

FOLLOW THE CASSOWARY COAST FOOD TRAIL

30 Sep, 15 by [Fiona Harper](#)

The Cassowary Coast is so named for a good reason. It's home to Australia's rare and endangered flightless bird, the cassowary. If you're lucky enough to spot one of these fellas in the wild, consider yourself very lucky!

But the Cassowary Coast is not just about wildlife. The region about an hour south of Cairns loosely incorporates Babinda, Mission Beach, Innisfail, Tully and Cardwell. Head inland from the coast and it's not easy to miss the rather large mountains that dominate the horizon.

Queensland's two largest, Mt Bellenden Ker and Mt Bartle Frer are found here. Rainforest, creeks, waterfalls and hiking trails abound in these mountains. Travel a little further and you'll be amongst the dairy farms of the Atherton Tablelands.

But I digress, we're following a food trail so let's go find something eat. A good place to start is with a map from [Taste of the Tropics Cassowary Coast Food Trail](#).



Pop into the Etty Bay Kiosk (adjacent to the caravan park) and pick up some of the coast's best fish & chips and enjoy them at a shady beachside picnic table. Do be aware of cassowaries that tend to treat the beach as their own private backyard – they can be aggressive if they feel threatened in any way. Give them space and enjoy seeing these wonderful creatures up close. Photo [Travel Boating Lifestyle](#)



Mission Beach has an abundance of foodie options from beachside take away to fine cuisine. Who isn't tempted to tuck into a tasty little morsel in these idyllic beachfront surroundings?



Is there a better way to start the day than with freshly picked fruit? How about a deconstructed fruit & muesli platter? Yum! Quandong Farm Lettuce & Herbs at Mission Beach or Stevo's Fruit Stall at Mena Creek should be able to help you out with supplies. For some of the tastiest yoghurt on the planet pick up a tub of Gallo Dairyland or Mungalli Creek yoghurt from the Atherton Tablelands for a self-serve breakfast made in heaven.



Feel like a beach picnic? Pick up a bucket of local caught prawns or fish at Shauns Fish & Prawns at East Palmerston or Innisfail Fish Depot. Need something to wash it all down with? Call into Murdering Point Winery, a bush tucker boutique winery on a sugar can plantation, for tropical fruit wines.



The colourful Cassowary Coast is a foodie's haven with its alfresco cafes dishing up tropically-inspired menus. In Mission Beach try the newly renovated Mission Beach Tavern. Sandbar is perfectly located a few lazy steps from the beach while Millers Beach Bar & Grill is a cool spot with a laid back vibe and views of Dunk Island. Photo courtesy Tourism & Events Queensland



Balmy tropical evenings on the Cassowary Coast are perfect for sundowners on the beach. Chill a bottle of wine, tuck into a wedge of creamy brie from the Atherton Tablelands and enjoy a delightfully beachy pre-dinner prelude!

ABOUT FIONA HARPER

[Fiona Harper](#) is Cairns based travel writer. Widely travelled, highly acclaimed and much published, Fiona's articles & images are published across the globe. When she's not writing about TNQ she's probably running a marathon or exploring the world by foot, bike, kayak, camel or boat: whatever mode of transport she can get her hands on!