

Deliciously different, count on it

1 two 3 Mediterranean Restaurant

Shop 11 Phoenician
Tower East, Surf
Parade, Broadbeach
Phone 5538 4123
OPEN: 7 days, 7am
until late
SEATS: 80+
LIQUOR: Fully
licensed
PARKING:
Underground and
street

I LOVE eating.

For the sake of my waistline, I wish I didn't.

I've put many cafes and restaurants to the test and have a handful of favourites to which I always return. The latest is the 1 two 3 Mediterranean Restaurant.

In the heart of Broadbeach's popular dining precinct on Surf Parade, 1 two 3 offers a refreshingly unique dining experience.

Almost every meal is available in three sizes – taster, entree and main. Hence the name.

Proprietor Andrew McElhone, who also owns Sage Cafe Restaurant and Yellowfin Seafood Restaurant, both in Broadbeach, said the concept was a reaction to the evolving industry,



SUPER SIZES ... Andrew McElhone, of 1 two 3 Mediterranean Restaurant.

"We have realised that dining out is changing," he said.

"Customers are spoiled for choice, so we have to constantly evolve and provide as much flexibility as possible.

"Our concept of offering three different sizes for our menu items is not offered anywhere else."

For mine, the three options are perfect for those times you're short on cash or trying to be short on calories.

But my recent visit to 1 two 3 Mediterranean was not one of those times.

The menu was too

tempting to order anything less than entree, main and dessert, and my dinner partner did the same.

For me it was crumbed goat's cheese (t\$7.90, e\$14.90, m\$19.90), followed by honey and sesame glazed premium lamb cutlets (\$14.90, \$21.90, \$29.90), and rounded out with the caramel tart (\$3.90, \$10.90).

Served with rocket, semi-dried tomatoes, caramelised onion and balsamic caramel, the goat's cheese was so divine I haven't stopped thinking about it.

It was rich, creamy

and absolute heaven. I want more. Now!

Nothing was going to compare to such an entree, but the lamb, served in a bay leaf, cinnamon, ginger and orange sauce with sultanas and mint couscous managed to hit the mark.

And the caramel tart . . . well, you can't go wrong with caramel tart, especially when served with ice cream.

Across the table, my date enjoyed Moroccan spiced fish cakes (\$8.90, \$14.90, \$22.90), mixed paella (\$19.90, \$29.90), and chocolate profiteroles (\$3.90, \$9.90) for dessert.

The fish cakes, served with a rocket salad and semi-dried tomato and coriander dressing, were a zesty, flavoursome way to kickstart our night.

The generous paella, including fish pieces, chorizo, chicken, mussels, prawns, chicken and peas, wouldn't leave anyone wanting, and the profiteroles, a reliable dessert I rarely find on menus, were addictive.

The chance to enjoy a sugar-coated ending to a great meal, for less than \$4, not to mention that glorious goat's cheese, will have me return.

— KATE JACKA