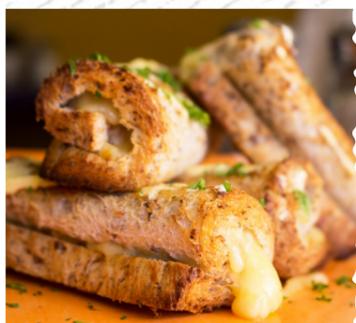


Murihiku Eats

A food guide to Southland

Southland's Food Story

From the finest ocean fare to fantastic farm fresh produce, Murihiku Southland is a food lovers' paradise. It really is the land of plenty; the ultimate Surf 'n' Turf destination. Take your pick of exceptional tasting, grass-fed lamb, prime beef, or Fiordland venison. Enjoy mouth-watering kaimoana, including world-famous Bluff oysters, Stewart Island salmon, Fiordland crayfish, pāua, mussels and Foveaux blue cod. The famous Southland cheese roll is a tasty local delicacy, the perfect combination of freshly toasted bread, gooey



delicious cheese, and a hint of onion. Murihiku Southland's stellar foodie reputation is fuelled by amazing food producers, cafes, restaurants, bars, food trucks and many others — serving up innovative tastes and textures to surprise, tantalise and delight your taste buds.

Find more local food stories at southlandnz.com/food

Southland Food Events

Southland Beer, Wine & Wild Food Festival

The southern-most craft beer and wine festival in the world illustrates Murihiku Southland's laid-back sophistication.

Southland Multicultural Food Festival

Take a trip through many incredible flavours that offer a window into the diversity within Murihiku Southland.

Riverton Heritage Harvest Festival

Recalibrate with nature's rhythms and enjoy the home harvest in the charming seaside township of Aparima Riverton.

Savour the South

Murihiku Southland is a foodies' dream destination during this culinary festival showcasing local fare from oceans and pastures.

Bluff Oyster & Food Festival

The sumptuous Bluff oyster, the south's most famous export, is celebrated in style at this mighty event in Motupōhue Bluff.



Flavours of Fiordland

Take yourself on a tasting experience of locally harvested, gathered and curated flavours of Te Rua-o-te-Moko Fiordland.

Explore more food events at southlandnz.com/events

Hungry for a culinary adventure?

Discover more at southlandnz.com and plan your next foodie getaway today!



PRINTED ON 100% RECYCLED PAPER

This guide has been created by Great South, the regional development agency responsible for marketing Southland, New Zealand. To the best of its knowledge, Great South was supplied with accurate information at the time of printing.



Tītī/Muttonbird

The tītī muttonbird, or sooty shearwater, is a captivating seabird known for its striking dark brown plumage adorned with silvery-white wing markings. But here's the fascinating part: muttonbirding. This time-honored tradition is an exclusive right of Rakiura Māori from Stewart Island and their descendants, occurring annually in April and May. Tītī have been harvested for food, as a trade item, and for their feathers and down. Titi is a delicacy enjoyed by locals, with its unique flavor often showcased in traditional Māori dishes. Try it in select places during the season.



Hokonui Moonshine

Murihiku Southland's illicit whisky production has transformed from a shady past into a cause for celebration at the Hokonui Moonshine Museum in Māruawai Gore. Discover the captivating legend of the McRae family, Southland's infamous whisky producers turned folk heroes. Sip on this liquid gold, crafted with time-honoured traditions and a secret recipe, from the rugged Kintail district in Scotland to the hidden stills of the Hokonui Hills!



Tuatapere Sausages

Get ready to sink your teeth into the world-famous Tuatapere Sausages! These goodies can be found in New Zealand's sausage capital, Tuatapere. These mouthwatering delights are an absolute sensation. Made with love at Tui Base Camp, using only the finest local ingredients, these award-winning sausages boast a tantalizing variety of flavours that will leave you craving more.



Fiordland Venison

If you're on the hunt for a dining experience that's as wild as the rugged Murihiku Southland landscapes, look no further than Fiordland Venison. These succulent cuts of meat are renowned for their unrivalled tenderness and rich flavours, delivering a true taste of New Zealand's untamed wilderness. Sourced from free-roaming deer in breathtaking Te Rua-o-te-Moko Fiordland, this venison is a game-changer on your plate. Whether you're a carnivorous connoisseur or an adventurous foodie, you can give this a try at top-notch restaurants across the region.

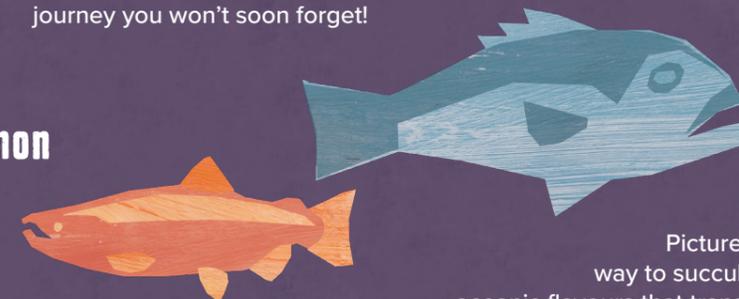


Dive into a world of tantalizing taste and oceanic delights with Bluff Oysters! These little ocean gems, harvested from the pristine waters of Foveaux Strait, pack a powerful punch of flavour that will make your taste buds sing.



Stewart Island Salmon

Indulge in a culinary masterpiece that will leave your palate dancing with delight: Stewart Island Salmon. Renowned for its exquisite taste, this kaimoana gem is a testament to the pristine waters it comes from, and it's no wonder why it's the catch of the day. With plenty of space to roam and a natural diet, these salmon thrive in an environment that nurtures their flavour to perfection. Prepare for a melt-in-your-mouth experience that captures the essence of freshness from the depths of the Southern Ocean.



Bluff Oysters

Oysters are a seafood lover's dream come true. Join foodies around the globe and indulge in the succulent joy of these legendary molluscs. Prepare to be swept away on a mouthwatering journey you won't soon forget!

Crayfish/New Zealand Rock Lobster

New Zealand Rock Lobster, or crayfish as the locals call it, is a culinary treat like no other. Caught in the pristine waters of Te Rua-o-te-Moko Fiordland, the Crayfish is a rare and sought-after delicacy. It is famous for its dramatic appearance and is celebrated for its sweet, buttery flesh that melts in your mouth. Make sure you add the world's finest lobsters to your list when you visit Murihiku Southland.



Foveaux Blue Cod

Picture this: golden, crispy batter giving way to succulent, flaky blue cod, bursting with oceanic flavours that transport your taste buds to the deep blue sea. With a sprinkle of lemon and a dollop of tartar sauce, every bite is a symphony of seaside delight. Blue Cod can be found across New Zealand, but down here in the south, the fish tends to be even more abundant. It is said that the cooler water makes the meat extra tender and the taste even more flavoursome. Trust us, once you've had a taste of Foveaux Blue Cod, you'll be hooked for life!



360

INVERCARGILL

Elevate your senses at 360, a magnificent bar located on the seventh floor of The Langlands Hotel. Enjoy the stunning panoramic vista of Invercargill as you savour the exquisite flavours of Bluff Oysters and a premium gin selection, including local Auld Distillery.



Fat Bastard Pies

INVERCARGILL

At Fat Bastard Pies prepare to be seduced by an array of mouthwatering pies such as classic mince or Southland mutton. All handcrafted with the finest ingredients and bursting with flavours that will transport you to foodie heaven. Caution: extremely likely to bring out the inner Fat Bastard!



Route 6 Cafe

LUMSDEN

On your way north from Invercargill, step into Route 6 Cafe, a 1950s Americana-styled cafe. Famous for mouthwatering burgers, Southland cheese rolls and Kiwiana flair. Be captivated by the restored 1955 Dodge Kingsway and the southern charm that awaits.



The Fat Duck

TE ANAU

Embark on a culinary adventure at The Fat Duck gastropub, located in the beautiful lakeside township of Te Anau, where good times, exceptional beverages, incredible food, and southern hospitality seamlessly combine while celebrating their sustainable food journey.

Black Shag Boutique Cafe

INVERCARGILL

Immerse yourself in Black Shag Boutique Cafe's world of passion, where exquisite coffee meets culinary artistry. Try locally sourced sustainable delights, from farm-fresh milk to hand-roasted coffee. A flavour-filled journey awaits in every sip and bite.



Niagara Falls Cafe

THE CATLINS

In the heart of The Catlins, just down the road from Curio Bay, you find the enchanting Niagara Falls Cafe. This one-room schoolhouse from 1893 is an absolute delight. Enjoy homemade meals, sweet treats, New Zealand tipples, and live Bluegrass music while kids play on the lush lawn and garden.



The Coffee Bomb

GARSTON

Located amongst the picturesque landscape in the small rural town of Garston, the Coffee Bomb is New Zealand's most inland food truck. From their top-notch coffee - roasted locally - to their mouthwatering burgers and friendly staff, it's a must-stop spot for travellers exploring the region.



Redcliff Cafe

TE ANAU

Redcliff Cafe is a favourite for locals and visitors alike, delivering award winning food. The menu showcases local produce and they pride themselves on simple yet tantalizing food with a definite kiwi essence. Set in an early settlers cottage the restaurant atmosphere is charming.



The Batch Cafe

INVERCARGILL

Delight your senses at The Batch Cafe, where Humming Bird Coffee meets irresistible homemade treats. From locally sourced ingredients to a diverse all-day menu, prepare for a taste sensation that will leave you wanting more. The Batch Cafe lives and breathes "Made in Murihiku".



Orepuki Beach Cafe

OREPUKI

Orepuki Beach Cafe beckons with its paddock-to-plate philosophy. Savour the exquisite flavours of their own lamb and beef, expertly cooked on-premise. The charming cafe in a historic house offers a relaxing atmosphere to enjoy delicious meals, delightful cabinet food, and superb beverages.

Tuatara Lodge Cafe & Bar

INVERCARGILL

The Tuatara Lodge Cafe and Bar is the ultimate destination for craft beer enthusiasts and pizza lovers. Discover their house-brewed Gadoochi cider and savour delectable wood-fired pizzas in the sunny courtyard of this historic Dee Street gem.



Route 6 Cafe

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Emberz

INVERCARGILL

Looking for an elegant and intimate dining experience in Waihopai Invercargill? Look no further than Emberz! Indulge in a symphony of flavours as talented chefs blend fresh produce grown in the restaurant's on-site gardens and other local ingredients into mouthwatering dishes.



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Seriously Good Chocolate Company

INVERCARGILL

Satisfy your sweet tooth at Seriously Good Chocolate Company. The cafe offers heavenly desserts, gourmet hot chocolates, and a range of seriously good chocolates. Take a factory tour and unleash your inner chocolatier in a chocolate-making class.



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The Grille

INVERCARGILL

Located inside the world-class automotive museum Bill Richardson Transport World, The Grille is the perfect spot for groups, families, and food enthusiasts alike. Experience elevated seasonally-changing fare in a 1980s-style kitchen, lounge, or larger automotive-themed dining area.



The Thomas Green

GORE

Experience exceptional cuisine, impeccable service, and a captivating journey through Māruawai Gore's history at The Thomas Green. Passionate chefs working with farm-fresh, locally grown ingredients and elegant dining make it the town's go-to destination.



Pio Pio Cafe & Restaurant

Savour the flavours of Te Rua-o-te-Moko Fiordland at Pio Pio Cafe and Restaurant. Their seasonal menu features locally sourced produce, while a wide range of beer, wine, and non-alcoholic options ensures a unique dining experience in Milford Sound.

The Taproom Eatery & Craft Bar

INVERCARGILL

The Taproom Eatery and Craft Bar: Murihiku Southland's go-to for incredible food, craft beer, gins and wines. Enjoy house-brewed beers, curated craft selections, and a diverse menu crafted with locally sourced ingredients.



Hokonui Moonshine Museum

GORE

The Hokonui Moonshine Museum brings to life Māruawai Gore's colourful past of illicit whisky distilling. Delve into the adventures of the Scottish settlers as they avoided run-ins with the law. At the end of your tour, taste some Old Hokonui and even take a bottle home.



Ditto

TE ANAU

In the heart of Te Anau, experience the magic of Ditto, where the finest local ingredients merge with vibrant Eastern Asian flavours. Whether you're a fan of fiery curries, noodle dishes, or tasty stir-fries, Ditto has something to satisfy every craving. "Meet, Eat, Repeat" at Ditto!



South Sea Hotel

STEWART ISLAND

Experience the taste of Rakiura Stewart Island at the South Sea Hotel, an icon of the southern community. The menu showcases fresh seafood delicacies and farm-to-table creations produced with local ingredients, guaranteeing a tantalizing experience for your taste buds.



Illustrations by @helen_stewart_art_design