

hotlist

sofia levin

We're drinking ...

SMOKED COCKTAILS

Whether smouldering on arrival or infused under a cloche, smoked cocktails are giving thirsty punters an excuse to "smoke" inside. Sydney's The Powder Keg has a Dark & Smoked section on their cocktail list; featuring the Gunpowder Plot with gunpowder tea spiked gin, Fernet Cranca, gunpowder syrup bitters and fresh citrus. In South Melbourne, Meatworks Co has the Night King Cocktail with smoked hickory, bourbon and bitters as well as a smoked dirty martini. At Eau de Vie across both states, owner Sven Almenning's signature drink is a Smoky Rob Roy with Talisker and highland whiskies, cigar-infused Zacapa rum, vermouth and orange bitters - served under a cloud of wood smoke.

MENUS

It's not enough to simply dub a menu "healthy" these days, with operators injecting professional knowledge into creating their dishes. In Melbourne, newly opened Market on Malvern is run by a doctor and located inside Prahran's Beingwell Healthcare; old favourite Serotonin Eatery serves dishes containing ingredients said to release the happy neurotransmitters in the brain; and in Sydney Orchard Street Elixir Bar in Bondi and Orchard Street Dispensary in Bronte are run by naturopath and nutritionist Kirsten Shanks.



We're loving ...

RESEARCH-BACKED HEALTHY