



MEDIA RELEASE

UNDER EMBARGO until Thursday 28 July, 2022 7.00am (AEST)

This news release is strictly confidential until the embargo is released.

Media Doorstop: Where: 2/185 Riding Road, Balmoral QLD 4171

Date: Thursday 28 July 2022

Time: 8:00am

Little Hideout Café wins Australia's Best Avo Toast Competition!

Avocados Australia has found Australia's Best Avo Toast dish!

The Australia's Best Avo Toast competition commenced in June and today Avocados Australia is pleased to announce the winner just in time to celebrate National Avocado Day that happens on Sunday 31 July.

Little Hideout Café, based in Balmoral in Brisbane (2/185 Riding Road), is the winner of the Australia's Best Avo Toast Competition with their stunning avocado dish. This winning dish was selected from 10 finalists.

Manish Shrestha, the owner and chef at Little Hideout, created the winning dish that is called "Seasonal Avocado".

Today at 8am John Tyas, CEO of Avocados Australia, will present Manish Shrestha with the Australia's Best Avo Toast Award at an informal ceremony held at the Little Hideout Café in Balmoral. The trophy features a golden avocado.

The winning dish features a generous amount of sliced fresh avocado on top of a slice of "Wild Grains" sourdough and served with roast tomato aioli. Piped balls of whipped fetta are dotted around the bread and are topped with thin slices of radish. A flamboyant smear of deliciously creamy beetroot hummus surrounds the sourdough slice and then the whole dish is topped with sprinkles of homemade Dukka. The dish is priced at \$16.90.

Little Hideout wins a PR package valued at \$2000 to promote the café and grow their business.

Manish from Little Hideout is excited about their win and proud that their dish has attracted attention.

"I carefully made this dish to ensure that all the flavours heroed Fresh Australian avocado," said Manish Shrestha.

"It is wonderful that Little Hideout's dish stood out from all the entries and was selected the winner."

The high calibre of all the dishes that were entered made judging particularly difficult. However, in the end, the choice came down to the quality of the avocado and how well avocado was heroed in the dish.

Australia's Best Avo Toast Competition judge and Avocados Australia's CEO, John Tyas, was impressed with the entries and was particularly proud to see Australian avocados showcased in so many ways.

"It is wonderful to see how the Australian food service industry champions fresh Australian avocados on a plate," said John Tyas.



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“We could tell from paddock-to-plate that Little Hideout’s dish is a standout dish using the freshest and best quality avocados.”

Big Michael’s, the providore/wholesaler who supplies Little Hideout with their fresh Australian avocados, was thrilled to hear that Little Hideout Café had won the “Australia’s Best Avo Toast” Competition.

“It is wonderful to know that the fresh Australian avocados that we supply to Little Hideout have won an award,” said Peter Marinos from Big Michael’s.

Simpson Farms is one of the avocado growers who supplies fresh avocados to Big Michael’s.

“A lot of care goes into growing our quality avocados so it is great to know that the avocados Big Michael’s is supplying to Little Hideout are attracting such positive attention,” said Brent Chambers from Simpson Farms.

The ten finalists of the competition are: Little Hideout Cafe – Balmoral - QLD, Barbetta Cucina – Paddington – NSW, Guyala Cafe – Cairns – QLD, Faraday’s Cage – Fitzroy – VIC, nodo – Newstead – QLD, The Banksia Tree – Port Adelaide – SA, Anouk Cafe – Paddington – QLD, Cinnamon and Co – West End – QLD, Bolton Street Pantry – Newcastle – NSW, Kin and Co Cafe – Teneriffe – QLD.

“Avocados Australia would like to thank everyone that entered the competition and helped make the competition’s inaugural year such a success,” said John Tyas, CEO of Avocados Australia.

National Avocado Day is this Sunday so Avocados Australia would like to encourage Aussies to get out and celebrate in Australian cafes this weekend!

ENDS

For more information and images visit this webpage: <https://avocado.org.au/public-articles/australias-best-avo-toast-media/>

For more information contact: Anna Petrou, Communications Manager, Avocados Australia Limited on (07) 3846 6566 or 0488 384 222 or co@avocado.org.au.

About Avocados Australia – www.avocado.org.au

Avocados Australia (AAL) is the representative industry body for the Australian avocado industry. We provide a range of services to our members and the broader industry to foster growth and development. Avocados Australia is a not-for-profit member-based organisation and our members include avocado growers, associated businesses and industry people. Avocados Australia’s purpose is to support Australian growers to become world leading sustainable producers. Our vision is to see a globally competitive and trusted Australian Avocado Industry.