



SYDNEY

Emma Sutherland Naturopath, Golden Door

BEST BREAKFAST: Café Morso, Walsh Bay. A favourite spot as it's on the water and looks over to Balmain peninsula. Plus, they have the most amazing lentil and ham hock dish that's perfect for brunch — it keeps me fuelled for hours!



GREAT PLACE FOR DINNER: Sailors Thai Canteen in the

Rocks. I've been eating there for 10 years and the food is incredible. Owner David Thompson has an award-winning restaurant in London and leads the way with fresh, authentic Thai food.

BEST NIGHT OUT: A Sydney Dance Company performance at the Sydney Theatre Company. This contemporary dance group is choreographed by the dynamic Rafael Bonachela and they're just phenomenal to watch. Then head to Kellett Street, Potts Point, for a cheese plate and nice glass of wine

at Aperitif, my favourite late-night wine bar that has a wonderful European-influenced wine list.

BEST PLACE TO PARTY WITH THE GANG: The iconic

Chinese Laundry for a night of disco dancing and cocktails. Consistently a safe bet for a night of fun; how can you pass the place that a girl from Tasmania met her Danish prince!

MUST BUY (MONEY NO OBJECT!): A seaplane flight from Sydney Harbour to the Hawkesbury for lunch or dinner. It's simply spectacular.