



Highway Diabetes Centre Newsletter

MAY 2016

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Greetings to everyone,

For those who haven't yet seen the building emerging from the pile of dust on the side of the M13, the new home of the Highway Diabetes Centre is nearly ready for occupation. The ATRIUM LIFESTYLE CENTRE will include an array of health care practitioners and services designed to allow you to live a more healthy and well-balanced life. Diabetes is a perfect excuse to make your health a priority and although those people with diabetes may have to test their blood glucose and take a few extra tablets and injections every day, the end goal is still the same as everyone else – to live more healthily and incorporate wellness into our lifestyles. This month we continue our focus on the new services that will be included in our new home

TO ACCOMPLISH GREAT THINGS
WE MUST NOT ONLY ACT
BUT ALSO DREAM
NOT ONLY PLAN
BUT ALSO BELIEVE

Upheaval is the buzzword in our household as major changes are upon us as we prepare our lives for the launch of our new coffee shop in August this year - **The Atrium Coffee Co.**

The new **Atrium Lifestyle Centre** is fast becoming a reality and the planning stages of our coffee shop are gaining momentum – last week we joined Paula on a work-thru on site to discuss art work for

the centre's walls .Oil painting is, as many of you know, one of my great passions. I am excited and privileged to be able to share my art with all who will visit the new centre. For those who have not heard, The **Atrium Lifestyle Centre** is the soon-to-be new home for the Highway Diabetes Centre filled with many new faces. The heart of the centre will be our coffee shop (OK ...that is as far as we are concerned, other tenants may disagree!) This will be a place where great food, excellent company and even greater coffee come together. So for all of you who have known me for years behind my desk at the Diabetes Centre you will be able to find me in my soon-to-be new home at the **Atrium Coffee Co.** I am taking on the role as barista and am learning how to make that perfect espresso with flavour and "cupping" of the coffee being of paramount importance. Fresh bread will be on the cards as well as artisan cheeses as I pick up on cheese making skills left idle for the last few years.



My husband Barry will soon change his corporate cap worn for many years for a new chef's beanie which has been a dream of his for many a year now. He has been working on menus and meals that are healthy, full of flavour, fresh, **diabetic friendly** and prepared with a definite touch of home-style cooking.

We are sure meals such as Vietnamese Shaking Beef will be a hit – this is served on a bed of Asian greens, sliced tomato with a lime dipping sauce rounding this dish off. Durban is the home of curry and is synonymous with the famous Durban red curry, butter chicken, Breyani's, Rogan Josh style curries and even a curry in a wrap. (You can't live in Durban all your life without developing a love for anything curry.) So look out for the weekly curry specials that will be served with either rice or cauliflower rice. For the non-meat lovers, dishes such as Melanzane alla Parmigiana or Aubergine Parmesan which is a scrumptious Italian veggie dish made with a roast tomato and fresh herb sauce layered between grilled eggplant topped with a white sauce and parmesan cheese.

Start the day just right and join us for breakfast... enjoy a selection of both cooked and cold meals; try an omelette with a filling of your choice or a poached egg topped on a large brown mushroom and an espresso. Or simply enjoy a bowl of *FutureLife* Smart Oats with fresh fruit and if breakfast is just too much, too soon in the day then choose from one of the delectable smoothies that will be available.

For those with an impatient streak we will be launching from the 1st May 2016 the **Atrium Food Co** frozen meals range – see attached menu which is frequently updated as the seasons/ingredients change. Meals are offered in single portions with their nutritional values stated.



We did say home-style so ... How about an old favourite such as beef and onion stew served with creamy mash (without added cream!) and a bale of green beans or a Chicken and Mushroom Phyllo pie for dinner tonight? Winter is hopefully on the way after this incredible summer heat and so our soups range will be available – bored of Cream of Chicken soup from a packet? How about a fresh tasting roast tomato and capsicum soup with kale and white beans as well as a beef scotch broth? So free yourself from the drudgery of thinking about what to make for dinner and allow us to do the cooking! As they say variety is the spice of life, so we will provide the spice in your meals. Talk to us about putting together a special menu selection of frozen meals along with perfectly matched side servings of vegetables. We are only too happy to accommodate your tastes.

For the working mums (and dads) – you have not been forgotten...Our Smart Lunchboxes are in the pipeline – we will be offering nutritionally balanced and exciting lunch boxes, you simply order, collect them and no worries no fuss.

At the end of April the Bray family will be found at the KZN Coffee and Chocolate Expo – Matt is headed for the Barista line-up to learn as much as he can. I am going to find out how to roast our own coffee beans for down the line. Barry is headed for the cooking demos and together Tammy and Matt are planning on chilling in the slow lounge... Life is exciting when work and dreams become one.

We look forward to serving you in our new venue.

Warmest Regards,
Barry & Debra Bray