 years ago.

Avanti Pasticceria now employs 15 staff who bake seven days a week, producing over 100 different products, which are still lovingly made and packaged by hand at their base in Glynde.

Whilst the company has continued to grow, it is still very much a third generation family-owned and operated business, with David, Zia Luigia's grandson, taking over the business in the late 1990s. David hopes to one day pass on the tradition, passion and the family business to his daughter.

From these humble beginnings, Avanti Pasticceria has become one of Adelaide's premier patisseries with 2014 marking its 50th anniversary.

OUR DETAILS

Opening Hours

Monday to Friday, 7.30am – 5.30pm

Saturday, 7.30am – 2.30pm

Sunday, 9.00am – 11.00am

Business Owner

Bandini Family

Contact Us

32 Barnett Avenue, Glynde

P: 8336 4866

E: info@avantipasticceria.com.au

W: www.avantipasticceria.com.au

 /avantipasticceria

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CANNOLI AL PISTACHIO

INGREDIENTS

16 Avanti cannoli shells

500g ricotta

150g caster sugar

100ml fresh cream

100g pistachio paste

2 tbsp chopped candied orange peel

100g lightly toasted pistachio nuts

2 tbsp Cointreau

Makes 16

Prep Time: 15 mins

METHOD

- Blend ricotta, sugar and cream until smooth.
- Add pistachio paste, orange peel and Cointreau and mix well. Place into a piping bag.
- Just before serving, pipe a generous amount of the cream into each end of the cannoli, dip ends into crushed pistachio nuts and serve.



BREAD GARDEN BAKERY



"TO ENJOY ALL THAT WE HAVE TO OFFER, ALL YOU NEED TO DO IS PICK UP A TRAY AND A SET OF TONGS AND GET STARTED GATHERING YOUR SELECTION."

OUR STORY

The pleasant aromas radiating from Bread Garden Bakery are impossible to miss. The smell is irresistible, it draws you in, and the freshness of their products makes them hard to resist.

Established in 2012 by owners Johnny Chun and Helena Kim, Bread Garden Bakery is a one-of-a-kind, boutique style, gourmet bakery. With fluffy, shiny buns and loaves of all shapes, colours and sizes, you will seriously want to buy one of everything!

Following years of experience as a baker and chef, Johnny saw an opportunity to bring his talents to the Glynde Corner. Recognising the needs and wants of his customers and with love and attention to detail, Johnny produces a range of irresistible breads, cakes and pastries, such as their traditional Asian Red Bean Buns,

Latte Bread and Rye Wholemeal Champagne Sourdough, a stand out favourite!

Their specialty Brioche Slider Bun, sold directly to restaurants, hotels and catering companies across Adelaide, has also given them a strong position in the wholesale market.

As soon as you enter this French inspired patisserie, the eclectic yet comfortable décor invites you to stay, making 'eating in' all the more enjoyable. With an extensive drinks menu and quality coffee, Bread Garden Bakery offers the perfect setting to relax and enjoy a bread, cake or pastry.

A melting pot of cultural influences, including French, Japanese and Korean, Bread Garden Bakery is the only place to buy your tasty freshly baked treats and amazing, made-to-order, specialty cakes.

OUR DETAILS

Opening Hours

Monday to Saturday, 8.00am – 5.00pm
Sunday, 9.00am – 3.00pm

Business Owners

Johnny Chun and Helena Kim

Contact Us

Unit 1/474 Payneham Road, Glynde
P: 8365 2340
E: breadgardenau@gmail.com

 /Bread-Garden-in-Australia

Public welcome, we sell direct!





FLASCHENGEIST



"OUR CONCEPT IS SO UNIQUE. YOU HAVE A FEW TASTINGS,
(CHOOSE YOUR BOTTLE, SELECT YOUR OWN FILL AND ENJOY!"

OUR STORY

Flaschengeist, meaning 'spirit in the glass', is a proudly 100% Australian owned and operated company celebrating over 14 years in business.

Located in Glynde since 2007, Flaschengeist has found its niche and secured a sustainable position in the Australian marketplace, as a leading independent wholesaler and producer of handcrafted artisan wines, unique cocktails, Australian organic extra virgin olive oils and a gourmet collection of vinegars - the perfect complement to any kitchen or gourmet chef.

A unique lifestyle concept, Flaschengeist's emphasis is on 'try before you buy' and every individual order is custom made. You select your fill from the range of tantalising cocktails, delicious olive oils or exceptional vinegars, then choose your bottle from the exclusive range in distinctive shapes and sizes, of superior quality glass sourced from Europe.

Always looking to be innovative, they released a soccer ball bottle in celebration of the 2014 FIFA World Cup, as well as a limited edition Football bottle for all their AFL and rugby fans.

With so many different options, there is the perfect combination for everyone.

At Flaschengeist, it is your fill, your bottle, your way!

Flaschengeist customers can visit the outlet in Glynde, shop online or arrange a party at home. And when your bottle is empty, simply go to Flaschengeist for a refill!

With partners in the USA, UK and Asia, Flaschengeist is expanding internationally, all from their Glynde warehouse! For something different, it has to be Flaschengeist.

OUR DETAILS

Opening Hours

Monday to Thursday, 8.00am – 3.00pm

Friday, 8.00am – 12.00noon

Closed Weekends and Public Holidays

Business Owner

Milton Karan


Contact Us

26 Sunbeam Road, Glynde

P: 8165 0277

E: head.office@flaschengeist.com.au

W: www.flaschengeist.com.au

 /Flaschengeist-Australia

Public welcome, we sell direct!





TRUFFLED EGGS WITH ASPARAGUS

INGREDIENTS

8 free-range eggs

12 asparagus stalks

Flaschengeist truffle oil

60g butter

Dash of cream

Shaved parmigiano

4 pieces of toasted crusty bread

Serves 4

Prep Time: 10 mins

Cooking Time: 10 mins

METHOD

- Trim asparagus, removing tough ends and wash. Blanch in boiling water for one minute. Refresh in iced water. Cut stalks in half, reserving the tops. Chop remaining stalks into half centimetre pieces.
- Break eggs into a large mixing bowl. Beat gently with a fork until yolks and whites are just combined.
- Heat butter in a non-stick pan. Add chopped asparagus and cook for one minute.
- Add egg mixture and cook over gentle heat, stirring constantly, until eggs begin to firm. Remove from heat and add cream. Stir to combine. The mixture should be the consistency of very soft whipped cream.
- Divide toast between four serving plates. Pile eggs onto toast and top with reserved asparagus tips and shaved parmesan. Drizzle with a generous amount of the truffle oil and serve immediately.



GELATO BELLO



- | | |
|--------------|--------------|
| Snickers | Sorbet |
| Strawberry | Blood Orange |
| Toblerone | Green Apple |
| Tiramisu | Lemon |
| Torrone | Lemon & Lime |
| Vanilla Bean | Mango |
| Vanilla | Mixed Berry |
| Choc Chip | Watermelon |
| Chocolate | |

"AS THE BENCHMARK FOR GELATO IN ADELAIDE, WE CANNOT BE SURPASSED FOR SMOOTH, CREAMY AND TASTY GELATO."

OUR STORY

Sicily, often considered the home of authentic Italian gelato, is where original owner Tony Albino fell in love with the quality, taste and texture of this locally made delight. Tony was so impressed that he took it upon himself to bring this authentic gelato experience back to Australia and Gelato Bello was created.

For over 18 years, Gelato Bello has been setting the benchmark in Adelaide for premium quality, authentic gelato and sorbets made in the traditional Italian way. Starting with only six flavours, Gelato Bello has, over the years, continued to develop new flavours whilst always maintaining a focus on quality.

Current owner Ross Halliday, bought the business in 2009 and continues to operate Gelato Bello as a family business from its flagship store at Glynde.

Using traditional family recipes, Gelato Bello has mastered a unique, creamy base for its gelato which, combined with fresh produce and quality ingredients, truly reflects the delicious taste of Sicily. Lovers of gelato can now experience 40 different flavours and seven authentic Italian sorbets.

In the summer of 2015, Gelato Bello released its Artisan Collection, which combines premium ingredients to create a truly sublime and unique gelato experience.

To this day, Gelato Bello remains true to its authenticity, creating a much creamier and more intense flavour than other gelato on the market.

Its reputation for producing 'real' Italian gelato, has Gelato Bello sought far and wide, with a huge following of loyal customers, as well as being the wholesale supplier to numerous local cafes and restaurants, in addition to over 60 supermarkets across South Australia.

OUR DETAILS

Daylight Saving Opening Hours

Monday to Thursday & Sunday, 12noon – 10.00pm
Friday & Saturday, 12noon – 11.00pm

Non-Daylight Saving Opening Hours

Monday to Friday, 1.00pm – 10.00pm
Saturday & Sunday, 12noon – 10.00pm

Public Holidays 3.00pm – 10.00pm

Business Owner

Ross Halliday

Contact Us

87 Glynburn Road, Glynde

P: 8336 9799

W: www.gelatobello.com.au

 /Gelato-Bello

Public welcome, we sell direct!





BLOOD ORANGE SGROPPINO

INGREDIENTS

4 large scoops of Gelato Bello

Blood Orange Gelato

400ml prosecco

4 shots of chilled vodka

Serves 4

Prep Time: 5 mins

METHOD

- Place gelato into chilled serving glasses.
- Pour over vodka shots and top up with prosecco.
- Serve immediately.

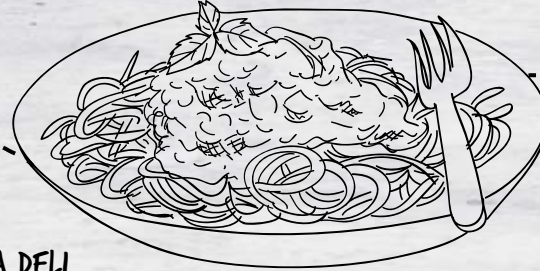
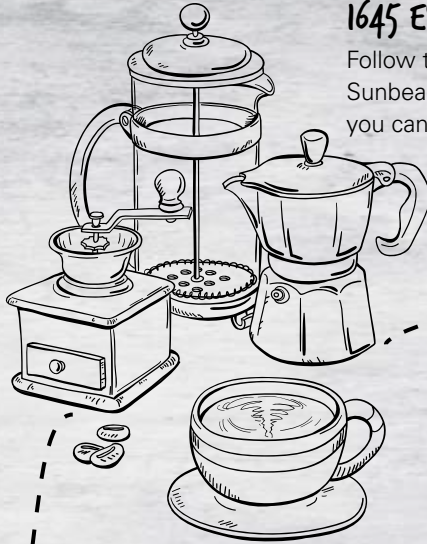


TASTE GLYNDE



1645 ESPRESSO BAR

Follow the smell of freshly roasted coffee on Sunbeam Road to 1645 Espresso Bar, where you can enjoy a coffee and relax in their café.



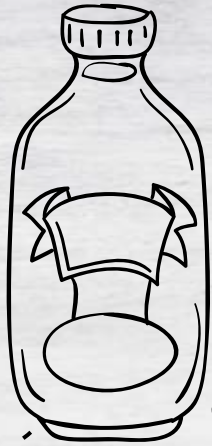
PASTA DELI

Pasta Deli on Glynburn Road offers everything from quality Italian take away pasta meals, to baguettes, salads, cheeses, coffee, gelati and fresh baked bread.

GELATO BELLO

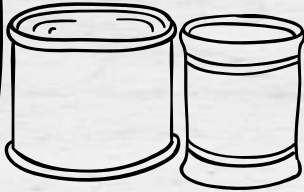
If gelato is more to your liking, Gelato Bello on Glynburn Road offers Adelaide's best gelato and sorbet.





KOMPLETE FOOD SERVICE

Visit Complete Food Service on Provident Avenue for a complete range of party supplies including smallgoods and frozen party foods.



LA CASA DEL FORMAGGIO

Visit La Casa Del Formaggio's factory outlet on Sunbeam Road to stock up on cheeses, smallgoods and other continental goods.

AVANTI PASTICCERIA

You'll find pastry heaven on Barnett Avenue at Adelaide's Premier patisserie, with fresh-baked delicacies and delights to tempt all tastebuds.

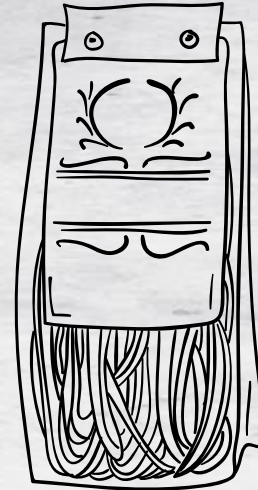
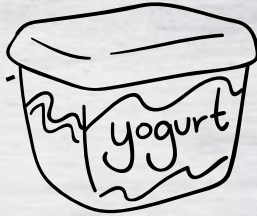


ROBERN MENZ

Robern Menz is full of confectionery favourites with something to suit every taste, so don't miss a visit to this South Australian icon on Glynburn Road.

MOO PREMIUM FOODS

Try and buy your favourite award-winning MOO Yoghurt direct from the factory in Barnett Avenue.



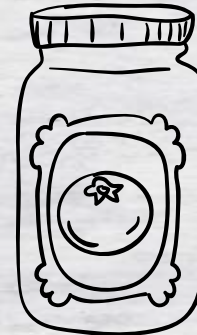
L'ABRUZZESE

L'Abruzzese offer a complete range of quality dry pastas made with all Australian ingredients all made fresh and hand-packed at their Barnett Avenue factory premises.



AMADIO WINES

Enjoy an afternoon wine tasting at Amadio Wines, one of Adelaide's first metropolitan cellar doors conveniently located on Payneham Road with over 21 wines to choose from and an impressive 'tasting station'.

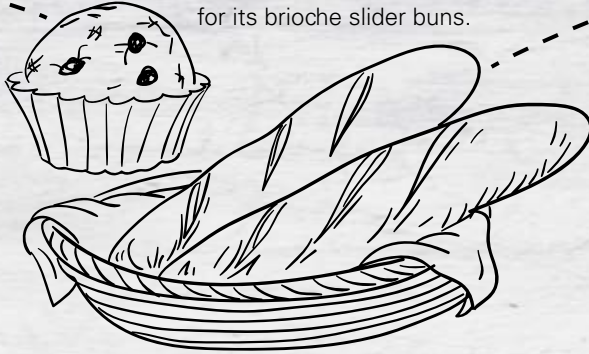


AR PREMIUM FOODS

Choose from over 60 product lines of pastas, snacks and yiros meat, all handmade on site at AR Premium Foods on Lewis Road.

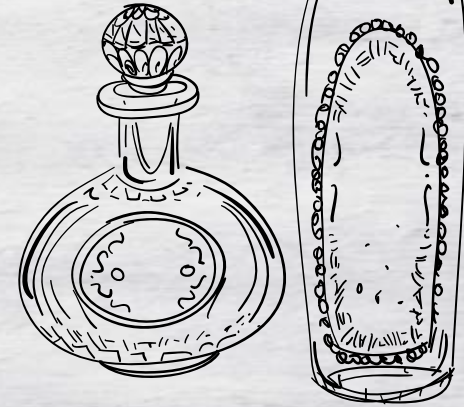
BREAD GARDEN BAKERY

Bread Garden Bakery on Payneham Road is the ideal spot for specialty baked goods and renowned locally for its brioche slider buns.



FLASCHEGEIST

Taste a unique selection of liqueur flavours, oils and vinegars at Flaschengeist on Sunbeam Road before ordering your own custom packaged bottle.



NUTS ABOUT FOOD

You'll be amazed by the vast array of nuts and snacks on offer at Nuts About Food on Glynburn Road, all available for purchase at wholesale prices.





ENJOY THIS
SELF-GUIDED TASTING
TRAIL EXPERIENCE
AND DISCOVER THE
MANY FOOD SECRETS
OF GLYNDE THAT YOU
CAN SAMPLE, ENJOY
AND BUY DIRECT FROM
THE MANUFACTURERS!





INTERNATIONAL TASTES



"THE FOOD THAT WE PRODUCE HERE IS THE SAME AS WHAT A CHEF WOULD PREPARE IN A RESTAURANT, WE JUST DO IT ON A MUCH BIGGER SCALE."

OUR STORY

International Tastes was founded 26 years ago, when seven friends joined forces to produce traditional Italian food for the food services industry. Since then, the business has evolved into the national success that it is today with customers Australia wide.

Located in Glynde, International Tastes uses over 70 tonnes of raw ingredients each week to create mouth-watering Italian style dishes such as pasta, sauces, pizza, soups and salads. Imagine assembling over 600 trays of delicious, fresh lasagne each week!

The 25 staff prepare restaurant quality food on a commercial scale, which is distributed daily. As consumer demands change, so do the flavours on the International Tastes menu. While meat ravioli and spaghetti continue to be the traditional favourites, their ever-changing range

of products ensures this business is at the forefront of food design and innovation.

International Tastes has a strong focus on using natural products to create contemporary, uncomplicated food inspired by traditional Italian recipes. They have mastered the art of large scale meal preparation, which still tastes as if it was made by Nonna in her kitchen. No one can deny that they get the balance between taste, cost and quality just right!

Dedication to research and development ensures that every new product is perfect before it secures a place on their sizeable menu, which changes seasonally and results in 20 to 30 new menu items each year.

With increasing demand for their food and plans to expand, the future is looking bellissimo for International Tastes.

OUR DETAILS

Business Owners

Frank Taddeo, Nino Pollina, Jim Rinaldi

Contact Us

25a Provident Avenue, Glynde

P: 8336 5855

F: 8365 2524

E: sales@internationaltastes.com.au

Wholesale only.





KOMLETE FOOD SERVICE



"WE HAVE THE LARGEST RANGE OF PARTY FOODS AND SUPPLIES. LET US HELP YOU TAKE THE HASSLE OUT OF YOUR PARTY PLANNING."

OUR STORY

The food industry is in the blood of Complete Food Service owner Don Leombruno, who started working at the young age of 15, running a delicatessen with his older brother. With a passion for selling smallgoods, Don saw an opportunity to set up a new business when a refrigerated truck business came up for sale in 2002. This investment led to the birth of Complete Food Service.

Since that time, Don and his wife, Teresa, have grown Complete Food Service into a comprehensive wholesale business, recently expanding to include a retail shop front at their Glynde premises.

Like many of the businesses in Glynde, Complete Food Service is a family-owned and operated company which identified Glynde as the perfect location to establish its business.

Striving to offer the widest range and highest quality at a competitive price, Complete Food Service stocks a variety of smallgoods, frozen foods, poultry, bulk and dry groceries, packaging, cleaning products, catering supplies and party wares including plates, cutlery, napkins, table cloths and a variety of finger foods that are absolutely mouth-watering.

Sourcing over 95% of their goods direct from manufacturers, Complete Food Service wholesales to a variety of organisations such as schools, delicatessens, cafes, caterers, nursing homes and hospitals.

Complete Food Service is your one-stop-shop for everything you could ever need to plan a party. No order is too small, large, or difficult, and they will even deliver direct to your door. A party would not be 'Complete' without them!

OUR DETAILS

Opening Hours

Monday to Friday, 9.00am – 4.00pm

Business Owner

Don and Teresa Leombruno

Contact Us

24 Provident Avenue, Glynde

P: 8337 2636

E: don@kompletefoods.com.au

W: www.kompletefoods.com.au

 /Komplete-Food-Services

Public welcome, we sell direct!





L'ABRUZZESE



"THE DIFFERENCE BETWEEN OUR PASTA AND OTHER BRANDS IS ITS HOMESTYLE LOOK AND TASTE, MANUFACTURED USING TRADITIONAL METHODS."

OUR STORY

Continuing a tradition from one family to another, L'Abruzzese was passed on to new owners Pooi Keun and Fabio from original creators and directors' Carmelo Baldino and Isidoro Lustrì in late 2015. The pasta recipes created and techniques used by the original creators continue to be treasured today.

Using traditional manufacturing methods and sourcing only the finest all-Australian ingredients, L'Abruzzese craft an artisan, home-style pasta that is award winning and truly incomparable to other pastas today.

Established in 1980, this successful family-owned business takes its name from the Italian region, Abruzzo, where it is said they make the finest pasta in Italy.

Pooi Keun and Fabio now carry on that passion which is not just about pasta, but particularly the way it is made.

Traditional and time-honoured methods (including a machine that is 110 years old), help to retain the natural flavours, finish and taste and a slow-drying process results in a myriad of pasta shapes that hold exceptionally well in the cooking process. Pasta made the old fashioned way has a distinctive rough finish, which holds more sauce, leaving an unmistakable and delicious taste.

Specialising in an extensive range of tasty egg and gourmet flavoured pasta, as well as delicious certified organic pasta, gluten free, and a popular spelt range that is low in gluten, L'Abruzzese provides the freshest homemade taste, without the hassles.

With over 150 different products available, drop into their Glynde showroom to see the complete range and pick up a packet of their pasta today. With pasta just like Nonna makes, why would you make your own pasta anymore?

OUR DETAILS

Opening Hours

Monday to Friday, 7.00am – 4.30pm

Business Owner

Fabio & Pooi Keun Liew


Contact Us

30 Barnett Avenue, Glynde

P: 8336 3006

E: info@labruzzese.com.au

W: www.labruzzese.com.au

 /labruzzesepasta

 @labruzzesepasta

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SPAGHETTI ALLA CHITARRA (CON FIORI DI ZUCCA)

INGREDIENTS

375g L'Abruzzese Spaghetti Alla Chitarra

2 shallots

Olive oil

300ml cream

8 zucchini flowers

Pinch of saffron

Salt

Serves 4

Prep Time: 15 mins

Cooking Time: 10 mins

METHOD

- Finely slice shallots. Place in a frying pan with a little olive oil and fry gently until golden.
- Add cleaned and chopped zucchini flowers and cook for one minute.
- Add saffron, cream and salt to taste and cook for a further minute.
- Meanwhile, cook pasta in plenty of boiling salted water until al dente. Drain. Add to the frying pan, toss to combine. Serve immediately.



LA CASA DEL FORMAGGIO



"WE ARE PASSIONATE ABOUT SHARING OUR AUTHENTIC ITALIAN FAMILY CHEESE TRADITION WITH AUSTRALIA."

OUR STORY

From a dairy farm in southern Italy, to a continental shop in Hectorville, culminating with a purpose built, first class facility in Glynde, La Casa Del Formaggio embodies a tradition of Italy in a product that is made in Australia. Welcome to 'the house of cheese'.

Longing for the food he grew up with and wanting to pass on the tradition of cheese making, Gerardo Cicchiello, having migrated from Italy in 1964, opened a continental shop in 1984, primarily selling homemade and imported products.

His wife, Rosa, began making traditional Ricotta in her kitchen to sell in the store. The customer response was so overwhelming, they decided to focus solely on cheese making and in 1988, La Casa Del Formaggio was born.

Since then, La Casa Del Formaggio has grown significantly, manufacturing and wholesaling a range of premium quality Italian style cheeses. This includes the nation's market leading Bocconcini, which they have crafted for decades. Their range is sold to the national retail market, food service market, gourmet delicatessens and industrial manufacturers.

28 years later, this family-owned and operated business continues to use traditional techniques in the production of its cheeses, under the guidance of two of Gerardo and Rosa's children, Claude and Marisa.

At the factory outlet in Glynde, customers can sample the extensive range of products, talk cheese with the cheese makers, or Founder, Gerardo, and buy a range of locally made and imported cheeses at great prices, some of which are not available anywhere else.

OUR DETAILS

Opening Hours




Monday to Friday, 8.30am – 5.30pm
Saturday, 8.30am – 1.00pm

Business Owner

Cicchiello Family

Contact Us

35 Sunbeam Road, Glynde
P: 8336 2020
E: sales@lacasa.com.au
W: www.lacasa.com.au

 @lacasaformaggio
 /lacasadelformaggio
 @lacasadelformaggio

Public welcome, we sell direct!





BOCCONCINI STUFFED POLPETTE

INGREDIENTS

500g minced beef
8 tbsp dry breadcrumbs
2 eggs
½ cup of chopped Italian parsley
1 cup grated parmesan
1 tub of baby bocconcini
1 clove of garlic, finely chopped
Salt and pepper

Napoletana Sauce

2 cloves garlic
4 basil leaves
1 bottle of passata
Salt

Makes 15-20

Prep Time: 20 mins

Cooking Time: 15 mins

METHOD

- Combine all ingredients except bocconcini in a large bowl and mix well using your hands. Add salt and pepper to taste.
- Take a tablespoon of the mixture and hold in the palm of your hand, press with thumb to make a 'nest'. Place one bocconcini inside and enclose with mince mixture. Repeat until all mix is used.
- Heat olive oil in a shallow pan and gently fry meatballs a few at a time until golden brown. Keep warm.

Napoletana Sauce

- Fry whole garlic cloves in a little olive oil. Remove when browned.
- Add passata and one cup of water and simmer for about 15 minutes.
- Add basil leaves and salt to taste.
- To serve, spoon Napoletana sauce onto serving plates, place meatballs on top and serve with crusty bread or pasta.



MOO PREMIUM FOODS



"WE BELIEVE THAT HIGH QUALITY YOGHURTS AND DESSERTS SHOULD BE READILY AVAILABLE TO ALL LOVERS OF FINE FOODS."

OUR STORY

Inspired by a trip to France, where they discovered little glass jars of the finest French yoghurt, Mick Sanders, a chef and food buyer, and his wife, Sally, who has a background in art and design, were driven to create high-quality yoghurts and desserts at home in Australia.

Originally established in 2005 as individual retail shops before moving into the wholesale market, MOO Premium Foods finally settled in Glynde and is now a leading Australian manufacturer of premium yoghurts and ready-to-eat desserts that are distributed Australia wide.

Mick and Sally are enthusiastic about creating food they are proud of and remain committed to using the finest natural ingredients to ensure that all MOO products taste as good as they look!

MOO Premium Foods source their ingredients locally wherever possible and is a great example of a successful and truly South Australian family-owned and operated company.

MOO Premium Foods are always looking to create innovative new products customers will enjoy. This passion for quality is evident in products such as their new Rice Pudding range, featuring Caramelised Fig and Apple & Chia flavours, for a premium, healthy snack alternative.

MOO Premium Foods products are available in a range of national supermarkets, independent retailers, discerning greengrocers, cafes and hotels.

OUR DETAILS

Opening Hours

Monday to Friday, 9.00am – 5.00pm

Business Owner

Mick and Sally Sanders

Contact Us

50 Barnett Avenue, Glynde


P: 8365 1777

F: 8365 1887

E: info@moopremiumfoods.com.au

W: www.moopremiumfoods.com.au

 @moopremiumfoods

 /moopremiumfoods

 @moopremiumfoods

Public welcome, we sell wholesale direct!





BIRCHER MUESLI WITH YOGHURT & BERRIES

INGREDIENTS

2 cups of good quality raw muesli mix

2 cups of Moo Vanilla Yoghurt

2 cups of mixed berries (strawberries, blueberries, raspberries etc)

Serves 4

Prep Time: 5 mins

METHOD

- Divide half the muesli into 4 serving glasses, add half the yoghurt evenly between glasses.
- Add another layer of muesli and finish with yoghurt.
- Top with mixed berries, slicing strawberries if large.
Serve immediately or cover and store in the fridge until required.



NUTS ABOUT FOOD



"OUR MANY YEARS' EXPERIENCE IN THE INDUSTRY ALLOWS US TO SOURCE THE HIGHEST QUALITY PRODUCE AND SUPPLY TO OUR CUSTOMERS AT WHOLESALE PRICES."

OUR STORY

Flavour, variety and value for money, combined with a passion for the wholesale food industry, are at the core of Nuts About Food's offering of premium quality products.

Do not let the name fool you, Nuts About Food knows about more than just nuts! Their unassuming shopfront opens into an expansive warehouse and factory, where they also stock a wide range of dried fruits, seeds, confectionery, baking goods, cereals, organic and gluten free products and a selection of gifts. Their nuts are roasted, mixed, flavoured and packaged on site each week to ensure they are always fresh.

Nuts About Food chose Glynde as the ideal location to establish four years ago, because of the areas' prospering food industry. Today, they are still very much a family-owned and

operated affair. Adam Vella and his wife, Brooke, run the business together with their extended family, offering a friendly and knowledgeable experience to their valued customers.

Nuts About Food has continued to expand, flourishing as a retail business, as well as branching into other areas such as supplying to commercial outlets and home caterers. Quadrupling in size over the last few years through word of mouth alone, they are clearly becoming a very well known 'secret' of South Australia.

Rich in energy and packed with antioxidants, crunchy yet buttery and wonderfully delicious, nuts have it all and so does Nuts About Food!

If you are crazy about Nuts, then you will be 'Nuts About Food'!

OUR DETAILS

Opening Hours

Monday to Friday, 9.00am – 5.00pm
Saturday, 9.00am – 3.00pm

Business Owners

David & Andrea Rogerson
Adam & Brooke Vella

Contact Us

47 Glynburn Road, Glynde
P: 8336 5535
M: 0433 500 521
E adam@nutsaboutfood.com.au
W: www.nutsaboutfood.com.au

 /nutsaboutfood

Public welcome, we sell direct!

Nuts About Food



ZUCCHINI QUINOA FRITTELLE

INGREDIENTS

2 - 3 medium zucchini

60g quinoa

4 tbsp self raising flour

100ml sparkling water

Salt

2 basil leaves

1 tbsp grated parmigiano

200ml olive oil

Serves 4

Prep Time: 20 mins

Cooking Time: 10 mins

METHOD

- Cook quinoa in boiling water for 15 minutes. Drain well.
- Coarsely grate zucchini into a large bowl. Add all other ingredients and stir well. The mixture should be the consistency of thick pouring cream. Add more water if necessary.
- Heat olive oil in a small frying pan to 170°C (just before smoking point). Drop spoonfuls of the mixture into the oil and fry until golden, turning half way.
- Drain on kitchen paper, arrange on serving plate and sprinkle generously with sea salt. Serve hot.



PASTA DELI



"OUR VISION IS FOR QUALITY FOOD AT AN AFFORDABLE PRICE.
IT IS FOOD THAT I CAN FEED TO MY FAMILY."

OUR STORY

Pasta Deli is one of the newest additions to Glynde, although it is not a newcomer to the food industry. Established in the mid 1980s by the Taddeo family, Pasta Deli was created to produce delicious Italian food that is an extension of the home kitchen.

Built on a vision of quality and tradition, Pasta Deli focuses on creating simple, fresh food, in an environment where customers are made to feel like they are visiting a friend.

With everything from pasta, sauces, pot roasts, salads, breads, desserts and coffee on offer, Pasta Deli is very much an Italian food superstore that you will want to come back to again and again!

Pasta Deli made Glynde its home when the owners fell in love with the heritage listed former Glynde Fire Station. No expense was spared to magnificently adapt this building to what is now a state-of-the-art food manufacturing base. Glynde's diverse range of gourmet food shops and Pasta Deli's local and loyal customers has made it the perfect place to expand.

Very much an expression of the types of modern eateries you find in Italy, Pasta Deli customers can enjoy lunch, dinner, or a cup of coffee, while watching staff hand crafting over 200 gourmet products using only the finest ingredients. Customers can also enjoy high-quality takeaway meals, making eating healthy food at home a breeze! You will always find a reason to visit Pasta Deli.

OUR DETAILS

Opening hours

Monday to Friday, 8.30am – 6.00pm

Saturday, 9.00am – 5.00pm

Sunday, 10.00am – 4.00pm

Business Owner

The Taddeo Family

Contact Us

31 Glynburn Road, Glynde

P: 8365 0539

E: pasta.deli@bigpond.com.au

W: www.pastadeli.net

 /pastadeli australia

Public welcome, we sell direct!

PastaDeli



ROBERN MENZ



"WE ARE PROUD OF OUR CONFECTIONERY AND FRUIT BASED PRODUCTS WHICH ARE LOVED THE WORLD OVER AND WE ARE EXCITED TO BE EXPORTING TO 15 COUNTRIES AROUND THE GLOBE!"

OUR STORY

Hidden inside the walls of an old pie factory, lies a chocolate-lovers wonderland, where you can delve through delectable delights of all descriptions. Those with a sweet-tooth will think they have died and gone to chocolate heaven! But there is so much more to this family-owned and operated company than just chocolate.

With a history that spans over 150 years and four generations, Robern Menz has extensive experience in dried and glacé fruit, fruit processing and confectionery. They work tirelessly to ensure that they source the finest, high quality ingredients from Australia and around the world and their love for confectionery is an art form.

The Menz Crown Mint, first made in 1892, is still one of their most popular products.

Amazingly, the machinery that was first installed to deliver this irresistibly fresh peppermint is still in working order today! They are the largest manufacturer of Choc Honeycomb in Australia, which is fast becoming a household favourite, and Menz FruChocs, an icon of South Australia, are loved by people of all ages - just try stopping at one!

Robern Menz products are the envy of confectionery makers the world over and their broad range continues to expand with innovative and delicious products at affordable prices.

Designed to be shared amongst family and friends, their products will put a smile on your face! With a large retail outlet and factory in Glynde, why not drop in and pick up some of your favourite sweet treats from The FruChocs Shop today!

OUR DETAILS

Opening Hours

Monday to Saturday, 9.00am – 5.00pm

Business Owner

Sims Family

Contact Us

71 Glynburn Road, Glynde

P: 8368 7733

E: shop@robernmenz.com.au

W: www.robernmenz.com.au

 @menzfruchocs

 /menzfruchocs

Public welcome, we sell direct!





FRUCHOCS CHEESECAKE

INGREDIENTS

250g pack of sweet biscuits (e.g Choc Ripple)

155g butter melted

2 tsp gelatine

¼ cup water

200g milk chocolate chopped

500g cream cheese at room temp

½ cup caster sugar

300ml thickened cream

150g Menz FruChocs, roughly chopped

Serves 6-8

Prep Time: 20 Minutes

Cooking Time: Refrigerate Overnight

METHOD

- Grease a 24cm round spring form pan and line base with baking paper.
- Process biscuits until crushed. Add butter and process until combined.
- Press mixture over base and up sides of prepared pan. Refrigerate while preparing filling. (Can also be done as a crust on the bottom and not up the sides).
- Sprinkle gelatine over water in a small heatproof jug. Stand jug in a pan of simmering water. Stir until dissolved, remove and cool.
- Place chocolate in heatproof bowl. Stir bowl over pan of simmering water. Stir until melted. Alternatively, you can melt in the microwave in 30 second bursts, stirring in between. Remove and cool for 10 minutes.
- Beat cream cheese and sugar in a small bowl with an electric mixer until smooth.
- With mixer on low speed, beat in cream, then chocolate and gelatine mixture until smooth. Fold in 3/4 of the crushed Menz FruChoc pieces.
- Pour filling over biscuit base. Cover and refrigerate overnight until set.
- To serve, remove the side of pan and transfer cheesecake to a serving plate. Garnish the top with the remaining Menz FruChoc pieces.



GLYNDE BUSINESS DIRECTORY



AR ADELAIDE RAVIOLI PTY. LTD. AR
MANUFACTURERS OF

RAVIOLI

TORTELLINI

LASAGNA

GNOCCHI

SOLD HERE



FOOD MANUFACTURERS (SELL DIRECT TO PUBLIC)

- 1 1645 Coffee Roasters**
30 Sunbeam Road, Glynde
P: 8365 6005
www.1645coffee.com.au
See Business Profile on Page 6
- 2 Amadio Wines**
461 Payneham Road, Felixstow
P: 8365 5988
www.amadiowines.com
See Business Profile on Page 10
- 3 AR Premium Foods**
89 Lewis Road, Glynde
P: 8336 2611
www.arpremiumfoods.com
See Business Profile on Page 14
- 4 Avanti Pasticceria**
32 Barnett Avenue, Glynde
P: 8336 4866
www.avantipasticceria.com.au
See Business Profile on Page 18
- 5 Bread Garden Bakery**
1/474 Payneham Road, Glynde
P: 8365 2340
See Business Profile on Page 22
- 6 Flaschengeist**
26 Sunbeam Road, Glynde
P: 8165 0277
www.flaschengeist.com.au
See Business Profile on Page 24
- 7 Gelato Bello**
87 Glynburn Road, Glynde
P: 8336 9799
www.gelatobello.com.au
See Business Profile on Page 28
- 8 Grandma's Banat Romainian Egg Noodles**
30 Barnett Avenue, Glynde
P: 0415 172 009
www.romainiantradition.com.au
- 9 Komplete Food Service**
24 Provident Avenue, Glynde
P: 8337 2636
www.kompletefoods.com.au
See Business Profile on Page 40
- 10 L'Abruzzese**
30 Barnett Avenue, Glynde
P: 8336 3006
www.labruzzese.com.au
See Business Profile on Page 42
- 11 La Casa Del Formaggio**
35 Sunbeam Road, Glynde
P: 8336 2020
www.lacasa.com.au
See Business Profile on Page 46
- 12 MOO Premium Foods**
50 Barnett Avenue, Glynde
P: 8365 1777
www.moopremiumfoods.com.au
See Business Profile on Page 50
- 13 Nuts About Food**
47 Glynburn Road, Glynde
P: 8336 5535
www.nutsaboutfood.com.au
See Business Profile on Page 54
- 14 Pasta Deli**
31 Glynburn Road, Glynde
P: 8364 3201
See Business Profile on Page 58
- 15 Robern Menz**
71 Glynburn Road, Glynde
P: 8368 7733
www.roberrnmenz.com.au
See Business Profile on Page 60

FOOD MANUFACTURERS (WHOLESALE ONLY)

- 16 Ciabatta Bakery**
34B Sunbeam Road, Glynde
P: 8365 8183
- 17 Forest Poultry**
22-24B Provident Avenue, Glynde
P: 8337 0630
- 18 International Tastes**
25a Provident Avenue, Glynde
P: 8336 5855
See Business Profile on Page 38
- 19 Patisserie Royale**
64 Barnes Road, Glynde
P: 8336 1502
www.patisserieroyale.com.au

EATERIES

5 Bread Garden Bakery
1/474 Payneham Road, Glynde
P: 8365 2340
See Business Profile on Page 22

20 Café Brunelli
489–493 Payneham Road, Felixstow
P: 8336 7577
www.cafebrunelli.com.au

2 Enoteca Food & Wine Bar
461 Payneham Road, Felixstow
P: 8365 5988
www.amadiowines.com

21 Ferrari's Pizza Bar
456 Payneham Road, Glynde
P: 8337 6809
www.ferraris pizzabar.com.au

22 Fine Noodles
475 Payneham Road, Felixstow
P: 8165 2233

7 Gelato Bello
87 Glynburn Road, Glynde
P: 8336 9799
www.gelatobello.com.au

See Business Profile on Page 28

23 Glynde Hotel
492 Payneham Road, Glynde
P: 8337 3066
www.glyndehotel.com.au

24 Glynde Mini Mart
132 Marian Road, Glynde
P: 8337 2340

25 Jas Bakehouse
3/471 Payneham Road, Felixstow
P: 8365 7589

26 McDonalds
465-467 Payneham Road, Felixstow
P: 8336 4383

27 Miga Korean Restaurant
3/474 Payneham Road, Glynde
P: 8365 3612

14 Pasta Deli
31 Glynburn Road, Glynde
P: 8364 3201
See Business Profile on Page 58

28 Provident Snack Bar
16 Provident Avenue, Glynde
P: 8365 0002

29 Sushi Gallery
7/475 Payneham Road, Felixstow
P: 8337 3929

30 The Italian Place
Shop 1/471 Payneham Road, Felixstow
P: 8365 3906

31 Mt Everest Cafe` & Restaurant
418 Payneham Road, Glynde
P: 8165 0612

32 Vesuvio Pizza Bar
503 Lower North East Road, Felixstow
P: 8337 2317

33 Yang-Tse River Chinese Restaurant & Take Away
477C Payneham Road, Felixstow
P: 8337 6667
www.yangtseriverchinese.com.au

GROCCERS

34 Choi's Butcher
8/418 Payneham Road, Glynde
P: 8365 5013
www.choisbutcher.com

35 Hi Mart
6/29 Glynburn Road, Glynde
P: 8337 8987

36 Lian Hua Asian Grocer
462 Payneham Road, Glynde
P: 7226 1116

37 Lucky Korean Mart
482A Payneham Road, Glynde
P: 8337 0772

38 Nepali Grocery Store
7/418 Payneham Road, Glynde
P: 8336 4067

