Booze, bread and bass

Head to a craft beer and food truck festival where you can indulge in yum food, cold brews, and groove to eclectic music. Here are our top picks

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Mead for pleasure

The Good Vibes Festival, which premiered in April in Pune this year, is a two-day craft beer and food truck festival. Tied together with an intriguing set of indie music performances each year, the grand soiree makes its debut in Mumbai this month with its third edition, which is scheduled for the weekend at a newly opened open-space

venue in Lower Parel. Even though there are many options to choose from to quench your thirst, the owner of Leo and Tanmay Gang - a creative production



Bahulekar

unit which organises the festival — Tanmay Bahulekar tells us, "Moonshine Meadery is Asia's first meadery, and their honey-based meads are a must try. They are based out of Pune and they are coming down for the festival." Some of intriguing variants are bourbon oaked apple mead and guava chilli mead, he shares.





(Clockwise from top) scenes from an earlier edition of the festival in Pune

Sound on, please

Bahulekar team roped in Mae Thomas from iTunes-listed die music podcast Maed in India, who has curated the music for the event. "The musical experience had to spread good vibrations and resonate with the festival's name. So, I got artists whose music I genuinely respect and fits the happy

and upbeat prerogative," Thomas tells us about how she went about selecting bands and musicians for the festival. 'We've got singsome er-songwriters who'll warm 4 you up along with your del-

icately crafted beers. And rounding off the evening are a couple of bands of varying genres to lift your spirits, she adds. Mumbai-based popular blues rock band Coutto & Co, blues-pop sing-

er-songwriter Joel Padikkal, Hindi rock band Pravaah, indie dream-pop band Fox in The Garden and Pune-based Hindi folk rock band Fiddlecraft will be some of the acts to watch out for.



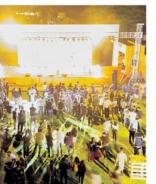


the energy of a fes-tival with the soul py looking at food trucks. So, we will have a bunch of rucks ranging from The Waffle Truck to The Cuisine Truck, serving waffles and food spread across many

ing that one of the USPs of the festival is the Pune-

Health is wealth

Rejuvenate with these plant-based products from a new studio





Stay tipsy

With seven breweries serving 30-plus varieties of brews and one meadery, staying tipsy shouldn't be a problem. This is not all, Bahulekar tells us that the central arena of the festival space is occupied by a well-lit beer garden which has seating arrangements. "The idea is to allow people to chill at the garden with their beers while listening to music," he says, adding that a new brewery called Hoppers that has re-cently acquired a brewery in Belgium will be offering enticing brews, alongside other well-known ones.

ON November 17 and 18, 12 pm to 10 pm AT Universal Square, High Street Phoenix, Lower Parel. TO insider.in COST ₹300 to ₹999



JUST OPENED

A NEW cooking academy that will serve as a yoga studio and a retail store is where you should be heading if the toxins and calories are bogging you down. Yogisattva is a gourmet organic healthbased company seeks to popularise plantbased foods.

Raveena Turani, owner and CEO at the franchise, is a trained raw food

chef and an expert in plant-based and raw foods.

Speaking about her pronew ject Turani



said, "I started this three years ago with the sole aim of providing people with wholesome nourishment. What started out as making smoothies for my friends post an intense workout session is now a full-grown entity."

Pinnacle House, PD Hinduja Junction, Khar West. TO yogisattva.com

The Guide Team

