



FOOD HEROES

Green bean

Simon Fry has bean there, done that.

● A triple whammy has just been launched on North Street, where Green Bean's combination of coffee shop and gift shop comes with a big side serving of conscientiousness. Venue dropped in for the official launch a few Saturdays ago. The preceding week had seen a 'coming soon' anticipation build, culminating in one thirsty punter waiting outside at 9am for owner Glyn Riley (not the Bristol City footballer of the 1980s) to open.

Green Bean's story, however, starts way before that. Glyn's CV includes time spent running restaurants in Cape Town but he first considered opening a coffee shop when wife Cathy and he were in Yorkshire. Cathy's job brought the pair to Bristol, where Glyn's ambition manifested itself in the form of a successful coffee trailer pitched at Wells' markets, street parties and agricultural shows. That was sold before the pair became mobile on a massive scale, setting out on two BMWs to complete an 11,200-mile bike ride to Cape Town.

Their three months on the road took in a house sale, an overnight breakdown in Kenya's bandit country, a trip to Nairobi's Jungle Junction, visiting a friends' coffee plantation in Tanzania and dropping into Addis Ababa. "We rode for seven hours daily,"

said Cathy. "That's probably when Glyn came up with the name!"

Returning to Bristol on 8 January 2008, Glyn's hope was to open as soon as possible, but it would be 11 months before the first customer would enjoy a caffeine hit incorporating Sumatran, Ethiopian, Guatemalan and Papua New Guinean beans blended by fifth generation coffee proprietor Martin Carwardine.

The premises were found in the summer, after which bamboo flooring – chosen for its wear resistance and sustainability – was laid. An ecological version of Dulux was used on the walls and energy-efficient lights installed. "All purchasing decisions were and are taken from the point of view, 'what's the best I can do?'" says Cathy.

In the kitchen are facilities for recycling cans, paper, glass and plastic bottles, with the food coming out of it largely organic and Fairtrade where specified. The aforementioned coffee is rainforest alliance-approved and all the cakes are vegan. The natty gift range sees recycled materials put to innovative use.

GREEN BEAN 209 NORTH ST, BEDMINSTER, BRISTOL, BS3 1JH. TEL: 0117 939 4724. OPEN MON-FRI 8.30AM-5PM, SAT 9AM-5PM, SUN 9.30AM-3.30PM.

FOOD&DRINK

DIARY

SATURDAY 20

Christmas Market Star & Dove, St Luke's Rd, Totterdown, Bristol, BS3 4RY, free. Ffi: 0117 300 3712, 0117 377 7928 or www.thestaranddove.co.uk • Food stalls, Christmas craft stalls, plant stalls, homemade produce stands.

Whiteladies Road Farmers' Market Outside the auction rooms on the corner of Whiteladies Rd and Apsley Rd, Bristol, BS8 2SW, 9am-2pm. Ffi: www.sustainablebristol.org.uk • Fresh food from South Gloucestershire farms.

Bath Farmers' Market Green Park Station, Bath, BA1, from 8.30am.

SUNDAY 21

Film & Food Festival Star & Dove, St Luke's Rd, Totterdown, Bristol, BS3 4RY, £10 inc three-course meal. Ffi & booking: 0117 300 3712 or www.thestaranddove.co.uk • Three-course meal to accompany 'The Nightmare before Christmas'.

Tobacco Factory Market Raleigh Rd, Southville, Bristol, BS3 1TF, 10.30am-2.30pm.

WEDNESDAY 24

Bristol Farmers' Market Corn St, Bristol, BS1 1HT, 9.30am-2.30pm, free.

SATURDAY 27

Bath Farmers' Market Green Park Station, Bath, BA1, from 8.30am.

SUNDAY 28

Tobacco Factory Market Raleigh Rd, Southville, Bristol, BS3 1TF, 10.30am-2.30pm.

WEDNESDAY 31

Bristol Farmers' Market Corn St, Bristol, BS1 1HT, 9.30am-2.30pm, free • See Wed 24.

SATURDAY 3

Bath Farmers' Market Green Park Station, Bath, BA1, from 8.30am.

SUNDAY 4

Slow Food Market Corn St, Bristol, BS1 1HT, 10am-3pm, free. Ffi: www.slowfoodbristol.org.

Let's Do Lunch *Zizzi*

● Bristol already boasts a brace of Zizzis, but the one which opened recently in Cabot Circus (handily located next door to the stunning Showcase cinema) is a cut above your average chain eatery.

Chain restaurants rightly send shivers down any self-respecting gourmand's spine, but rest assured – the food here is as authentic as it comes: a mix of both traditional and contemporary Italian, with menus created by garrulous chef Angelo Garofalo and based on high-quality fresh ingredients. There's a sensibly sized selection, you're not bombarded with so many different dishes that your head starts to spin, and this foodie highly recommends their excellent



bruschetta Pugliese for starters: a pizza-like base topped with caramel-soft roasted peppers, goat's cheese, red onions, pesto and pine nuts. If you're still hungry, go for the risotto di pesce: soft, creamy rice with big-as-your-fist prawns, salmon, squid and more. If you like shellfish, try Angelo's mussels

(think moules mariniere in a richer, creamier sauce and you'll get the idea), but if the thought of a plate full of formerly bearded bivalves puts you off, there are plenty of pasta, pizza and salad dishes to choose from.

The contemporary interior will no doubt drag a few cinemagoers through the door, and the split-level seating offers unhindered views of the shopping hordes, but what's the point of dining out if the grub's no good? Mind you, the wine list is pretty decent too! (Darryl W. Bullock)

ZIZZI RISTORANTE UNIT 84, GLASS HOUSE, CABOT CIRCUS, BRISTOL, BS1 3BX. TEL: 0117 929 1066.