

# MONSTER

## MEDIA RELEASE

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### **Monster's New Ugly Delicious Menu Brings Sustainability to the Table**

Monster Kitchen and Bar have taken an innovative approach to their new menu, unveiling produce-driven dishes and botanical cocktails. Founded on sustainability, Monster's ethos of showcasing ingredients from local and smallholder farmers has never been more relevant than within Australia's current climate; where ingredients once overlooked are now becoming heroes.

This year will see the Monster team explore their sustainability curiosities, experimenting with wild flavours using global cooking techniques. Executive Chef Travis Goodlet (ex-Vue Du Monde, VIC) joins Creative Culinary Partner Ian Curley (French Saloon, VIC) in the kitchen, highlighting seasonal produce with a sincere and dynamic approach to food.

Marcellus Heleta joins the team as General Manager, supported by Assistant Manager Evan Mannan, while Bar Manager Ricky Liau brings the bite back to Monster's bar experience. With the addition of fresh and familiar faces, this highly collaborative team has created an inspired menu which challenges the perceptions of seemingly simple produce, while supporting producers in neighbouring regions.

"With the bushfires severely impacting livestock and meat production, we're shifting towards regional suppliers and farming communities like those in the Southern Highlands which are growing premium, unique produce. Supporting them allows us to be sustainable as possible, remaining true to our Monster roots," says Goodlet. "We're bringing remarkable produce to the forefront on Monster's menu which is nearly 50% vegetarian."

A new menu highlight is the Salt Baked Cabbage, which is truly the showstopper. Its brut, monstrous appearance gives way to tender depth and complexity with every bite from to being swaddled and baked in salted dough, a technique traditionally reserved for fish. Sourced from western farmlands of New South Wales, the cabbage is sidelined with a 10-hour onion jus and an umami-rich salsa comprised of truffle, parsley, chive and olive oil.

This season, Monster also brings remarkably fresh seafood to the table, unveiling an oyster trolley, which is serving best in class Appellation Oysters delivered straight from the estuaries of the NSW coast. "We're proud to work in such proximity to farmers on Australia's Oyster Coast. This allows us to ensure guests at Monster to enjoy the most succulent, hand-picked oysters on a daily basis," says Davin Charlesworth of Australia's Oyster Coast.

Another delectable feature is the Queensland Fraser Island Spanner, served with a Tapioca & Wakame Cracker, an iconic Monster creation. This starter is prepared with eschallots, chives and Kewpie mayo, a clever homage to the kitchen's Japanese culinary roots and Monster's commitment to supporting sustainable seafood.

Monster Bar takes on a hyper-local, botanical twist, telling the story of Bar Manager Ricky Liau's global bar experience from the likes of Melbourne, Hong Kong and Indonesia. Determined to create an interactive drinking experience, locals are invited to experiment with artisanal spirits, unusual vegetables and unexpected herbs picked fresh from the New Acton precinct's community garden. A new Martini Cart offers table-side craft cocktails, guiding visitors through a bespoke martini creation involving lush herbs, add-ins and a custom recipe card gift.

Monster is rising to the challenge of creating a dining experience that arouses new flavours from hearty local and native produce. Thanks to Monster's influx of creative talents and collaborative minds, the kitchen has crafted an inventive menu that reflects Monster's commitment and desire to evolve towards a more sustainable future.

Feast your eyes on the new seasonal menu [here](#).

Book at Monster Kitchen & Bar [here](#).

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Monster Kitchen and Bar  
25 Edinburgh Ave, Canberra ACT 2601  
P: (02) 6287 6287 | W: <https://monsterkitchen.com.au/>

**Please direct all media enquiries to:**

Piper Martz at Ovolo Group – Food and Beverage Marketing and Communication Executive  
[piper.martz@ovologroup.com](mailto:piper.martz@ovologroup.com) | 0467 746 482

**About Monster Kitchen and Bar:**

Award-winning Monster Kitchen and Bar is housed in Canberra's iconic Ovolo Nishi. Monster's bold and confident approach to Canberra's dining scene, showcases a menu that marries two cultures, classic French brasserie style with Japanese rooted flavours, whilst keeping the old Monster favourites. Monster has created a stylishly eclectic living room for locals and travellers alike to lounge, enjoy a botanical cocktail and dive into a brilliant globally inspired dining experience. The space is fashioned from humble and reclaimed materials, featuring nationally recognised works of art, exquisite custom furniture, two large fireplaces for people to congregate around, a quaint library filled with vintage books, and an eye-catching polished floor made with shattered terrazzo.

Press material [here](#).

See the menu [here](#).

**About Marcellus Heleta, General Manager of Monster Kitchen and Bar:**

Marcellus previously opened and served at the General Manager of RAKU, which received the 2019 Restaurant of the Year award in ACT from the Restaurant and Catering Association. Prior, he kickstarted his hospitality career at QT Sydney and eventually QT Canberra, where he worked as the assistant bars and venue manager respectively. He then became Bar Manager of AKIBA for two years while co-owning Lonsdale St Roasters. He is currently the co-owner of Café Gather in Canberra, which was awarded Café of the Year for ACT by the Restaurant and Catering Association.

**About Evan Mannan, Assistant Manager of Monster Kitchen and Bar:**

With over 12 years of experience in hospitality, owning and operating multiple small businesses and franchise, Evan now serves as Monster Kitchen and Bar's Assistant Manager. Previously, he owned and operated Lonsdale St Roasters alongside Marcellus Heleta.

**About Ricky Liao, Bar Manager of Monster Kitchen and Bar:**

With an extensive hospitality background rooted in Melbourne, Hong Kong, and Indonesia, Ricky has opened and managed dozens of award-winning bars and restaurants, most recently serving as ZAAB's Venue Manager in Canberra. He previously served as Head Bartender of the Golden Monkey Lounge Bar & Asian Tapas in Melbourne, which was named the 2009 Bar of the Year from the Annual Australian Bar Awards and 2008 Bar Team of the Year from the ALIAs Australian Bar Awards.