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lifestyle



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Sending out the natural vibes

Huey Nguyen's Chatswood eatery puts organic at the top of its menu

Cassandra Briedis

A CHATSWOOD fine dining eatery owned by a former St Pius X College student has become Sydney's first certified organic restaurant.

Last year, for his 21st birthday, Le Cordon Bleu-trained chef Huey Nguyen was given an opportunity he couldn't refuse — a deposit for a house or a restaurant.

"I went the really risky option," he said. "I've always been a bit gung-ho. I never really planned things out too well so I just jumped straight into it."

Having grown up in far north Queensland on his grandparents' fruit and vegetable farm before moving to the north shore, Nguyen said he and his family had always believed in an organic diet. So it was only natural for his business to follow the same ethos.

"I started the restaurant not only for myself but to inspire people (to eat organically)," he said.

Nguyen is celebrating his aptly named Good Vibes Organic Restaurant's six-month anniversary and Australian Certified Organic milestone. He said all the produce except the seafood was organic.

Located on busy Victoria Ave, in an area dominated by Asian eateries, Good Vibes Organic stands out for its tasting plates with



modern European cuisine.

Vegetables, herbs and edible flowers are sourced from Byron Bay, red meat comes from Cleavers Farm Fresh Organics in Neutral Bay, the chicken is from Inglewood Farms and seafood is supplied by Willoughby Seafoods.

Even the drinks — beer, wine, spirits, soft drinks and juices — are certified organic.

"The cost is not too bad if you buy in season — that's why the menu changes a lot," he said.

But, no matter the time of year, Nguyen said customers could always count on a healthy mix of red and white meat dishes, with at least three vegan options.

"A lot of the time we'll buy a whole bunch of produce and sit around on a Monday when we're not open to brainstorm and mess around in the kitchen," he said. "Food is our life."



Good Vibes Organic Restaurant's Huey Nguyen, his crispy chicken (left) and poached calamari (below).
Pictures: Virginia Young



Want a taste?

» **WHAT:** Good Vibes Organic Restaurant
» **WHERE:** 172 Victoria Ave, Chatswood
» **BEST FOR:** Fish n' Gritz (\$19.40), Twice Cooked Crispy Skin Chicken, Waffles, Orange Sauce (\$19.40), Ratatouille (\$19.40)
» **OPEN:** Lunch, Sat-Sun, noon-3pm; dinner, Tues-Sun, from 5.30pm
» **DETAILS:** Call 9410 0231 or go to goodvibesorganics.com.au

