

## retail therapy

Whatever you're looking to buy whilst visiting St Austell, there's plenty on offer to make you want to shop till you drop. The large number of independent traders and boutique style shops mean you can pick up that 'special something' you might not find anywhere else.

If you want to keep up with the latest fashionwear, you'll find the sophisticated and intimate Saxe Blue on Duke Street. Jackie and the team sell everything from candles, clothing, contemporary jewellery, soft furnishings for the home and organic body products promising great customer service and something different to make your visit worthwhile.

There's so much to choose from in St Austell when it comes to clothes, you really will be spoilt for choice. As well as the high street names including Accessorize, Dorothy Perkins, Burton and Claire's Accessories you will uncover Alias Smith and Planet Lifestyle for men's, ladies and children's wear.

Once you're decked out in designer wear, why not head off and search out goodies for the home and garden. There are so many to choose from up and down the town that we've created a whole directory which you can find in the back of this guide. Packed with useful information including opening hours, phone numbers and descriptions – it should have everything you need to get off to a flying start.

### Fair Trade

Did you know that St Austell is moving towards Fair Trade town status? The Fair Trade mark is an independent consumer label which guarantees disadvantaged producers in the developing world get a better deal.

Many of the shops in St Austell now sell Fair Trade products including clothes, jewellery, chocolate, wine and household goods. You can also buy Fair Trade drinks in an increasing number of cafes and pubs across the town. There are regular Fair Trade markets held in and around St Austell – to find out more, why not visit [www.fairtradestaustell.org.uk](http://www.fairtradestaustell.org.uk)



## fancy a bite to eat?

Real ales, fine wines and local produce – St Austell tops the list when it comes to great places for eating out

Whether you're looking for a quick bite, a hearty meal or a refreshing drink to quench your thirst there's plenty of variety to suit all budgets and tastes. You can visit a local café bar, tearoom

or traditional pub and you can be sure of a warm welcome. Relax and enjoy some good food in great surroundings.

Newly opened The Rann Wartha on Biddicks Court, the Hop and Vine just up from the Market House and the White Hart near the church are just three of the many nearby pubs to whet your appetite and are well worth a visit.

If you're looking for a quick snack or a tempting treat whilst taking a break from all that shopping, there are plenty of coffee shops and cafes to choose from including the Thin End Restaurant on Fore Street and Tengo! opposite the church, serving fresh paninis, sandwiches, smoothies and juices. There's also Café Lazero, High Cross Deli for eat-in and takeaway, Niles Bakery and cafe, Café Barneys, Café Three A and plenty more.

If it's a tipple to tickle your tastebuds you're after, then look no further than Del Monicos – the only wine merchants in St Austell. They stock fine wines, liqueurs and spirits from all over the world.

Foodies will be in 'heaven' when they pay a visit to newly opened Lanna Thai grocery shop – it's the first of its kind in the whole of Cornwall! Not your usual supermarket, Lanna Thai, promises the genuine article for great recipes, ingredients or advice straight from Thailand, Malaysia and the Phillipines. At the top of Trinity Street, close to the entrance to Fore Street – it's well worth a look.



## Local Produce Markets

If you want to 'do your bit' and help to support local producers then the Cornerstone Community Centre on Trinity Street is home to a local produce market every fortnight on Fridays. Locally produced food cuts down on transportation, reduces packaging and helps keep the countryside thriving. You can get your hands on free range meat and eggs, smoked fish, chutneys, jams, marmalades, pickles, bread, cakes, vegetables, fruit and flowers to name but a few.

The Local Produce Market is backed by the St Austell District Chamber of Commerce and Industry, St Austell Forum and Local Agenda 21 Group.



did you know ? . . .

More people live in St Austell than in the whole of Truro