



FREE LOCAL GUIDE

ALL THE GOOD STUFF

Issue #1 Winter 2015 | Clarence Valley Guide to...

ALL THE FOODIE STUFF

1 2Be Nourished

Our nutrition bar is stocked with Slow-pressed juices ~ Freshly made smoothies ~ Organic cold-brew coffee, combined with our house-crafted Almond or Coconut mylk ~ Healthy lunch options and delicious treats. Our amazing products are all gluten free, dairy free and made with love in our health hub.

www.facebook.com/2benourished

2 Toast Espresso

Toast Espresso ("Toast" as the locals call it) is a happy bustling café with both Quick Food To Go & Dine In. Grab a table and get comfy in the retro decor or under the umbrellas and blend in with the locals.

www.toastespresso.com.au

3 Heart & Soul Wholefood Café

A Luxe Winter's Eve at Heart & Soul. Tapas bar. Each Friday night. 5.30pm till 10.00pm Phone 6642 2166 for details.

www.cafeheartandsoul.com.au

4 Austin & Co

Austin & Co Waterside Dining is located on the banks of the beautiful Clarence River. The menu is changed regularly based on produce that is fresh, local and in season. Functions and Special Events can also be organised and catered for both on and off-site.

www.austinandco.com.au

5 Naked & Famous Pizza Bar & Bites

Naked & Famous boasts the Clarence Valley's only wood fire pizza oven, with authentic doughs, sauces & toppings using local produce. South Grafton's hidden gem consistently serves up heavenly food in a fully licensed venue with live music Wednesdays and Fridays.

www.facebook.com/Naked-Famous-Pizza-Bar-Bites

ALL THE DESIRABLE STUFF

6 Blossum & Co

Our store, located in the beautiful town of Grafton, is a retail space established in 2009 which has become a favourite shopping destination among locals and a must visit for visitors to town. Blossum & Co has a gorgeous range of clothing, gifts and homewares with a focus on Australian designed and made products.

facebook.com/blossumandco

7 Sissy's Antiques & Collectables

Sissy's Antiques & Collectables have a plethora of goodies to excite the collector, decorator or DIY'er. Filled with eclectic, vintage and antique pieces you will be sure to find something to entice and tempt your heartstrings or find that special unique gift.

www.sissyscollectables.com.au

8 Miss Siss Clothing

Miss Siss Clothing has affordable fashion for any season or occasion. In store you will find the latest in women's fashion made up of timeless pieces and modern accessories. You can be sure to find something to suit your style and shape.

facebook.com/Miss-Siss

9 Twisted Scissors

Twisted Scissors caters for all your hair needs with six artistic talented stylists, all with their own flare. The salon is set in one of Grafton's famous heritage buildings, giving it an eclectic atmosphere. Great hair is not reserved for the chosen few..... It's for those who choose great hairdressers.

www.twistedscissorshair.com.au

10 Flowers By Bonnie

While visiting Flowers by Bonnie you will be welcomed by the unique floral styling of natural, earthy and slightly whimsical flower selections, using fresh locally sourced flowers as well as interstate. Also available are a selection of hanging succulents and beautiful macrame to decorate your home, locally handmade crochet bags and baskets, soy candles and jewellery from Gorgeous by Carly.

www.flowersbybonnie.com.au



11 Pure Perfection Day Spa/Allure Derma

Pure Perfection Day Spa & Allure Derma Cosmetic Skin Clinic provide a unique private and relaxed atmosphere in the heart of Grafton. We offer a comprehensive range of beauty & spa treatments, special occasion make-up, cosmetic injectables, cosmetic tattooing, IPL treatments, skin care advice, medical anti-ageing treatments, PRP, skin needling, bridal & spa packages. Our highly experienced and qualified therapists are here to assist you in looking and feeling your best, so spoil yourself and let us treat you to some well deserved pampering today.

facebook.com/Pure-Perfection-Day-Spa



12 More 4 Men

More 4 Men is a quality menswear store. Our store has everything to fit you out from head to toe, casual wear to formal wear.

Brands: Crocs, Mavi, Breakaway, Scotch + Soda.

facebook.com/more4men



13 Nice Rack

Nice Rack is part of the emerging cultural scene which has become synonymous with "the other side" of the Clarence River. Started as a practical solution to recycling unwanted quality clothing, Nice Rack has grown into a vibrant hive of exciting and unique finds, including creative new local designs.

facebook.com/NiceRackGrafton



14 Wicked Dame

Women's clothing, specialising in vintage designs and impeccable finish.

One off creations based on 1940 - 1950's designs. Incorporating hats and bespoke designs in millinery for weddings, special occasions and races. Sizes range from XS to 4XL.

www.wickeddame.com

SPRING EDITION OF ALL THE GOOD STUFF WILL BE AVAILABLE EARLY SEPTEMBER



ALL THE CULTURAL STUFF



16 Grafton Regional Gallery

Five exhibitions are showing at the Grafton Regional Gallery through the current winter edition of ATGS. The exhibitions celebrate the artistic and cultural life of the Clarence Valley and Northern Rivers, including Bunarn Bologaman Wahl Bundjalung, which means brothers coming together of the Bundjalung Nation, presenting work by 12 Bundjalung male artists.

www.graftongallery.nsw.gov.au



17 The Pelican Playhouse

The Pelican Playhouse show list for the remaining winter season is 'The Vaudeville Revival Show' in July and 'The Odd Couple' in August. The theatre is a Multi-Arts Venue for Hire: music, visual arts, touring shows, films, weddings, meetings, functions and classes.

www.thepelicanplayhouse.com

ALL THE ABODE STUFF



18 The Loft

The Loft is a spacious 5 bedroom apartment, fully furnished and equipped with modern appliances. Located in the CBD it is a slow stroll to dining and event venues and brings a little inner city chic to the heart of Grafton.

0437 038 055



19 The Grey House

Furnished with mid-century and contemporary pieces complemented by original artworks. The Grey House's fine linen, hotel robes and eco products provide a touch of luxury. The 130-year-old worker's cottage is located in a quiet tree-lined heritage precinct, a short stroll from the city's heart.

www.thegreyhouse.com.au



We love serving you
Mon to Tues - 7.30am to 4pm,
Wed to Fri - 7.30am to 5pm,
Fri night - 5.30pm to 10.00pm
Sat 7.30am to 3pm & Sun 7.30am to 12pm
(02)66 422 166
124a Prince St, Grafton
www.cafeheartandsoul.com.au

ALL THE GOOD STUFF

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 Next issue Spring 2015 available early September

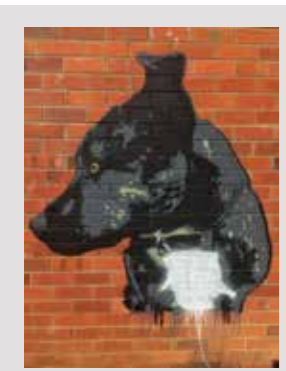
Welcome to the very first issue of All The Good Stuff. Our team have been working very hard to bring together the finest, tastiest, friendliest and most lively places we love to visit, in this compact but essential little guide.

You will not be disappointed if you visit all or any of these local, creative and independent businesses.

Please make sure to mention All The Good Stuff when you visit any of these local businesses or # your great pics with #allthegoodstuffcv.

Until next time we hope you enjoy discovering All The Good Stuff the Beautiful Clarence Valley has to offer.

w: allthegoodstuff.com.au
 e: hello@allthegoodstuff.com.au






Cover Artist
 This edition's cover art was created by Street Artist Stu Murphy and can be seen in Imeson Lane, Grafton. Stu is also a film maker who took out the grand jury prize at this year's Bent Bridge Short Film Festival. Stu is a keen Bass angler and you can find out more about him out at vimeo.com/stumurphy.

Find ATGS at...
 You can find a copy of All The Good Stuff at all our local featured businesses within this guide.

All The Good Stuff is also available at the Grafton Tourism and Information Centre, local Hotels, Motels and Bed & Breakfasts and the Grafton Regional Airport.

Visit www.allthegoodstuff.com.au for an online copy of this guide.

-  Follow us on Instagram @allthegoodstuffcv and tag all your pics from these great local spaces #allthegoodstuffcv.
-  Signup to our e-newsletter for a blast of all the foodie, fashion and fun stuff online at www.allthegoodstuff.com.au.
-  Visit www.allthegoodstuff.com.au for an online copy of this guide as well as lots more.

Current Exhibitions at The Grafton Regional Gallery
 24 June to 16 August 2015

Bunarm Bologaman Wahl Bundjalung - Aboriginal Cultural Art Students

Biirrinba Connections

Special Edition: The Best of The Daily Examiner Photography

Accessories of Racing

Embodied Objects: Phebe Parisia

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ALL THE FOODIE STUFF

- 1 2Be Nourished**
Nutrition Bar
 75 Prince Street, Grafton NSW
 (02) 6643 2233
feelwell@2benourished.com.au
[facebook.com/2benourished](https://www.facebook.com/2benourished)
 Mon to Fri 7am to 4.30pm
 Sat 7am to 2pm
- 2 Toast Espresso**
Coffee, Breaky, Lunch, Between Meals
 31 Prince street, Grafton NSW
 (02) 6642 6996
info@toastesspresso.com.au
[facebook.com/Toast-Espresso](https://www.facebook.com/Toast-Espresso)
 Mon to Fri 6am to 5pm
 Sat 6.30am to 1pm ish
- 3 Heart & Soul Wholefood Café**
 124A Prince Street, Grafton NSW
 (02) 6642 2166
nourish@cafeheartandsoul.com.au
www.facebook.com/cafeheartandsoul
 Mon to Tues 7.30am to 4pm
 Wed to Fri 7.30am to 5pm
 Fri night 5.30pm to 10pm
 Sat 7.30am to 3pm
 Sun 7.30am to 12pm
- 4 Austin & Co**
Waterfront Dining
 1 Duke Street, Grafton NSW
 (02) 6643 1010
reservations@austinandco.com.au
www.austinandco.com.au
[facebook.com/Austin-Co-Waterfront-Dining](https://www.facebook.com/Austin-Co-Waterfront-Dining)
 Tues to Sat morning tea from 9am
 Lunch 12pm to 3pm
 Sat breakfast from 8am
 Wed to Sat dinner from 6pm
- 5 Naked & Famous Pizza Bar & Bites**
Gourmet Woodfire Pizza
 30-34 Skinner Street, South Grafton NSW
 (02) 6642 3440
beanonthegreen@gmail.com
[facebook.com/Naked-Famous-Pizza-Bar-Bites](https://www.facebook.com/Naked-Famous-Pizza-Bar-Bites)
- 6 Blossum & Co**
Fashion, lifestyle, homewares
 95 Prince Street, Grafton NSW
 (02) 6643 5221
biancabirchall@yahoo.com.au
[facebook.com/blossumandco](https://www.facebook.com/blossumandco)
 Mon to Fri 10am to 5pm
 Sat 9.30am to 12.30pm
- 7 Sissy's Antiques & Collectables**
 Shop 1 / 187 Prince Street, Grafton NSW
 (02) 6642 3222 / 0401 213 489
sissys1@bigpond.com
www.sissyscollectables.com.au
- 8 Miss Siss Clothing**
 Shop 1 / 187 Prince Street, Grafton NSW
 0428 139 569
[facebook.com/Miss-Siss](https://www.facebook.com/Miss-Siss)
- 9 Twisted Scissors**
 101 Prince Street, Grafton, NSW
 (02) 6643 1456
www.twistedscissorshair.com.au
[facebook.com/twistedscissorshair](https://www.facebook.com/twistedscissorshair)
 Tues to Wed 9am to 5pm
 Thurs 9am to 7pm, Fri 9am to 5pm
 Sat 9am to 1pm
- 10 Flowers by Bonnie**
Floral Studio
 124C Prince Street, Grafton NSW
 (02) 6643 2160
bon@flowersbybonnie.com.au
www.facebook.com/flowersbybonnie
- 11 Pure Perfection Day Spa /Allure Derma**
Beauty Therapy & Cosmetic Skin Clinic
 57 Villiers Street, Grafton, NSW 2460
 (02) 6643 4567
pureperfection@hotmail.com
[facebook.com/Pure-Perfection-Day-Spa](https://www.facebook.com/Pure-Perfection-Day-Spa)
 Mon, Wed & Fri 9am to 5pm
 Tues & Thurs 9am to 6pm, Sat by appt
- 12 More 4 Men**
Quality Menswear
 71 Prince Street, Grafton NSW
 (02) 6643 3131
more4men@hotmail.com
[facebook.com/more4men](https://www.facebook.com/more4men)
 Mon to Fri 9am to 5pm, Sat 9am to 1pm
- 13 Nice Rack**
Pre loved & new designs
 30-34 Skinner Street, South Grafton NSW
annebooth65@gmail.com
[facebook.com/NiceRackGrafton](https://www.facebook.com/NiceRackGrafton)
 Wed to Fri 10am to 4pm
 Sat & Sun 9am to 12pm
- 14 Wicked Dame**
Vintage designed clothing & accessories
 127A Prince Street, Grafton NSW
 0423 041 940
info@wickeddame.com
www.wickeddame.com
[facebook.com/wickeddameclothing](https://www.facebook.com/wickeddameclothing)
 Wed to Fri 10am to 4pm
 Sat 10am to 2pm
- 15 Antique & Boutique Decor**
Buying, Selling & Consignment of Furniture
 120 Prince Street, Grafton NSW
 0427 416 258
juliewhetton@hotmail.com
[facebook.com/antiqueandboutiquedecor](https://www.facebook.com/antiqueandboutiquedecor)
 Mon to Fri 9.30am to 5pm
 Sat 9.30am to 12.30pm
- 16 Grafton Regional Gallery**
 02 6642 3177
 158 Fitzroy Street, Grafton NSW
gallery@clarence.nsw.gov.au
www.graftongallery.nsw.gov.au
 Tues to Sun 10am to 4pm (closed Mon)
- 17 The Pelican Playhouse**
 81 Through Street, South Grafton NSW
www.thepelicanplayhouse.com
[facebook.com/thepelicanplayhouse](https://www.facebook.com/thepelicanplayhouse)
- 18 The Loft**
CBD Apartment Accommodation
 124 Prince Street, Grafton NSW
 0437 038 055
- 19 The Grey House**
Self Contained Short Stay Accommodation
 104 Victoria Street, Grafton NSW
 0422 474 444
relax@thegreyhouse.com.au
www.thegreyhouse.com.au

ALL THE CULTURAL STUFF

ALL THE ABODE STUFF