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# AUSTIN FIT

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magazine



## SYNDROME

*syn•drome X: a metabolic disorder that's killing Americans from the inside out; the transformation of the human body into a hauntingly imperfect form*

APRIL 2006 | FREE

**High Fructose Corn Syrup + Boomerang's + Earth Day Activities**

# BOOMERANG'S

**IT'S NOT OFTEN ONE GETS THE CHANCE** to

experience a taste of the Australian outback in Central Texas. But thanks to Jack and Emilie Fennell, Austin is now home to Boomerang's, a laid-back neighborhood eatery that serves up hot and hearty "Aussie meat pies," a culinary staple down

-under. Loaded with savory meats and veggies, each pie is encased in a golden, flaky crust that's every bit as moist and delicious as a bakery croissant. Staples such as Chicken and Mushroom are bursting with flavor; chunks of white meat chicken are layered with mushrooms and onions in a decadent sauce. Diners looking for something with a bit more flair might opt for the Thai Chicken or Mediterranean pies, the latter being a healthy, mouth-watering encasing of tofu, squash, tomatoes and other veggies all packed inside a wheat version of their crust. Boomerang's also serves up meat pies, with a popular choice being the Traditional Beef Pie. A gourmet version of what you might find at a sporting event or street stand in Australia, this pie is loaded with ground beef, Worcestershire sauce and onions, making it an enticing escape from the usual hamburger doldrums. All of Boomerang's offerings are made fresh without artificial ingredients or preservatives, including their crunchy, homemade kettle chips. Perhaps the best thing about Boomerang's however, is its cozy, modern café of sorts that invites you to stay awhile. Just be warned: the longer you stay, the more you'll be tempted to head back to the counter for another pie. At least it's shorter than traveling to Australia.

3110 Guadalupe | 380.0032 | [www.boomerangspies.com](http://www.boomerangspies.com)

