

Dining Out



IN CALGARY, CANMORE & BANFF

LIFESTYLEYYC.COM

Promiscuous Grapes p14

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YOUR GUIDE TO GREAT RESTAURANTS, PUBS & CLUBS
NIGHTLIFE • ENTERTAINMENT • MAPS



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D1



HAUTE
cuisine



D2

Menu Sampler

Amuse • Brie and Red Onion Scone, Carrot & Cardamom 'Geode', Beef Carpaccio

City Limits • Sweet Potato Veloute, Red Pepper Purée, Pink Peppercorn Brioche, 'Sand' Lemongrass Gelee, Root Vegetables

The One • Candied Salmon, Restructured Gruyere Cheese, Spanish Herring Roe, Salted Crème Fraiche, Petit Pois

Black Star • Beet Root Ravioli of Goats Cheese and Herbs, Carrot Purée, Puffed Chickpeas, Indian Spiced Chicken Dumplings, Vanilla Apple

Natura • Brined Pork Tenderloin with Garlic, Honey, and Soy Glaze, Shiitake Marmalade, Potato Beignet, Garlic Sheet

The Ride Home • Banana Espresso Cheesecake, Shortbread Crust, 'Aero Chocolate', Orange Brandy Gummy, Chocolate Ganache

Reflection • Wild Berry Chocolate Tart, Watermelon Shooter, Ricotta Citrus Canoli

An exquisite culinary destination beckons you! Situated in the heart of the city overlooking the banks of the Bow River and Calgary's landmark Peace Bridge, Q Haute inspires all the senses with its elegant ambiance, superb contemporary French inspired cuisine and exemplary service.

Very few restaurants are able to achieve the level of grace exhibited nightly at Q Haute. Dedicated not simply to meeting your expectations but to exceed them, the team ensures your evening is perfectly balanced, polished and attentive. They are renowned for making guests feel extraordinarily special and welcome.

Glide up the grand staircase and be impressed as you are escorted to your table in one of the many distinct dining alcoves available for intimate dining, celebrations, or a fun night out with friends. You're instantly comfortable, anticipating the evenings delicacies.

As a reflection of his passion Chef/Owner Paul Stoffels' credo is "our goal is to create a place with flavours in movement, where senses are stimulated and products are sustainable. Originality, Variety and Finesse."

Every Tuesday, Wednesday, and Thursday they offer a specially chosen Chef's four-course experience, consisting of creativity from the Earth's pleasures and the oceans delights, these four to six plates are sure to invigorate your soul. On Friday and Saturday enjoy the Chef's seven-course journey with Natura. This culinary voyage is comprised of eight to twelve plates.

A truly memorable experience, this was an unsurpassed evening of sophistication and delight.

Q Haute Cuisine

100 La Caille Place SW
403.262.5554

www.qhaute cuisine.com

Lunch M-F 11:30 am - 2 pm
Dinner M-Sa 5:30 pm - 10 pm
Sunday Closed

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Beef?

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"The Met" is inviting, modern-chic and a luxe room of bold, sophisticated beauty that mingles traditional with inventive. Enjoy sit-down dining or cocktail gatherings with delightful appetizers. You and your guest are always VIP here. Welcoming the over-30 urbanite, this restaurant sets the standard for dining excellence in a stylish, lively atmosphere.

Indulging your inner epicure from appetizers to entrées, they are unapologetically picky about sourcing their ingredients from the highest quality and the best selections, therefore they choose to use hand-selected Angus AAA Reserve Beef aged for a minimum of 28 days, resulting in superior tenderness and flavor.

A popular appetizer choice is the *Pig & Pineapple Flatbread*. Served on a paddle suitable for discipline, the rectangular flatbread arrived piping hot, cheese still gooey. The addition of pancetta, pineapple and jalapeños provide just the right contrast of sweet and heat to the house made tomato sauce and mozzarella. Big enough for sharing, tasty enough for hoarding, we give two big thumbs up for this appetizer.

We're big fans of capers, and it was with delight we noticed the *Caponata* was topped with them. A traditional Italian-style vegetarian antipasto, the creamy roasted eggplant's smooth flavour is offset by the sharpness of golden raisins and the salty capers. When scooped up with the herb and olive oil infused focaccia, the blend of flavours is a winner.

The *Caprese* ain't your mama's *Grilled Cheese!* The first clue is that the grilled sourdough sandwich arrives perched on a drizzled balsamic reduction. Surprisingly, considering there's three kinds of cheese, the addition of fresh basil and tomato on fluffy sourdough bread makes this quite light fare. The crisp accompanying salad provides just the right contrast, with candied walnuts making their own statement.

Try the *Creole Chicken and Prawns*. A large, juicy "Supreme" chicken breast is stuffed with chorizo sausage, blackened with creole spices, seared then finished in the oven, then complemented with an Ocean Wise™ creole rubbed shrimp skewer, butter mashed potatoes, seasonal vegetables, and finished with beurre blanc and chili oil.

One would be remiss to leave the Metropolitan without trying one of their hand selected premium steaks. The 10 oz. AAA Angus Reserve New York Striploin is a sure bet. Seasoned just right and flame grilled, juicy and tender, topped with a rich cream demi glace, you can't go wrong in this top spot.

Menu Sampler

Ahi Tuna Tacos • Ocean Wise™ ahi tuna, avocado, cabbage, sriracha aioli.

Duck Club • Crispy duck breast, tomato, bacon, lettuce, truffle aioli, raisin bread

Jambalaya • Chicken, chorizo, Ocean Wise™ prawns, veg, spicy tomato sauce

Ice Cream Fudge Frownie • Double fudge brownie, vanilla bean gelato, seasonal fruit coulis

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www.themet.ca

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La Brezza



NE4

Over the years La Brezza have established themselves as one of, if not *the* classic Italian restaurant in Calgary. Put it this way, other restaurant owners eat here when they want a break from their own establishments. With an understated high quality interior, the focus is on the food, not the décor. A testament to their status was the stream of regulars that dropped by during our afternoon there.

La Brezza is renowned for their house-made focaccia and accompanying bruschetta. There is nowhere to hide in such a simple, classic, dish, and here their emphasis on using only the finest ingredients really shines through. Top quality olive oil and a small dash of jalapeños ensure you'll come back for this one. Made frequently in small batches for freshness, we were tempted to place a second order to go.

The signature *Calamari* dish is simply divine. Lightly breaded, deep fried to crisp, tossed in a zesty tomato, garlic, lemon and chili sauce; cooked just right yielding tender and crispy calamari bringing out the seafood lover in everyone.

We took the opportunity to experience a classic, the *Carbonara* and were thorough-

ly impressed. As with most recipes of few ingredients it's the technique that binds all the magic together. Pancetta sautéed til crisp, onions, cream thickened in the pan, simple spices, combined with the pasta and at the right temperature the egg yolk is added and tossed. The pasta will actually cook the egg enough to give you a silky smooth sauce.

An all-star dish, the *Veal Marsala* is done exactly like mama used to make. This top quality dish calls for veal scaloppini, a super thin veal cutlet lightly dredged then finished in a reduction of sweet Marsala wine, butter and raisins, giving it that depth of flavor and old world charm.

Not to be missed is a customer favourite, the *Brezza*. We chose the Pollo. A pan-roasted chicken breast, tender and juicy, is ladled with a reduction of smoky porcini mushroom stock, cream, white wine and thyme. It's accompanied with pasta in a zesty tomato sauce and seasonal vegetables.

Almost all of the dishes are available gluten free.

It's easy to see why La Brezza has been one of Calgary's most popular Italian restaurant for almost 30 years!

Menu Sampler

Gamberi Portofino • Jumbo prawns in a garlic and white wine lemon sauce with sautéed asparagus

Cannelloni • A famous La Brezza family recipe consisting of homemade crêpes filled with cheese, herbs, mushrooms & beef baked in a tomato sauce

Lasagna Bolognese • Mama Angela's secret blend of three cheese with bolognese sauce layered with lasagna sheets, cheese topped & baked to perfection

La Brezza

990 1st Ave NE

403.262.6230

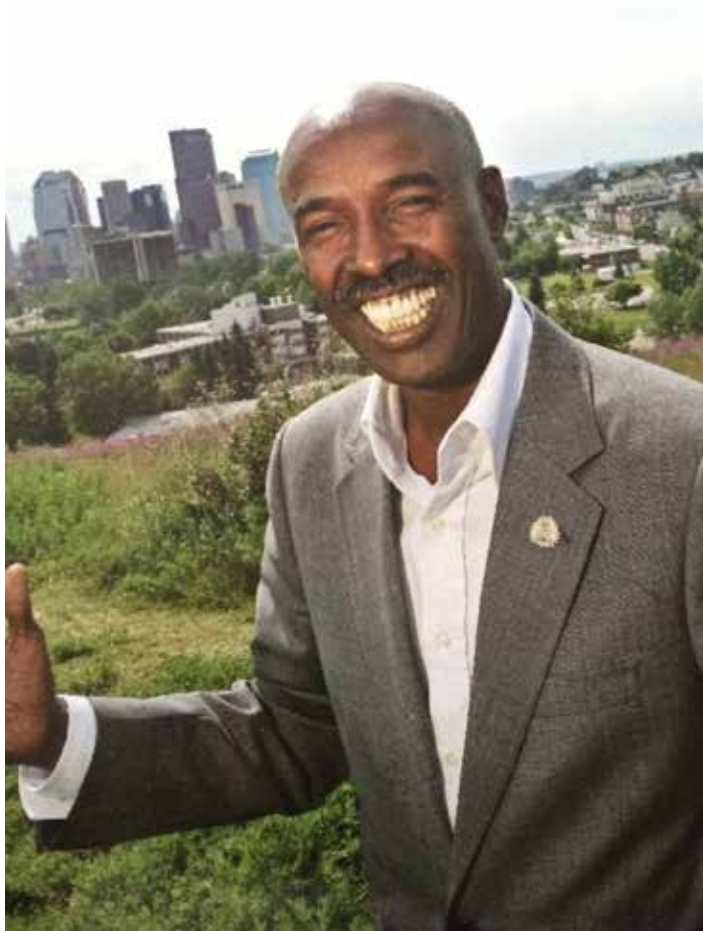
www.labrezza.ca

Lunch Tu-F 11:30 am - 2:30 pm

Dinner Tu-Th 5:30 pm - 9 pm

F-Sa 5 - 10 pm, Su 5 - 9 pm

\$\$\$



A Brief History of La Brezza Ristorante

La Brezza was founded by Marco Abdi, who arrived from Somalia by way of Italy in 1981 with just a few dollars in his pocket. His first job in Calgary was as a janitor in a medical building and he lived across the street in a little house owned by his employers.

That little house became La Brezza Ristorante and Marco opened the door for business in 1987 with his mother in law Angela as head chef.

La Brezza Ristorante has been one of Calgary's Most popular Italian restaurants and has won many awards including #1 on Trip Advisor four years in a row. They are proud to serve home cooked Italian meals and their little restaurant has always been about good food, love, and family and they are proud to share their passion with you.

Marco passed away in 2015 but the tradition is carried on by Filomena Abdi, Marco's wife.



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The Summer/Fall 2016 Issue!

We would like to thank you for choosing us as your personal tour guides to the restaurants, pubs and clubs we offer you in this guide. There should be something here for any day and night of the week, and for any occasion. We have spent many hours researching, done a little too much time eating, and gained a few too many pounds determining places we feel are excellent representations of great restaurants, pubs and nightlife for you to enjoy in Calgary, Canmore and Banff. We hope you enjoy using this guide as much as we have in creating it and we look forward to seeing you out there.

To help you in your quest for a great time we have **Entertainment Listings**. If you want to go out on the town, you should now be able to find a great venue to suit your fancy. Our **Hotel Directory** section can also assist you in your travels, so we hope you will take us with you and use our guide every step of the way.

If you feel this guide has helped you, please let the establishments know. That helps them know we are working hard for them. If you don't, please let us know so we can better serve you in the future.

Please send any comments or suggestions to our e-mail, editor@collagemediagroup.com.

We have taken great care to try to offer accurate and helpful information, and I trust you will agree. Check out the **Menu Samplers** provided by each location to help you decide what you're in the mood for, but be aware all menus are subject to change. Visit our website at www.lifestyleyyc.com.

My fellow reviewers are Fred Holliss, Stephanie Pyne and Lewis Gelfand. A special thanks to Fred, our Production Manager and vegetarian reviewer. Without him this guide would not be possible. Fred is an available-for-hire freelance writer, editor, photographer and production designer (and of course he loves to eat and drink and is responsible for our vegetarian friendly selections).

Bon Appetit and have fun!

Joel Gelfand, President
Collage Media Group Inc.
1415 - 4th Street SW
Calgary, AB, Canada T2R 0Y2
403-680-2087



HOW TO USE THIS GUIDE

- The **red pages** cover **Calgary**, as do the **red maps D, NE, NW, SE & SW**; the **blue pages & map C** cover **Canmore**, and the **green pages & map B** are for **Banff**.
- If you know which part of town you are looking in turn to the appropriate map and find a location by number, then look in the guide for the matching number; they start at 1 and go in numerical order, with a letter to identify the map.
- If you see an ad that looks interesting note the number to find it on the map.
- Establishments are identified with \$, \$\$, \$\$\$ & \$\$\$\$ to indicate the costs on their menus, ranging from under \$15, \$15-30, \$30-45 and over \$45 average per entrée.
- A note about the "**Vegetarian Friendly**" and "**Celiac Friendly**" marks on some pages. While any fine restaurant, and in fact any restaurant in this guide, can prepare a meal to your requirements, we are taking this opportunity to acknowledge those restaurants that make an effort to identify diet-specific offerings in their menus.

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Cover Photo by Fred Holliss

Yep,

BROWNS IS THE NEW BLACK

EST. MMICV



BROWNS SOCIALHOUSE
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This is an upscale-casual family-friendly "Social House" dedicated to the art of presenting exceptional cuisine in a stylish, comfortable setting. They refer to themselves as a "Hybrid Neighbourhood Pub" where the emphasis is on fresh and made from scratch right down to their own spices and sauces and feature both a seasonal and "core menu" that is value oriented without compromise. Each location boasts originality to fit into the local marketplace while keeping their concept.

On the starter menu the *Crispy Calamari* and *Jalapeños* are a

Browns Social House

140-880 16th Ave SW
403.455.8158
5139 Elbow Dr. SW
587.349.4040

www.brownsocialhouse.com

M-F 11 am - Midnight
Sat 10 am - Midnight
Sunday 10 am - 10 pm
\$\$\$-\$\$\$

popular choice. Calamari rings and sliced jalapeños are tossed in lemon water, then hand breaded, deep fried to crispy golden, sprinkled with Browns Signature spices, and served with their house made Tartar Sauce.

The *Crunchy Spicy Tuna Tacos* are packed with flavour, and just the right amount of heat. Ocean Wise™ albacore tuna is marinated in Sriracha, Jalapeño Tabasco and lime juice, then stacked in a fried gyoza shell with guacamole, taco slaw, tuna, and topped with miso mayo, green onion and a jalapeño slice. It's a great mix with a little heat and a lot of flavour. The addition of the gyoza shell gives the dish a nice light crunch.

The *Healthy Social Bowls* are a great, filling option, and the *Blackened Chicken Bowl* is a fan-favourite. This dish has a tender,

juicy chicken breast topped with blackened spices accompanied by almond rice and their signature *Cowgirl Salad*.

Don't miss the hand-stretched, thin crust pizzas. The *3 Meat Cowboy Pizza* stands out with its charred pepperoni, bacon, sausage, mushrooms, corn, and mozzarella. It's topped with herbs and house made pizza spices to finish.

Save room for dessert, because the *Chef's Homemade Warm Brownie* is impressive. Vanilla ice cream, salted walnuts, hand-cut milk chocolate and caramel sauce accompany this brownie. This dessert is large enough to share... if you are feeling generous.

Social Hours are Monday to Friday 3-6 pm. All the Social drinks are \$4, including *Browns Social Lager*, handcrafted by Granville Island Brewery.

Menu Sampler

#28 Dragon Bowl •

Coconut rice, vegetables, red cabbage, spicy yogurt, choice of Teriyaki Chicken or Tofu

Hickory Burger • House-made and hand-pressed, smoked bacon, BBQ sauce, cheddar cheese, lettuce, tomato, served with HCDC fries

Mac n' Cheese • Rigate pasta, house made béchamel, cauliflower and kale, parmesan, aged white cheddar, topped with panko

Blackened Chicken Wonton Soup • Pork & shrimp wontons, bean sprouts, scallions, roasted corn, noodles, cabbage, wonton broth

Tahitian Tuna Salad • Lemongrass crusted albacore tuna, mixed greens, cilantro ginger vinaigrette, wasabi mayo

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Menu Sampler

Rodizio • Dinner choices include; Garlic Steak, Pork Ribs, Chorizo sausage, Sirloin Steak, Pork Loin with a hint of heat, Minas pão de queijo (cheese bread), Moqueca - shrimp stew in coconut sauce, Salpicão - Brazilian chicken salad, Heart of Palm Salad, Couve (Kale) Salad, Cucumber Pineapple Salad (with a hint of mint and lime) and so much more

When Carolina Lopez, originally from Costa Rica, and Jose Monte, originally from Brazil, met while working in a restaurant in Calgary, they hardly imagined they would realize their joint dream of opening their own restaurant in only a few short years. The restaurant design is inspired by what you would see in the town of Ouro Preto or "Black Gold", a mining town rich in Brazilian culture.

Jose pioneered Brazilian cuisine in a number of countries such as Japan, China and Mongolia before settling here in Calgary. Now married and partners in the restaurant they are committed to the authenticity of real Brazilian food and employ traditional techniques and spicing while combining a blend of Brazilian tradition with contemporary flair. Jose runs the kitchen or "back of the house." Carolina helps and runs the "front of the house."

They offer a large selection of succulent meats, hot dishes and freshly prepared salads, the meats all roasted in large rotisseries. The Passadores bring skewers right to your table and carve the ones you would like, then keep coming around until you turn your card over. They also offer a checklist where you can mark off the dishes you prefer. Choices of meats include *Picanha*, one of their signature cuts of beef that is surrounded by a blanket of fat that lends more flavour and juiciness; *Leg of Lamb* simply

marinated with sea salt, cooked to medium rare and dressed with honey-mint sauce; and nine or ten other specialties.

The buffet items include hot dishes, vegetable salads, and fruits. You'll find *Caesar Salad*, *Crab Salad* and *Green Bean Salad*; *Black Bean Stew*, slowly simmered with pork, sausage, beef and bacon; *Beef Stew With Vegetables*; *Fried Polenta*, in-house made with stir-fried onions, red peppers deep fried, cut into strips and sprinkled with parmesan; and much, much more.

Order the *Café de Coador*, a Brazilian cloth filtered espresso straight from the state of Minas Gerais served right at your table. Enjoy while sampling the extensive array of fresh fruits and pastries complimented with the traditional sweet toppings that are all expertly prepared in house.

Minas Brazilian Steakhouse
136 2nd Street SW
403.454.2550
minassteakhouse.com

M - F 11 am - 10 pm
Sa, Su + Hols 10 am - 10 pm
\$\$\$

Beautiful Blends

Some of the world's greatest wines are made from more than one kind of grape

By Shelley Boettcher

A little of this, a little of that. Winemakers often make their jobs seem easy, but there's more to making wine than simply dumping a bunch of good stuff in a barrel and stirring.

Winemaking laws, history, tradition and terroir all influence what grows where — and what wines blend well with others.

With that in mind, here's a quick look at five of the world's most famous blends.

Amarone — One of Italy's best-known wines, Amarone is a big, rich, red made in Italy's Valpolicella region from partly-dried grapes including Corvina, Rondinella, Molinara and occasionally other indigenous grapes such as Negrara and Croatina.

Bordeaux — Red wines are typically Bordeaux's most famous and most common red wines, although the sweet white wines (blends of Semillon, Sauvignon Blanc and Muscadelle grapes) from Sauternes get rave reviews from critics.

But back to the reds. Grapes include Cabernet Sauvignon, Merlot, Malbec, Cabernet Franc and Petit Verdot. Left Bank wines are mostly Merlot; Right Bank wines (Saint-Emilion and Pomerol, for instance) are mostly Cabernet Sauvignon.

Bordeaux wines can only be made in France, but the grapes behind them grow around the world. When a Bordeaux-style blend is made in North America, we call it a Meritage. California and Canada's own Okanagan Valley have many excellent examples.

And in Italy, Super-Tuscans are a variation on the Bordeaux blend. They often contain Sangiovese (an indigenous Italian grape) as well as the noble French varietals such as Cabernet Sauvignon.

Champagne — Most Champagne is made from three grapes: Chardonnay, Pinot Noir and Pinot Meunier. Typically a rosé, or pink Champagne, is primarily Pinot Noir. A blanc de blancs, however, is made from 100 per cent Chardonnay. And Champagne can only be made in France's Champagne region. No one else can claim the name.

Chateaufeuf du Pape — The most famous appellation in France's Southern Rhone Valley, Chateaufeuf du Pape has an ancient history, although Chateaufeuf du Pape only became the official name in 1893.

Since it was made law in 1936, only 13 different grapes can be used to make red or white Chateaufeuf du Pape. Those grapes including Grenache, Syrah, Mourvèdre, Cinsault, Clairette, Vaccarèse, Bourboulenc, Roussanne, Counoise, Muscardin, Picpoul, Picardan and Terret Noir. I dare you to say all of those out loud really fast.

Shiraz-Viognier — Wine made from Shiraz, a red grape, and Viognier, a white grape, originated in the Northern Rhone Valley (you knew I'd bring the conversation back to France somehow.) Now, however, this blend is now commonly found in Australia, where it does extremely well. Viognier gives a pretty floral note to the Shiraz, and, some say, helps to break up the meaty, savoury notes that are common in Shiraz. Some say you'll get notes of bacon and peaches, all in the same wine.

Finca Villacreces 2013 Pruno

(RIBERA DEL DUERO, CASTILLA LEON, SPAIN)

The Villacreces land borders Vega Sicilia, a gorgeous estate that makes some of Spain's most expensive wines. For a fraction of Vega Sicilia prices, you can try a wine made only minutes away. This medium-full-bodied wine is mostly Tempranillo with 10 per cent of Cabernet Sauvignon in the mix. On the nose, you'll get notes of vanilla and freshly sharpened pencils. On the palate, it's all about fruit: dark cherries, raspberries, plums. A long and delicious finish will leave you craving more. Incidentally, Pruno is a slang term used to describe wine made illegally in prison. The legal version — this one — is about \$30.



Paul Jaboulet Aine 2010 Les Cedres Chateaufeuf du Pape

(CHATEAUFEU DU PAPE, RHONE VALLEY, FRANCE)

This family-owned winery dates back to the early 1800s, but was bought by the Frey family in 2006. Blends are what make Chateaufeuf du Pape wines so special, and this silky, complex red is no exception: it's a blend of Grenache, Syrah, Mourvedre and Cinsault. It has great aging potential, but it's utterly haunting now. Give it about half an hour after opening, to taste it at its best. (Indeed, everything I've tried recently from Paul Jaboulet Aine has been a winner.) Pair with duck, roast chicken or lamb. About \$54.



Vasse Felix 2013 Cabernet Sauvignon-Merlot

(MARGARET RIVER, WESTERN AUSTRALIA, AUSTRALIA)

Thomas Vasse was a sailor who disappeared during a storm off the southwest coast of Australia. Rumours abounded for years — did he die? Did he sneak away to join an aboriginal family? Or was he picked up by Americans, then thrown in jail by the English? The tales are fascinating and mysterious, just like this Meritage-style blend from Down Under. The label says it's Cab-Merlot, but it also contains a bit of Petit Verdot and Malbec. Each grape gives different qualities; the Cab, for example, gives the mighty tannic structure, while Merlot gives this wine softness. And they all contribute dark fruit and herbal flavours — eucalyptus, cedar, spice. Pair with steak, game or lamb. About \$28.



Nk'Mip 2013 Mer'r'iym

(OSOYOOS, OKANAGAN VALLEY, BRITISH COLUMBIA, CANADA)

The word Mer'r'iym (pronounced mur'-eem') means "marriage" in the indigenous language of the Osoyoos Indian Band; the word is a terrific description of this Meritage. Grapes include Merlot, Cabernet Sauvignon, Malbec and Cabernet Franc. Muscular and full-bodied, it has layers of black-currant, dark cherries, vanilla, chocolate, baking spices and more. Pair with prime rib or steak. About \$55.



JoieFarm 2015 Rethink Pink Rose

(OKANAGAN VALLEY, BRITISH COLUMBIA, CANADA)

A Canuck nod to France's Loire Valley rosés, this tasty blend is made of Pinot Noir and Gamay, just like its French counterparts. Dry and refreshing, with zingy yet balanced acidity, this deep pink sipper has notes of strawberries and herbs, and is a great pairing for smoked salmon, calamari, or even a margherita pizza. From winemaker Heidi Noble, one of the gems of the Okanagan Valley. About \$22.



Champagne Ruinart, Brut Rosé (non-vintage)

(CHAMPAGNE, FRANCE)

The oldest producer in Champagne, Ruinart has been making wine since 1729, but has only recently been rebuilding the brand's presence in the Alberta market. These plump bottles are charming, and so is the wine inside — a delicate, dry pink fizz with aromas and flavours of strawberries, citrus and candy. A blend of mostly Pinot Noir; the rest is Chardonnay. About \$85.



D12



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D13



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Beyond the Beef

Albertans are seeking alternatives to seeing Bessie on the plate — Elizabeth Chorney-Booth

It's an old stereotype that Albertans are only interested in seeing meat and potatoes on their plates, but how often do you default to steak when ordering off of a restaurant menu? There's no doubt that beef is king in Alberta — we produce some of the best in the world and most decent local chefs know how to prepare it to perfection — but as our food culture evolves, so has the variety of meat that chefs are plating up. Restaurants in Calgary, Banff, and Canmore offer so many different protein selections — if your ordering decision usually means waffling between ordering your New York strip medium rare or medium, it may be time to start thinking beyond the beef.

Chef Kyle Groves is a culinary instructor at SAIT's School of Hospitality and Tourism and the former executive chef at Catch, a Calgary restaurant that specializes in seafood. Groves says that while Catch's menu was primarily seafood-based, there was a beef option because Calgarians just couldn't seem to live without one. But while beef is still a big seller in most restaurants, he sees things changing.

"When I first started cooking things were definitely meat and potatoes, as clichéd as that sounds," Groves says. "Through the years though I have noticed a bit more of an adventurous eater emerging."

For diners wanting to tip-toe away from beef, most restaurants have pork, bison, and lamb offerings that give the heft and richness of beef, but with slightly different flavours. Alberta produces a lot of these meats, making them a good alternative for those who choose Alberta beef in order to support the local agriculture industry (many menus will specify if their pork or lamb comes from a local farm). For those looking to explore beyond chops, the trend towards chefs using pork belly is still going strong, with crispy bits of pork making their way into Asian fusion dishes and tacos. If you haven't tried it, don't be fearful of the fat — it truly is a delicious treat, though best served in small portions.

Then there's the home cook's mainstay, the humble chicken. Many people are hesitant to order chicken in a restaurant because it doesn't feel special enough, opting for duck instead if they're craving poultry. But with a lot of impressive locally sourced chicken



available these days, more places are doing outstanding chicken dishes — be they big and juicy rotisserie chicken meals or creative takes on chicken sandwiches or dressed-up chicken breasts.

"I think that chefs are open to working with chicken because it's relatively cheap. You're able to offer a larger portion of chicken while doing other things on the plate," Groves says. "You're starting to see places that are making a point of offering real quality chicken and there's a flavour difference. If you look at a place like Cluck 'n' Cleaver — they're sourcing a really good quality product."

Since we're landlocked, Calgary has never been a particularly hot destination for fish and seafood, but most fine dining restaurants have a least one fish option on their menus and chefs are working with more than the salmon or sole fillets that Albertans tend to be familiar with. Depending on the season, halibut, trout, and albacore tuna are all menu regulars at higher end restaurants, with seafood treats like octopus, sea urchin, and the more ubiquitous oysters and mussels showing up here and there. Fish that are a little lesser known in this part of the world like mackerel, sardines, and herring are also starting to become more widely available from creatively minded chefs. Many restaurants in the region are also now providing Ocean Wise™ certified seafood and fish for customers who are concerned about sustainable fishing.

"The thing about seafood in Calgary is there are a lot of people who are not from here originally and they're comfortable eating oilier fish that have a more pronounced flavour," Groves says. "Whereas born and raised Calgarians often don't like that strong fishy flavour. But when you understand that it's a flavour all in its own you can start to appreciate it. The availability to chefs is there, but it's a matter of getting customers to buy it."

That same sentiment goes for even more adventurous meats — pigeon and squab (which is essentially a young pigeon with a more appetizing name) are no longer unheard of on Calgary menus and the same goes for rabbit, game meats like wild boar and elk, and even things like alligator and ostrich. Squeamish customers don't have to reach for the off cuts or gnarlier looking seafood if they aren't feeling adventurous, but there's more than enough out there to try next time you're dining out.

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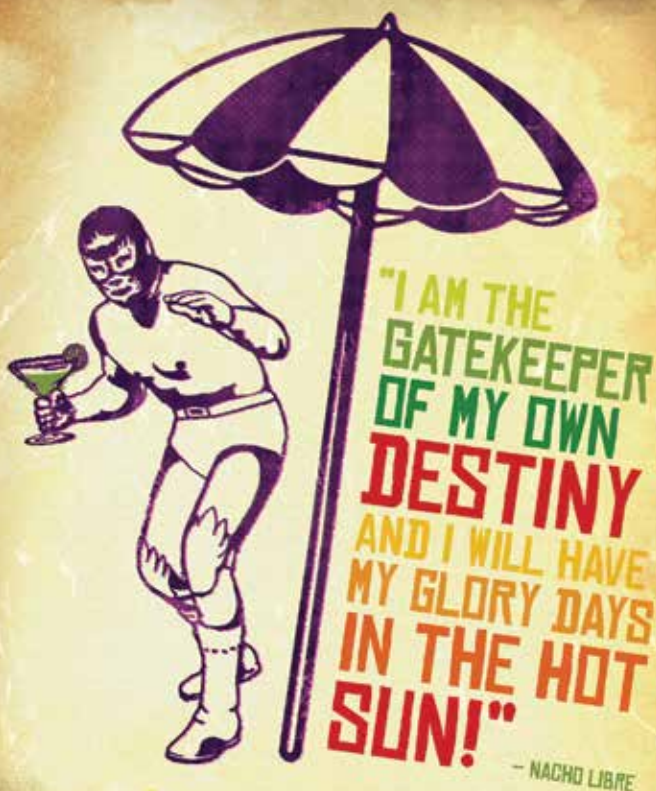
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Los Chilitos



Menu Sampler

Shrimp Cocktail • Shrimp in Veracruz-style sauce, cilantro, onion, avocado

Jalapeño Rellenos • Jalapeño peppers filled with creamy cheese blend, rolled in bacon, on sweet corn sauce

Stampede Tacos • Marinated beef strips grilled with cheese, caramelized onions, mango-chipotle, fresh Mexican salsa

Scallop Ceviche • Baby scallops with lime juice, mango, onion, cilantro and dry peppers

This restaurant is the go-to destination for quality Mexican cuisine on 17th Ave.

The atmosphere is bright and cheerful, the menu is Taqueria style and heat is the theme; but not too spicy, just enough to bring out the subtle flavours and the chef's originality. With culinary chefs trained in Mexico City this family-owned business brings a more authentic feel to what we think of as typical Mexican food.

The *Choriqueso* starter is delicious and hearty, a combination of grilled Chorizo, potatoes, poblano peppers and onions with melted cheese, topped with pickled onions and cilantro, served with flour tortillas; cheesy, creamy and not too spicy. We added a side of salsa for that little extra tang.

Being a Taqueria makes trying the Tacos a must, and they offer a little something for everyone: shredded beef, marinated pork, chorizo, fish, chicken, shrimp and even vegetarian. We enjoyed the *Shrimp Tacos*, large, juicy shrimps sautéed in garlic butter, loaded into a corn tortilla with

chipotle mayo, spicy pico de gallo and an avocado slice. This dish is light, delicate and nicely spiced.

It's a popular destination for *Mexican Brunch*, daily from 11-3, with lots of traditional, delicious choices. Try *Huevos con Chorizo*, a three-egg scramble loaded with Mexican chorizo sausage and ranchero salsa with home style potatoes, refried beans, flour tortillas and salsa. Load up the tortilla and make yourself a breakfast taco. We had a side of pico de gallo for that extra freshness.

A really popular and fun drink is the *Beergrita*. An upside down bottle of Mexican beer in a blended margarita, with your choice of an array of popular flavours or try the one of the new patio-drinks like the refreshing *Raspberry Mojito*.

The atmosphere is lively, the portions are generous and the margaritas and tequilas are aplenty; in fact, they offer over 80 Tequilas and 10 Mezcal! You can't help but have a great time.

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Menu Sampler

Red's Big Breakfast • Three eggs your way, bacon or breakfast sausage, Red's potatoes, your choice of toast

Montreal Smoked Meat Hash & Eggs • Montreal smoked meat potato hash with red peppers, caramelized onions, homemade Hollandaise and two eggs

Tofu Scramble • Vegan tofu scramble, spinach, roasted red peppers, tomatoes, served with fresh fruit

Roasted Beet and Goat Cheese Salad • Topped with roasted almonds, pumpkin seeds, finished with a red wine vinaigrette

Breakfast Parfait • Honey sweetened yogurt, homemade granola, fresh fruit and your choice of toast

If you're in the mood for breakfast, Red's Diner is the place to go! Boasting two locations, one on popular and trendy 4th Street and the other in the artsy Ramsay district. Sharing a fraternal look and feel while retaining their own individuality, these iconic restaurants are sure to become one of your favourite spots.

Targeting the breakfast, brunch and lunch crowd, these bright and cheerful eateries, with exposed brick, modern art and rustic hardwood, exude a comfortable feel. They offer all-day breakfast, with great food prepared in-house from scratch, friendly staff and "bottomless" cups of coffee.

On the traditional side of the menu, one of our favourites is the *Prairie Breakfast Plate*. Two eggs cooked to your liking with homemade potato cheddar perogies, Rocky's Kielbasa and sour cream, sided with Red's potatoes and toast. Now that's a meal!

Red's is also getting quite a reputation for their *Eggs Benedict*, a best seller with four selections

to choose from. We chose the traditional Benny on gluten free bread.

Hot off the griddle the blueberry, basil and *Goats Cheese Stuffed French Toast* is a decadent indulgence. Dusted with icing sugar, drizzled with balsamic reduction and resting on a sweet blueberry coulis, this rich interpretation of the classic leaves nothing to be desired.

With lots of great lunch choices we descended on the *Reuben* sandwich. Grilled marble rye is loaded with lean Montreal smoked meat, sauerkraut, then smothered with melted Swiss cheese then topped garlic Dijon. Served with Red's famous fries, this one is a winner.

Both restaurants offer an almost timeless classic feel, serving farm fresh home made classics with a modern twist.

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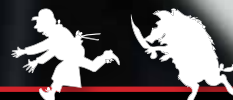
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SE27

A Road Trip For The Responsible

Dip Into Southern Alberta For The Sights And The Craft Beer Offerings — Brett Hopper



With a spare weekend and a healthy appetite for local craft beer, rather than heading to the liquor store as usual, how about a road trip instead? With proper precautions, of course.

Weekends were made for road trips. Now more than ever with breweries popping up all over, and with many true craft beer destinations being just off the highway, we have compelling destinations. Accommodations in the province are catching on to the beer buzz, and are lending themselves to the craft beer lover by providing unique offerings, often in partnership with the local brewery.

The first step in planning something like this is to call ahead. Most breweries strive to be accommodating at a moment's notice, but if you call ahead, brewers are able to get their hops in a row and plan out something special. Heck, tell them your full plans for every destination, and they'll either want to join you, or make your visit to them the most memorable out of the journey.

Calgary is home of Big Rock Brewery, one of Canada's first craft breweries and now so successful they can no longer be considered small. While the same applies to Wild Rose Brewery, Calgary is becoming increasingly known for its micro (meaning small) craft breweries, and they're peppered across the city. We suggest hiring a driver for a day, or buying lunch for a buddy and a couple of t-shirts throughout the day to make it work his or her while.

The Dandy Brewing Company located in the North East of the city is known for its bottle conditioned beer, and casks, where they let the beer do all the work, instead of speeding up the process with forced carbon dioxide. What you end up with are beers that are more mellow on the carbonation side of things, more complexly flavoured. If you can get your hands on it, the T2E IPA is a good, approachable version of the style.

Of course, we couldn't do a proper beer story on the city



of Calgary without mentioning the guys who changed the rules in the province: Tool Shed Brewing Company. Two best friends began to wonder why there weren't more breweries in a place centrally located around some of the best beer ingredients on the planet. Turns out, the industry was heavily regulated. That is until Tool Shed Brewing Company lobbied with the government to show how the beer industry is great for tourism (among other things!). Head down to the brewery and try out a *Red Rage Amber*, or *Star Cheek IPA*, both named after the guys who started the brewery.



One of Calgary's newest breweries, Banded Peak Brewing, is just off the Stampede grounds and is making a name for themselves already because they've combined their two favourite things: outdoor adventures, and unique beer offerings. They love the outdoor lifestyle, and beer fits that mould. *The Plainsbreaker Pale Ale*, *The Summit Seeker IPA*, and the *Chinook Saison* are all refreshing, and a great treat once you've finished a day of hiking.

Here's where hiring a driver, or designating a friend to drive you around becomes extremely important: You're three breweries in, and need to leave the city.

Heading West from Calgary on the Trans Canada Highway offers several beer-centric destinations within striking distance. With the addition of equally beer-focused places to rest your head.

The Grizzly Paw Pub has been a Canmore destination for 20 years, entrenched right in the heart of the Bow Valley. Their success has always been driven by the rotational beers they





offer, and since building a production facility in 2013, their reputation has only skyrocketed. The pub offers a great menu to accompany your thirst, along with breathtaking views only the Rockies can provide. In the beer world, fresher is definitely better. The *Evolution IPA* offers a well balanced hops profile, great citrus notes on the nose, and a clean finish. Not in the mood for IPAs? The *Powder Hound Pilsner* is a Canmore take on a traditional German Beer, and has become a classic in the Bow Valley Area for its flavour profile true to the German Style.

The Coast Canmore couldn't be situated any closer to the Grizzly Paw Brewing Co. It's literally across the street on Old Canmore Rd. The hotel chain has taken advantage of the location and has partnered with the brewery's production facility for an accommodation and tour package, which includes a one-night stay plus two adult passes, beer samples and souvenirs. The tours take place on Fridays, Saturdays, and Sundays, so it's really up to you when you want to arrive.



Are your tastebuds yearning for the next destination? Well, head 20 minutes West, and you enter beautiful Banff. The history of the town is entrenched in Canadiana, and more recently, is becoming known for its beer getaways. The Banff Lodging Co. has taken full advantage.

Two of those options are located at the top end of the downtown core: The Banff Ptarmigan Inn, a staple in the tourism industry, and the newly constructed Moose Hotel & Suites. Depending on what kind of stay you're after, both provide access on foot to new beers you want to try. It's worth mentioning that the newly built Park Distillery, which makes premium vodka, a line of flavoured vodka, gin, and a yet to be released whiskey program, is also in the area.



As you walk into downtown Banff, you can't help but take in the history of the town. You are surrounded by the looming peaks of the Rocky Mountains. Walk two blocks from the hotels (they're right next to each other) and you'll reach the Banff Ave. Brewing Co. They have been producing a wide array of suds since their opening in 2010, and continue to drive a community focused beer culture. They constantly try to put new and interesting options in front of consumers with their rotating guest taps from other



breweries. You can get a chance to try Edson's Bench Creek Brewing, or Edgerton's Ribstone Creek Brewery without leaving

Banff! There are also casks available every Friday that showcase the diversity of beer flavours in this province.



So, the next time you want to get away for a weekend, we suggest thinking about the many wonderful breweries popping up in the province. It's always best to plan ahead, and don't drink and drive. Start booking your self guided beer road trip today!

Banded Peak Brewing

bandedpeakbrewing.com Unit 119, 519 34 Ave SE, Calgary 403.630.9395

Banff Ave Brewing Co

banffavebrewingco.ca 110 Banff Ave, Banff 403.762.1003

Banff Ptarmigan Inn

banffptarmiganinn.com 337 Banff Ave, Banff 403.762-2207

Coast Canmore Hotel

coasthotels.com 511 Bow Valley Trail, Canmore 403.678.6325

Dandy Brewing Co.

thedandybrewingcompany.com #11, 1826 25th Ave NE, Calgary

Grizzly Paw

thegrizzlypaw.com 310 Old Canmore Road, Canmore 403.678.2487

Moose Hotel & Suites

moosehotellandsuites.com 345 Banff Ave, Banff 403.762.2638

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toolshedbrewing.com 801 30 St NE, Calgary 403.775.1749



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Menu Sampler

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Steamed Mussels & Broth • One pound of fresh P.E.I. mussels steamed in a tomato, garlic and onion reduction and crumbled feta, served with French loaf garlic toast

Quinoa Cobb Salad • Grilled chicken breast, chopped bacon, sliced cherry tomato and avocado, quinoa tossed in a balsamic vinaigrette, on a bed of Arugula greens

Hickory Smoked Pulled Pork on Brioche • Pulled pork, smoked in house and stacked high on a buttery brioche bun, topped with crunchy vinegar and oil slaw and a thick tempura onion ring

This is one of South Calgary's most popular pubs, and one of the longest running hotspots since 1992. They offer a comfortable pub atmosphere with an ever-evolving menu of snacks, traditional pub fare and world cuisine with a huge selection of imported and domestic beers.

The menu is loaded with comfort food and familiar classics, a plethora of choices sure to satisfy any time of day. The menu reflects fresh ideas while still retaining the "Swan Classics" that keep the customers coming back. Some good choices for starters are the *Tenderloin Steak Crostinis*, bite size tenderloin pieces grilled tender and lightly spiced, topped with sautéed mushrooms and served on garlic crostinis, and the *So Cal* (So Cal = South Calgary) *Fish Tacos*, lightly battered crisp cod fillets with wasabi mayo, baby arugula greens, crunchy oil and vinegar slaw and a fresh mango salsa on the side.

The burgers are always a favourite. Freshly ground in house and hearty, the *Bruschetta Bacon Burger* was an obvious choice. Strips of Hickory smoked bacon and house made tangy white balsamic Bruschetta are complemented by a feta infused cream cheese spread and served on a fresh chewy pretzel bun with your choice of side – we chose the Caesar salad.

Have some fun with the build-your-own *Grilled Cheese*. Choose your bread and choose from over 18 ingredients such as smoked Gouda, grilled apple, Mac and Cheese, fried egg and much more. Pick your side and enjoy your masterpiece!

Sunday brunch is a favourite! Enjoy items such as the *Smoked Brisket Hash*, beef brisket with breakfast potatoes, onions, shallots and peppers topped with two eggs your way; the *Cristo Sandwich*, grilled French toast stuffed with ham, turkey and Swiss cheese dusted with icing sugar and served with hash browns or the *Full English*, all reasonably priced.

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The *Wings* are a treat, available smoked or breaded: we recommend ordering the smoked Jack Daniels BBQ.

Next on the list of must-tries is the *Mac 'n' Cheese*, a signature dish. This rich, creamy combination of white cheddar, smoked Gouda, blue cheese and cream is then topped with more cheese and finished in the oven: you'll think heaven was delivered to your table.

In our opinion there is no better way to master BBQ than using fresh, top quality meats and slowly smoking them at low temperatures. The fall-apart goodness of their delicious meats is evident in the *Applewood Smoked Pulled Pork*. Smoked at 235 degrees for 8-12 hours then shredded by hand

with just the right combination of smoke and bark, this dish really delivers; ours was sided with the most ridiculously fantastic garlic fries, cooked crispy and served up with raw garlic bits. Better make sure your partner has some!

The food isn't the only thing making waves at the Palomino. Known as one of Calgary's best live-music venues, the bar hosts live bands throughout the week, showcasing an assortment of country, rock and indie bands for all your musical needs.

Mondays is *All You Can Eat Ribs* for \$20, Tuesday is \$1 A Bone dry ribs, and Wednesday is \$5 A Pound wings!

On weekends they feature their famous *Cowboy Brunch*, their BBQ-inspired take on breakfast classics which are available for both early and not-so-early risers.

Menu Sampler

Roasted Garlic Caesar

- Rich caper dressing, fresh lemon, roasted garlic, chili croûtons and Parmesan cheese

Catfish Po Boy •

- Grilled, blackened and dressed with herb aioli, slaw, lettuce, tomato and a wedge of fresh lemon

Very Very Slow Smoked ½ Chicken •

- With choice of 2 fixin's

Pulled Pork Lasagna •

- Lasagna noodles and pulled pork Bolognese topped with their own in-house cheese blend

Cowboy Brunch -

Hangover Hash •

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Menu Sampler

- Nachos** • Piled high with black olives, jalapeños, tomatoes, onion, cheddar and mozzarella
- Hamburger Steak** • In-house AAA patty topped with gravy, sautéed onions, served on Texas toast
- Pulled Pork Hoagie** • Slow cooked pulled pork, mixed with Apple City BBQ Sauce and topped with coleslaw
- Half Rack of Ribs** • Baby back ribs with your choice of Apple City BBQ, Cattlemen's Sweet & Bold or Tangy Gold BBQ sauce, or dry rub, with beans, coleslaw and fries
- New York Strip Steak** • 10 oz. AAA Alberta beef, trimmed and cooked to order with beans, coleslaw and fries

Calgary's original country bar and Calgary's favourite Stampede hotspot, the Ranchman's has been a Calgary landmark for over 44 years. They say a visit to Calgary isn't complete without a visit to the Ranchman's.

Today the 1,100 seat dance hall hosts top country bands and performers, with Calgary's largest dance floor for kicking up your heels. A "museum of rodeo photographs & memorabilia" displays over 90 Trophy saddles of Canadian and World Champion pro rodeo cowboys. It's where the REAL cowboys hang their hats! They are also the official hospitality location of the Canadian Professional Rodeo Association. Pool tables and a great western atmosphere help explain why this has been a Calgary classic for so long. An experience not to be missed!

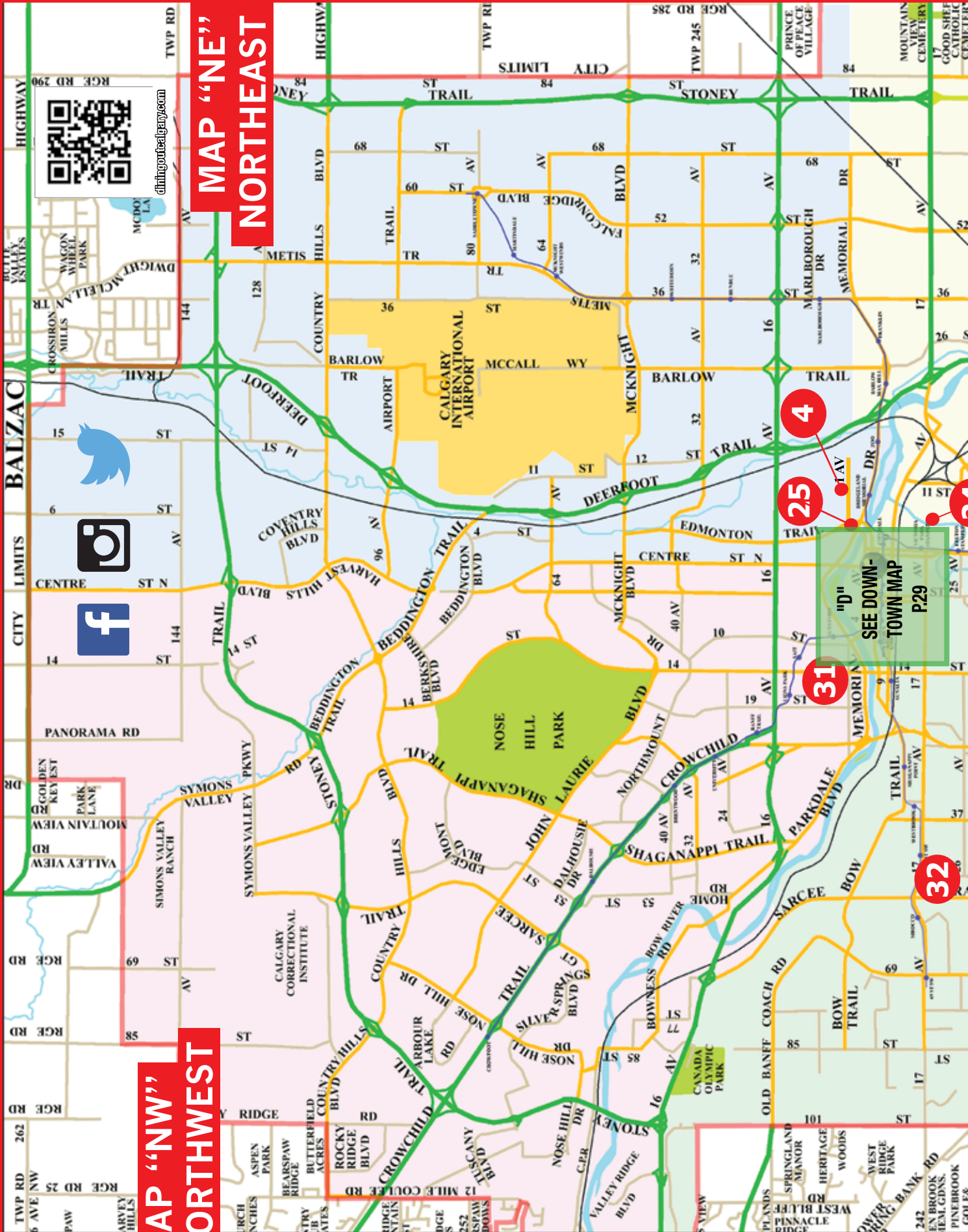
Inviting you to "come for dinner – stay for the night!" they specialize in *Alberta Deep Pit BBQ Beef*, succulent steaks and fall off the bone ribs, with helpings as big as the Alberta sky. With daily specials and a classic Western menu, there's always something yummy to be had. To start we suggest you try the *Dry Garlic Ribs*, a pound of savoury bone-in pork mini ribs tossed in light soya sauce and finished with kosher salt. Try their *Beef Bones*, four big meaty prime rib bones, brushed with BBQ sauce and slowly baked, tender and juicy. This is full service Cowboy fare with Grade AAA Alberta beef, ribs & chicken.

And for all your boot-scootin' needs there's live Rockin' Country entertainment every Friday & Saturday. Take the 8 Second Challenge on their Mechanical Bull! Be a part of the legend and taste the Stampede all year long.

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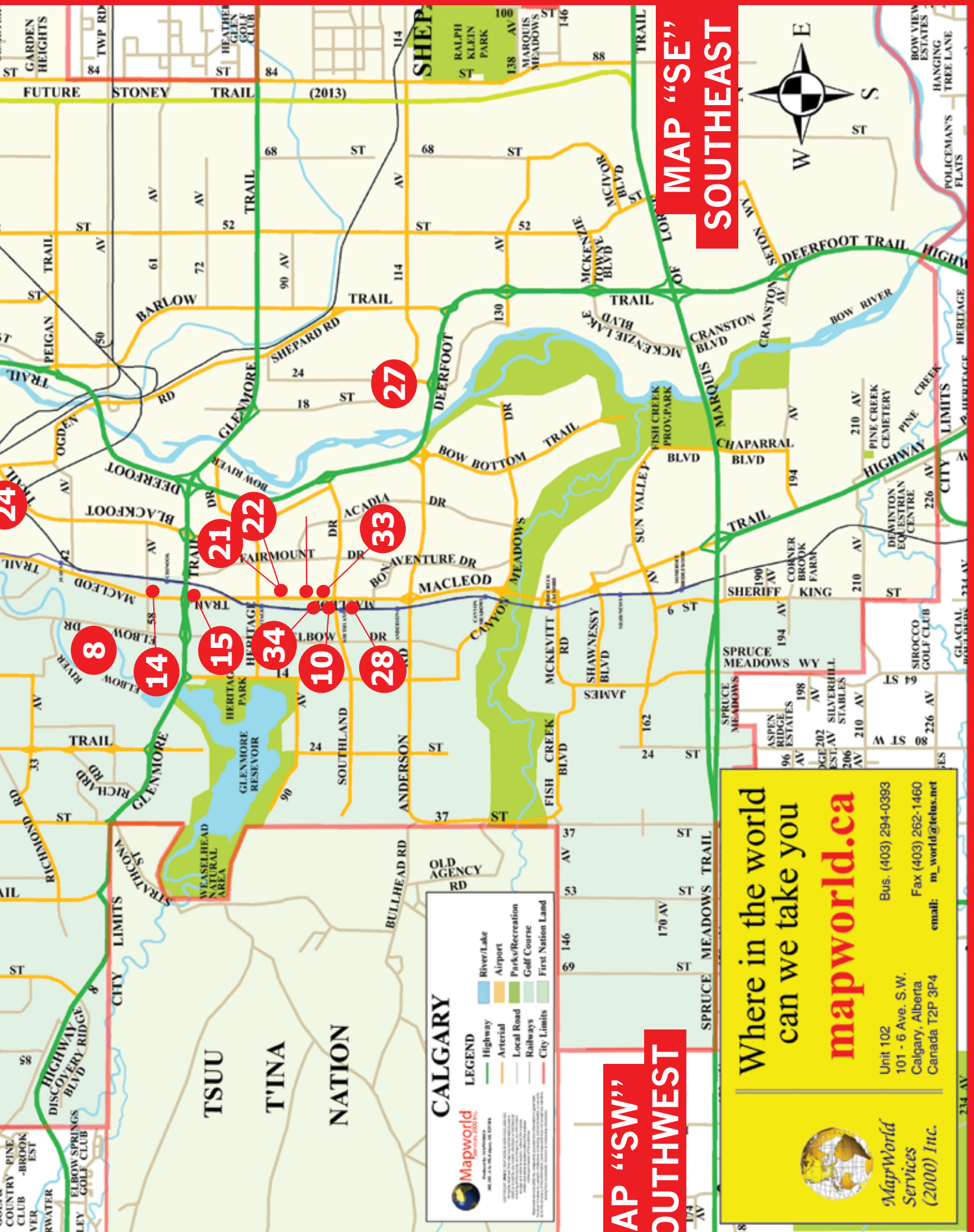
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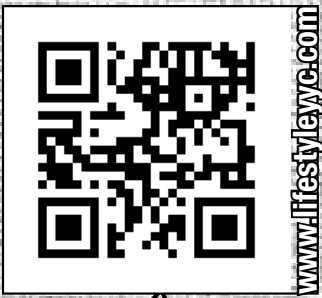
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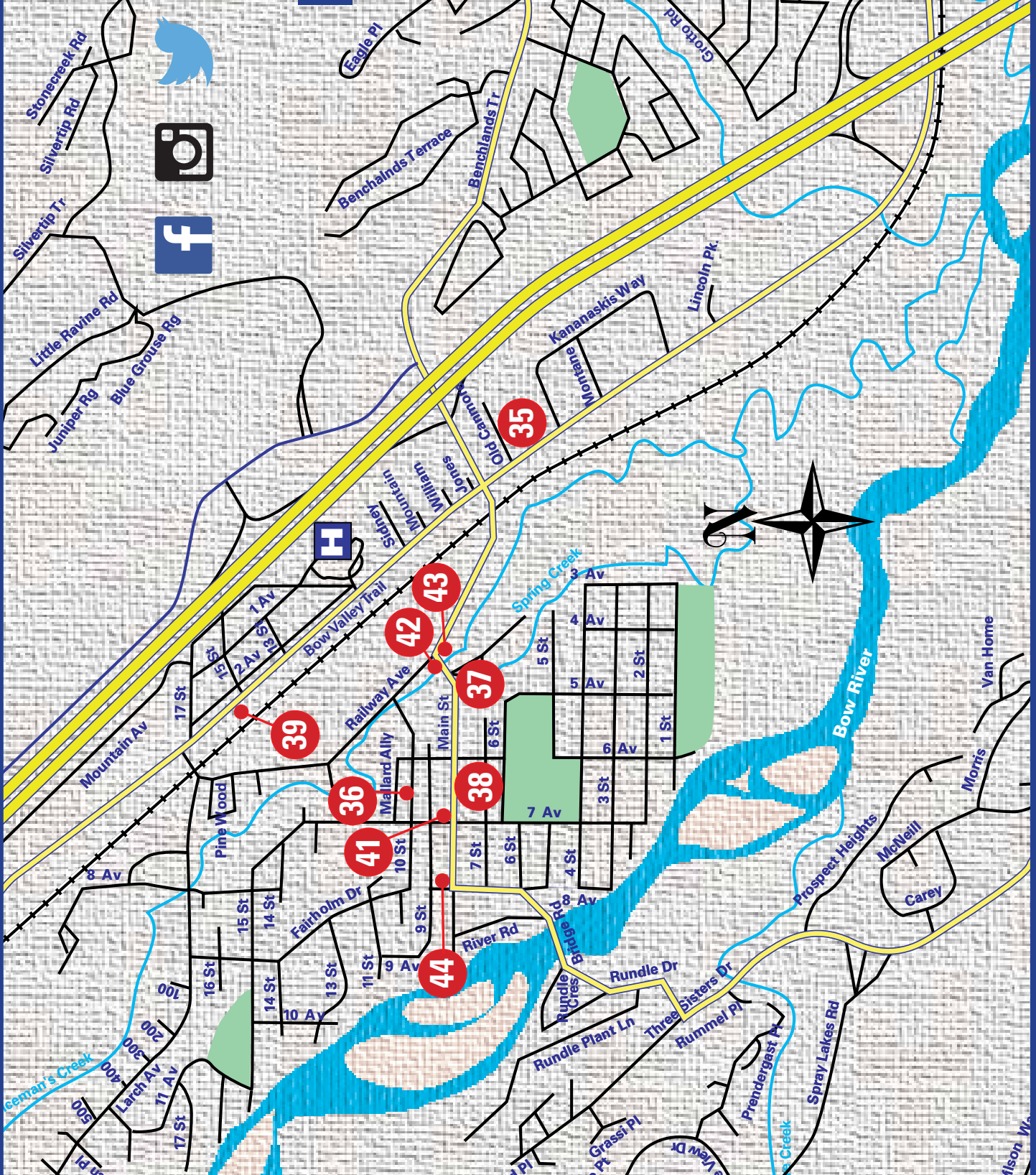
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COAST CANMORE HOTEL • 511 Bow Valley Trail, Canmore



C36

One block off Main Street in a quiet park-like setting with a south facing patio and great mountain views is one of Canmore's top restaurants. The dress is mountain casual and the atmosphere is warm and inviting with a rustic Canadiana feel. They offer a complex, yet approachable, wine menu where one can order the "barrel tapped" house Cab Sauv. Complementing that is a nice selection of beers and top-shelf cocktails. The well executed menu is full of familiar favourites and 'favourites to be' all prepared with great care evident in the quality and presentation – it already has won numerous awards.

Who would think of *Brussels Sprouts* as a starter? Halved sprouts are deep fried to golden crisp then topped with fresh pea shoots, roasted garlic and a Korean chili paste that offers up a little kick with your greens, this preparation makes it crave-able!

Duck Nuts are an imaginative take on Arancini: risotto balls are stuffed with shredded duck confit and bacon, rolled in a panko crust, deep fried,

then nestled on aioli and topped with a tomato jam bonnett.

Try the *Ultimate Tavern Burger*. In-house ground and massive, this 7.5 ounce patty is done *sous vide* for precision cooking loaded with all the fixings, but it doesn't end there! They add double smoked bacon, thick cheddar, grainy mustard and tomato jam on an egg wash bun. We had ours with the house cut foie gras and truffle fries.

The Tacos are a house specialty and well worth the visit. Choose from *Chipotle Chicken*, *Fish* and *Grilled Vegetable* in corn or flour tortillas, topped with avocado, fresh salsa roja, shredded lettuce, home made crema and Valentina hot sauce.

TV's are strategically placed around the room so you don't miss the games.

On the sunny days the patio is perfect for dining outdoors or just a casual drink and the scenery never stops.

Menu Sampler

Alberta Quinoa Falafel Burger • Lemon cucumber slaw, mint aioli, vine tomato, cheddar

Sous Vide Lamb Shank • House made demi glace, roasted garlic mashed potato, braised citrus cabbage

Wild Boar Burger • Northfork Farms house ground wild boar, brie, tomato jam, apple compote, leaf lettuce on an egg wash bun

Turducken Club Sandwich • Smoked duck bacon, roasted turkey, breaded chicken cutlet, cranberry relish, sage mayo, smoked cheddar, lettuce, tomato on marble rye

Tavern 1883

709 9th Street

Canmore

403.609.2000

www.tavern1883.com

M-W 11:30 am - 10 pm

Thu-F 11:30 am - 2 am

Sa 11 am - 2 am

Su 11 am - 11 pm

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Menu Sampler

Dinner Rodizio

Meats include:

Parmesan beef;
Brisket in spicy
garlic sauce; Pork
Loin in rosemary
sauce; Chicken
Wings in beer
and fresh herbs;
Lamb lightly
seasoned basted
in honey mustard
sauce; and
more...

Salads include:

Quinoa Salad
with cucumber,
sweet peppers
& tomato;
Bocconcini, green
olives, tomato
and fresh basil;
Palm Hearts
with tomatoes;
Kale Salad with
roasted peppers;
and more...

Head to Gaucha's where they bring the spice and zest of Brazil to the Canadian Rockies.

This "Churrascaria" is a traditional style Brazilian steakhouse where you pay a set price and are served until you are satisfied. It's a bright, cheery, open concept restaurant with a patio-like setting at the front where you can view passers-by or enjoy the picturesque mountain views. Adorned with simple "Latin cowboy" art and with waiters attired as Brazilian Gauchos, the restaurant boasts an open kitchen at the rear of the room where you can view all the meat offerings slowly roasting to perfection, seasoned and smoked up until they're tender, along with traditional and unique sides so each guest can tailor their dish. A perfect All-You-Can-Eat buffet, served Rodizio style where the gauchos can help you select the best parts and carve it at your table.

The vast salad and side bar includes a variety of fresh cut vegetables, salads and hot dishes such as the *Feijoada*, black beans with beef and pork, mustard potato au gratin, rice with olive oil, garlic and bay leaf and rich and creamy *Chicken Stroganoff Brasileiro* to name only a few. We took our plate up repeatedly to enjoy these bold, vibrant dishes.

Deeply satisfied but anticipating the meat dishes, we watched and chose our selections of quality meats as they were brought to the table "rodizio-style."

This is where the "passadors" (meat carvers) roam from table to table slicing the enticingly extensive selection of marinated and grilled meats with delicious choices such as *Bacon Wrapped Chicken*, *Pork Sausage*, *Lamb*, and a variety of tender beef cuts speared by huge sword-like skewers on which they are cooked, each morsel moist and delectably grilled. Two of our favourites were the *Parmesan Beef*, marinated and Parmesan crusted, and the *Chicken Wings*, where the fat melts away on the rotisserie and offers up a tender meaty bite.

With such mouth-watering meats and accompaniments you can't help but be completely satisfied with this wonderful authentic spread that doesn't stop until you turn your card over from green to red. If dropping by for a quick bite, you don't have to choose the churrascaria option as there are à la carte and platter options as well. Leave room for dessert: the Flan is superb. Made in-house and large enough to share, this is the real deal.

Gaucha Brazilian Barbecue

629 Main Street

Canmore

403.678.9886

www.brazilianbbq.ca

Jul-Aug only Lunch F-Su Noon-3 pm

Dinner M-Su 4-10 pm

\$\$



721, 107 Main St. Canmore • 403.675.0500

HOGSHEAD



CANMORE

Menu Sampler

Breakfast Poutine •

Sausage, bacon, peameal bacon, shaved red onion, aged white Cheddar, traditional curds, house Hollandaise, sunny side up egg

Bacon Wrapped Tater Tots •

Classic tater tots wrapped in bacon, smoky BBQ aioli

Elk Burger •

House ground Elk and bacon patty, goat cheese, greens, tomato, pickle

Wild Mushroom and Arugula Pizza •

Four cheese Béchamel sauce, marinated five mushroom blend, topped with fresh arugula, garlic parmesan drizzle

Sesame Salmon •

Baked Atlantic salmon, daikon radish, toasted sesame sauce, jasmine rice, grilled seasonal vegetables

Hogshead Canmore was created by a group of friends (Bow Valley locals) with a vision of creating a food-forward restaurant for family and friends old and new in a comfortable and easy to enjoy casual setting. The kitchen staff is made up of a wide range of talent, experience and culture showcasing a truly unique menu. A lot of care is taken in the preparation and combination of ingredients. Most everything is made from scratch, with a focus on using local and sustainable ingredients. The hearty dishes unique to Hogshead beckon your return again and again. Most of the menu is offered gluten friendly and what isn't can most likely be.

The *Bison Brisket Benny* was an excellent breakfast choice (available daily till 2 pm). Two precisely poached eggs overtop house-made pulled brisket, lean and tender, that has been braised for 10 hours, then smothered in a masterful Hollandaise sauce over house-cut hash browns cooked in duck fat. The combination of duck fat and potatoes is a match made in food heaven, enhancing the earthy potato flavour and imparting a golden crust.

To start with, the build-your-own *Poutine* is fabulous. Their famous fries cooked

in duck fat, squeaky cheese curds and your choice of red wine beef gravy or sherry chicken gravy, add bacon, sausage, brisket, ground elk or wild boar meatloaf, add one or all of them!

Don't miss the *Elk Tourtiere*, two layers of puff pastry filled with house ground Elk, seasoned with all-spice, cinnamon, garlic and onion, sided with silky butter mashed potatoes and topped with a rich red wine beef gravy.

Their house pizzas (also offered gluten free) are an obvious choice. We had the *Meat Pizza* with a port and roasted tomato marinara sauce, topped with sausage, bacon, ground Elk and all Canadian mozzarella. This spot is a top contender in Canmore's vibrant dining scene.

**Celiac
Friendly**

Hogshead Canmore
721-107 Main St
403.675.0500

www.hogsheadcanmore.com

9 am - Late

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patrinos

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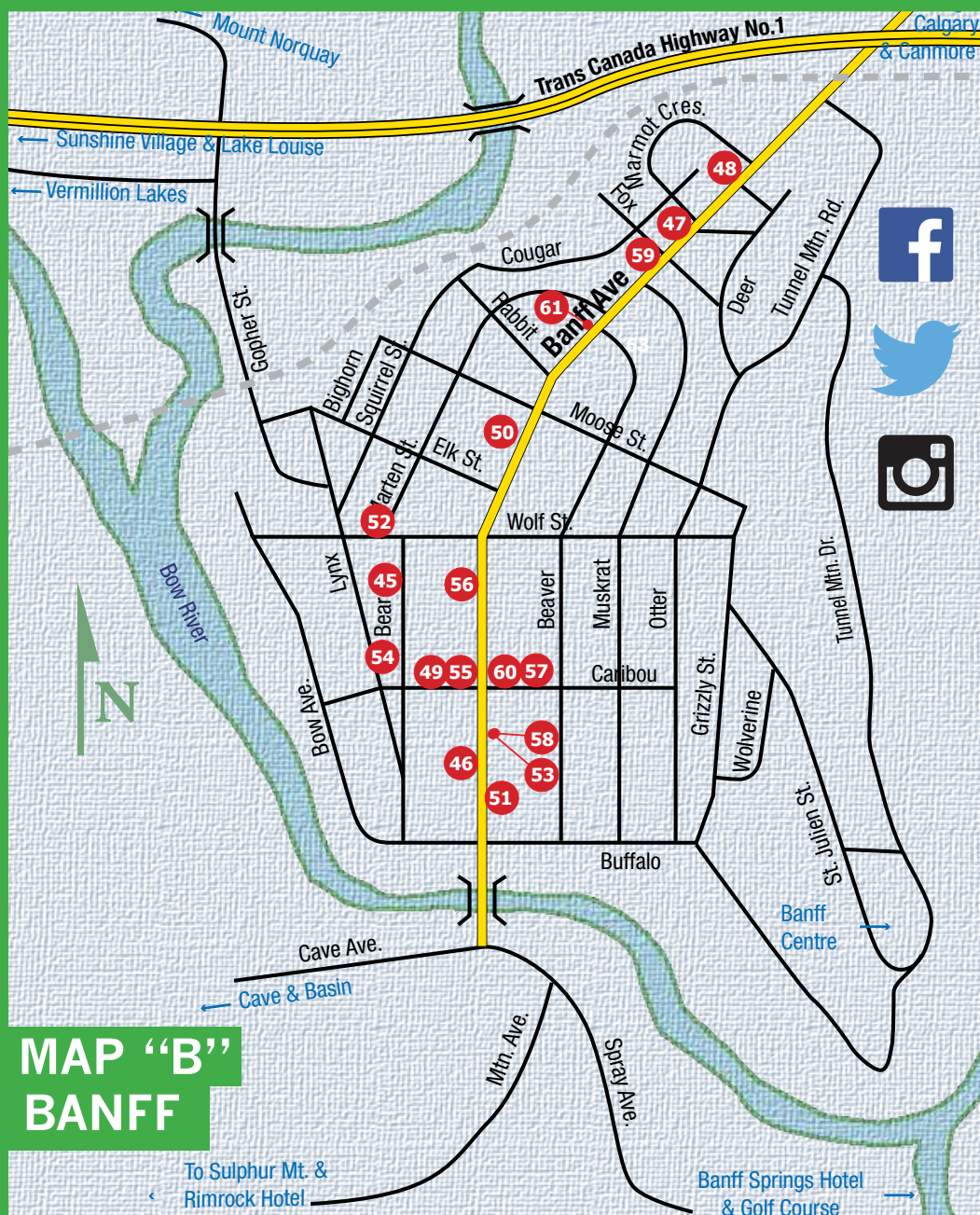
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Huge floor to ceiling windows and impressive post and beam architecture, famous local art adorning the walls, solid wood hewn tables and comfortable booths are all brought together by the centrepiece copper fireplace glowing in the background.

The extensive menu is a la carte featuring mouth watering steaks along with an extensive array of ribs, chicken, pork and seafood. Choose your sides for individual or sharing, depending upon your mood and the size of your table.

For starters order the *Wok-Fired Calamari*, not your traditional presentation. Calamari hoods are cut pineapple style, lightly battered then wok-fired with Serrano chilies, Poblano peppers, red onion and red pepper. Add a little of the grilled lemon wedge for that extra zing.

Another delightful dish is the *Chorizo Stuffed Dates*. Medjool dates stuffed then wrapped with country bacon, ladled with a rich smoky tomato sauce offering tempting levels of sweet and heat. Served with ciabatta bread for dipping so you won't miss a drop.

As Beef is the specialty, we chose the *Triple AAA California Cut Striploin*. Thick and juicy, fork tender sided with a house made sauce of decadent blue cheese cream.

The *Double Cut Pork Chop* was a generous portion. Locally sourced, brined for 24 hours for extra tenderness and grilled to perfection. Topped with savoury house made pear chutney providing extra depth to the already sweet, delicate richness of the pork.

Great choices for the table are the *Truffle Mac and Cheese*, *Lobster Mashed Potatoes* or *Citrus Rosemary Mushrooms*; but don't miss their "signature" *Scallop Potatoes*, probably the best we have had anywhere. Thinly sliced potatoes, layered rich and creamy served in a cast iron skillet bubbling hot and cheesy.

After dinner head down to the comfortable lounge where locals and visitors alike enjoy fine cocktails and a lively atmosphere.

Menu Sampler

Tuna Tartare • Ahi tuna tartare with avocado mousse, shredded lettuce and pico de gallo salsa

Spaghetti & Kobe Style Meatballs • Slow cooked Kobe style meatballs in a roasted plum tomato sauce, spaghetti and topped with Parmesan

Rotisserie Chicken • Slow roasted half chicken served with fries

Ahi Tuna Salad • Goat cheese French dressing, Roma tomatoes, beets, potatoes, cucumber, pine nuts, avocado, black olives, pickled onions and basil pesto

Royale with Cheese • 1/2 pound of ground Kobe style beef, aged white cheddar, crispy bacon, loaded with all the fixings served on a brioche Kaiser

Saltlik

221 Bear Street
403.762.2467

Daily 4 pm - 10 pm
www.saltlik.com

M - F 11:30 am - late
Sa - Su 11 am - late

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TONIGHT'S WAITING

The Keg Steakhouse + Bar, a Banff staple for over 20 years, is known for providing exceptional service and mouthwatering steaks in an atmosphere that allows you to relax and be yourself. Enjoy the Keg experience tonight.

THE KEG
STEAKHOUSE + BAR

BANFF CARIBOU LODGE 521 Banff Avenue | 403.762.4442

BANFF DOWNTOWN 117 Banff Avenue | 403.760.3030

Menu Sampler

Mushrooms Neptune • Wine simmered mushroom caps with crab and cream cheese

Shrimp Cocktail • Chilled Black Tiger shrimp with a zesty martini cocktail sauce

Baked Brie • With basil pesto and red pepper jelly, served with crostini

Filet Mignon • Tenderloin wrapped in Applewood smoked bacon and served with Béarnaise

Supreme Chicken Breast • With garlic mashed potato and bacon sautéed Brussels sprouts, finished with demi-glace

There are two Keg's in Banff, one downtown and the other located in the Caribou Hotel. Both locations offer their own unique ambience and share a wonderful combination of seating to accommodate any group. Although steak is the theme, the menu is large and offers plenty of choices to suit most any palate.

The salads are always fresh and crispy. We chose the *Keg Caesar*. A large bowl of fresh romaine lettuce topped with croutons and slivers of aged parmesan, tossed with the Keg's special blend of creamy Caesar dressing and served with a lemon wedge to bring out the flavour!

Seafood still being on our mind we chose the *King Crab Legs*. A full pound of steamed Alaskan king served with hot drawn butter and your choice of starch. We added on the steamed fresh asparagus to complement our meal.

You can't go wrong with the Keg Classic dinners. Ours was the 12 oz. *New York Classic* served with a side salad, vegetables and sau-

téed mushrooms. Tender and juicy, grilled to perfection, nothing compares to a steak grilled just right.

Both locations have popular lounges and we love the "Keg size" drinks. When you're craving a great meal in a comfortable, casual atmosphere, the Keg is certainly a place to visit!

The Keg Steakhouse & Bar
www.bestofbanff.com

Downtown Banff

117 Banff Ave

403.760.3030

Daily 4 pm - 10 pm

Banff Caribou Lodge

521 Banff Ave

403.762.4442

Daily 6:30 am - 10:30 pm

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B46

B47

BUMPERS

BEEF HOUSE



A Banff Favourite Since 1975
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Menu Sampler

Bison Burger • Half-pound bison patty on Kaiser bun topped with sautéed mushrooms, red onions, tomatoes, crisp lettuce and cheese

Bumpers Ribs • Finger food at its finest! A full rack of delicious baby back ribs basted with their own signature honey BBQ sauce

Pile-O-Bones • Four big, juicy rib bones, flavoured with beer-based Montreal steak sauce and tender beyond description (Limited availability)

West Coast B.C. Salmon • 6 oz. fillet of wild B.C. salmon, oven-baked and served with a generous helping of homemade lemon dill sauce

Chicken 'n' Ribs Combo • Breast of succulent BBQ chicken and half rack of tender baby back ribs

The world famous Bumpers Beef house can be found in the Rundlestone Lodge and features a décor of rustic elegance in a serene retreat. Highlighting the use of natural stone and wood, combined with modern furnishings such as Synergy wall fireplaces and contemporary comfortable seating, it preserves the romance of nostalgic local Canadiana.

This is one of Banff's oldest beef houses serving the classics that made them famous as well as recently adding some new items to tempt your cravings with a focus on freshness and fresh ingredients. There is no better way to showcase this than the all-you-can-eat salad bar featuring a colorful medley of over 25 items to choose from. But leave room for the mains, because the house specialty is *Prime Rib of Beef!* Slow cooked in their own special ovens at very low temperatures, the prime rib is tender and juicy and nothing less than you would expect from

a great beef house. We ordered the Mountain Man cut, but smaller cuts are available. It is no wonder that patrons have been returning for over 25 years!

Another good test of a specialty beef house is the filet mignon and this one does not disappoint. The 8 ounce AAA Alberta "Best of the Best" Beef Tenderloin is grilled to perfection, presented with a nice crust on the outside, tender and juicy on the inside: exactly as it should be. They will only cook it to medium but for optimal flavour and tenderness, medium rare is best.

On the lighter side try the *Rocky Mountain Trout*. A 6 oz. fillet seasoned with lemon pepper, basil and garlic, oven baked, served with seasonal vegetables and your choice of starch. Light and moist, the elegant flavour held its own to the beef.

After your meal chill out in the comfortable lounge in front of the giant stone fireplace, or sit

up at the bar where you can watch the mixologist whip up one of the house specialty cocktails.

Bumpers Beef House

The Rundlestone Lodge Hotel
 537 Banff Ave
 403.762.2622

www.bumpersbeefhouse.com

Breakfast 6:30-11 am
 Dinner 5 pm - close
 May vary seasonally
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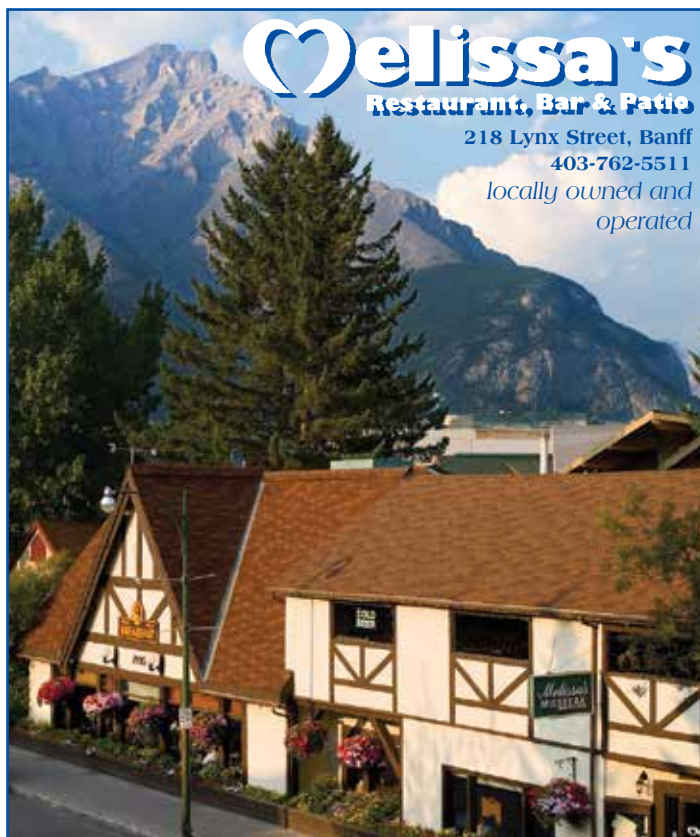
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201 Banff Ave, 2nd Floor ★ Banff ★ T: 403.762.0333 ★ wildbillsbanff.com

This is a full-service Western themed restaurant and saloon named after the famous Banff area cowboy "Wild Bill Peyto." Featuring live bands, a large dance floor, big screen TVs and majestic mountain views; it's all about flavour and all about fun!

Entertainment varies from week to week with live music, Karaoke, comedy and variety nights, and don't forget their infamous mechanical bull! Most nights the bands start at 9:30pm, and the night we visited the floor was packed. Everyone always has a great time!

The menu style is smokehouse BBQ, with a variety of homemade choices from game meats to vegetarian dishes. Each offering has a very unique and tempting flavour—the food is good and the portions hearty.

Wild Bill's Legendary Saloon

201 Banff Ave
403.762.0333
www.wildbillsbanff.com

Daily 11 am - 2 am
No minors
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It's hard to decide what to order from the extensive menu, for starters try the *Fried Pickles*, lightly battered yet still crunchy, with chipotle lime mayo for dipping. The *Four Cheese Artichoke Dip* is another great choice, creamy and smoky with their own in-house smoked Gouda, herbed artichokes, and loads of roasted garlic; this dish really gets things going.

The *Elk Burger* stands out as not only unique but very satisfying. Lean, not dry, and made from fresh ground elk topped with house-smoked Gouda, grilled red peppers and finished with chipotle lime mayo. Served with your choice of soup, salad or the special beer battered fries.

Next up was the *Bill's Hickory Smoked Brisket*, we ordered Bronco Size. Slow cooked for over 15 hours in their in-house smoker, thick slices of tender beef are served with Bill's BBQ style gravy. The sauce offers a smoky, spicy zing. Just like going to a big ol' barbeque at Uncle Jack's. Served with the house slaw, cornbread and your favourite fixin'. What a meal!

Menu Sampler

Campfire Nachos • Crispy tortilla chips with spicy banana peppers, black olives, crisp green onion and loads of gooey cheese, BBQ sour cream and a side of salsa and baked beans

The Bison Burger • Lean ground bison, cumin-scented blue cheese dressing and crispy bacon topped with lettuce, tomato and onion

Maple BBQ Wild Salmon • Flaky salmon fillet topped with a sweet and tangy maple BBQ sauce, served with a choice of "fixin'"

Low n' Slow Alberta Beef Ribs • Fall-off-your-horse tender, braised all day and smothered in blueberry Merlot BBQ sauce

Fire-Grilled Sirloin • A 10 oz. Canadian AAA steak grilled to order and topped with a token of herb butter, served with a choice of "fixin'"

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461 BANFF AVE.

THE FOX HOTEL & SUITES

PH: 403-760-8502

This bright split-level building inside the Fox Hotel is a few blocks from downtown Banff and features a mixture of stone, rich wood, blown-glass lighting and a giant fireplace. Adjacent to the restaurant is a popular lounge offering cool value with their famous margarita bar, Chili's-sized drinks and a giant screen TV. In the summer you can also lounge on the street-side patio where you can sit and watch Banff life pass in front of you.

Chili's is a reasonably priced restaurant offering good value and a great kids menu, making it a sure bet for families, friends and pretty much everyone.

For starters the *Triple Play* was a good choice. We were able to sample three delicious items and enjoyed them all. The *Chicken Crispers*, *Boneless Buffalo Wings* and the *Southwestern Eggrolls*, all on one

dish, with three complementing sauces for dipping!

The *Quesadilla Explosion Salad* is a meal in itself. Fajita marinated chicken over crisp greens, topped with corn relish, cheese, cilantro and crispy tortilla strips then drizzled with chipotle ranch. Mini cheese quesadilla wedges surround your salad offering a nice mix of flavours and textures.

Bring your appetite for the *Grilled Baby Back Ribs*! A full rack smoked in-house over mesquite wood and grilled to order, ours with a smoky sweet honey chipotle sauce offering that south of the border flavour, served with fries and tangy cinnamon apples.

In the summertime the patio is a great place to enjoy a meal or a few cocktails in the fresh air with unparalleled views of the surrounding mountains. Inside they have a bustling lounge with comfortable booths and cozy high-tops. They have lots of TV's showing your favourite sports and a nice big bar with ample seating where you can meet with friends or join in with some of the area locals.

Menu Sampler

Terlingua Chili • Tender chunks of beef slow-cooked with onions, peppers and chilies, topped with sour cream and cheese - a signature dish

Chipotle Chicken Rice Bowl • House-made corn & black bean salsa, rice, chipotle pesto, topped with Cheddar cheese, house made pico de gallo, field greens, crispy tortilla strips, cilantro, fresh sliced avocado, cumin-lime sour cream drizzle

Big Mouth Burgers • Guacamole Burger, Southern Smokehouse, Oldtimer®, Guacamole and more - Black Bean and Turkey patties available

Fajito Trio • Mix and Match Fajitas, choose from Grilled Chicken, Pork Carnitas, Grilled Shrimp and Grilled Steak

Crispy Chicken Tacos • Three tortillas, crispy chicken, applewood smoked bacon, tomatoes, lettuce, cheese, honey chipotle drizzle, citrus chile rice and black beans

Margaritas • Chili's world famous!

Chili's

461 Banff Ave
403.760.8502

www.bestofbanff.com

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Fairmont Palliser 133-9th Ave. SW Four diamond hotel. City landmark for close to a century. Host to dignitaries, convention delegates, business people. Skywalk to Calgary Telus Convention Centre, EPCOR Centre for Performing Arts, Glenbow Museum and landmark Calgary Tower. Air-conditioning, bathrobe, cable with in-room pay movies, bathroom amenities, in-room business amenities, high-speed Internet. Complimentary Health Club. On site restaurant and full-service luxury spa, RnR Wellnes. 403-262-1234 • 866-540-4477. www.fairmont.com/palliser. **\$189-459**

Holiday Inn Express Hotel & Suites Calgary

1020-8th Ave. S.W. 15 Minutes from Airport and one block from Calgary's Light Rail Transit (LRT) Complimentary hot breakfast bar, free parking, complimentary 24 hr business services. 403-269-8262 • 1-877-660-8550. www.hiexpress.com/calgarydt **\$169-209**

Hotel Arts 119-12th Avenue SW. Located in the heart of downtown Calgary, Hotel Arts is a locally owned and operated designer boutique-style hotel that has set the standard for design and hospitality since opening in 2005. The property provides travellers and local Calgarians alike with 185 designer rooms, two decadent trend-setting restaurants, various meeting and event rooms and an extensive collection of carefully curated art, as its name suggests. 403.266.4611 • 800.661.9378. www.hotelarts.ca. **\$149-599**

Hotel Elan 1122-16 Avenue SW. Welcome to Hotel Elan, a new boutique hotel just off 17th Ave. S.W. (www.17ave.ca). Custom Italian furniture, spa inspired type bathrooms, unique offering of hotel rooms to 2 bedroom suites with 6 ft chromatherapy soaker tubs. Complimentary breakfast, high speed internet and long distance calls. Perfect for business or pleasure. 1-855-666-6612. www.hotelelan.ca. **\$149-599**

Hyatt Regency Calgary on Stephen Avenue Walk 700 Centre Street SE. 21-storey 4 star hotel situated in the heart of downtown. Home to Stillwater Spa and Thompson's Restaurant, 24 hr stay Fit Gym, Business plan & Regency Club Rooms, Conference/Banquet facilities (30,000 sq. ft) up to 1300 people. 403-717-1234 • 800-233-1234. www.hyattregencycalgary.com • www.stillwaterspa.com. **\$169-339**

International Hotel Suites Calgary

220-4th Avenue SW. 248 units. All-suite downtown hotel. One or two bedroom suites. Meeting rooms. Oceanus Massage Therapy. Covered parking. Connected to Calgary's covered walkway system. 403-265-9600 • 800-661-8627. www.international-hotel.ca. **\$149-479**

O Hotel Suites Calgary's most comfortable executive extended stay with locations in downtown, Beltline, Mission and Victoria Park. We feature panoramic views, modern furnishings, full kitchen with granite counter tops and stainless steel appliances, in-suite washer/dryer, large flat-panel TV, wifi, cable, phone and weekly housekeeping. Why stay in a room when you can have a luxury suite, let us be your home away from home. 403-668-7568. www.ohotelsuites.com. **\$135-189**

Ramada Hotel Downtown Calgary

708-8th Avenue SW. 201 guest rooms. On site restaurant and pub. Fitness room and pool. Minutes from major city attractions; one hour from Banff. 403-263-7600 • 800-661-8684. www.ramadacalgary.com. **\$169-349**

Regency Suites Hotel

610-4th Avenue SW. The Regency Suites Hotel is your home away from home in the heart of the city. Experience our warm and comfortable recently appointed suites. Convenience of full-size kitchens with four appliances. High speed Internet. Fitness room. 403-231-1000 • 800-468-4044. www.regencycalgary.com. **\$169-203**

Sandman Hotel City Centre Calgary

888-7th Avenue SW. Fabulous views, a wealth of in-house amenities and superb upscale casual dining. Conveniently located on the rapid transit line with easy access to all major attractions. 403-237-8626 • 800-266-4684. www.sandmanhotels.com. **\$99-210**

Sheraton Suites Calgary Eau Claire

255 Barclay Parade SW. Experience our Full Service Award Winning 323 all Suite Hotel in the Heart of Downtown located in Eau Claire Market, close to major attractions and shopping. Enjoy our spacious suites with spectacular views of the city, with two dining options, Barclay's Upscale Casual Restaurant or Fionn McCool's Irish Pub, featuring outdoor patios into Eau Claire Market. Heated indoor pool includes a 50 ft. water slide. Great weekend rates are available by visiting our website at www.sheratonsuites.com, or the hotel direct at 1-888-784-8370. Rates from

\$129-519

The Westin Calgary 320-4th Ave SW. 4-diamond hotel. Located in the heart of downtown, offers easy access to shopping, wide range of amenities, including on-site fine dining, roof-top pool, whirl-pool & sauna. High speed Internet. 25,000 sq ft. of meeting space. Westin Heavenly Bed, Heavenly Bath, and refreshment centre. 403-266-1611 •

877-W-HOTELS. www.westincalgary.com. **\$259-444**

CALGARY SOUTH

Best Western Calgary Centre Inn 3630 Macleod Trail S. Calgary's friendliest Best Western! Centrally located with indoor swimming pool, whirlpool & fitness center. Free parking, high speed Internet, local calls, business center, complimentary daily newspaper and free full hot breakfast. 403-287-3900 • 877-287-3900. www.bwcalgarycentre.com. **\$129-\$199**

Carriage House Inn 9030 Macleod Tr S. Just minutes from downtown and two major shopping centers, 157 guest rooms/suites, four restaurants/lounges including famous Peanuts Sports Pub, new 24-hour fitness centre, year-round heated outdoor pool and hot-tub, complimentary WiFi, complimentary parking. 403-253-1101 • 800-661-9566. www.carriagehouse.net. **\$139-245**

Comfort Inn and Suites South

4611 Macleod Tr S. 93 rooms and suites. Complimentary full hot breakfast, indoor pool, waterslide, hot tub, fitness room, central to local attractions and dining. Guest laundry, free parking, free high-speed Internet access, business center. 403-287-7070 • 877-257-3678. www.comfortinncalgary.com. **\$109-229**

Delta Calgary South 135 Southland Drive S.E. (at MacLeod Trail). Standard/Deluxe rooms. Atrium courtyard. Business centre. Restaurant, lounge, pub and patio. Waterslide. Voice mail. Toll free: 877-278-5050 • 403-278-5050 www.deltacalgarysouth.com **\$149-224**

EconoLodge South

7505 Macleod Trail S. Ideally situated in the energetic heart of Macleod Trail. Just minutes from a variety of tourist attractions, restaurants, shopping centres, pubs and nightclubs. Many amenities and friendly welcoming staff offering 73 spacious, comfortable rooms. Air condition, kitchenettes, Executive suites with jetted tub. Indoor heated pool, hot tub, Business and fitness centres. Free local calls, high speed Internet, voicemail and guest laundry. Toll free: 888-559-0559 • 403-252-4401. www.econolodgesouthcalgary.com. **\$89-229**

Holiday Inn Macleod Trail

4206 Macleod Trail S. 151 Guest rooms, friendly service-oriented team, Indoor pool, exercise room, restaurant, lounge, high speed internet, and 5000 square feet of Meeting space. "Close to downtown without downtown prices." 403-287-2700 • 866-554-0162. www.hihotelcalgary.ca. **\$109-250**

Holiday Inn Express Hotel & Suites

Calgary South 12025 Lake Fraser Drive SE, Macleod Trail S. Pool, water slide and hot tub. Family suites with two queen beds and a double pull out sofa. All rooms have a fridge and microwave. Complimentary Express Start breakfast every morning 6:30 am-9:30 am. 403-225-3000 • 877-429-4377. www.hiexpress.com/calgaryab. **\$110-200**

Hotel Blackfoot 5940 Blackfoot Trail S. A chic, independent hotel with stylish, contemporary rooms and suites. Amenities include an outdoor swimming pool, free high speed Internet and parking, a large fitness centre, comedy club, sports bar, lobby lounge, restaurant, meeting spaces, and

business centre. Great specials and packages. Always here for you. 403-252-2253 / TF 1-800-661-1151. www.hotelblackfoot.com. **\$189+**

Super 8 60 Shawville Rd. SE Free SuperStart breakfast, indoor waterpark with hot tub, airport shuttle service, access to fitness centre, free high speed Internet, meeting rooms, business center, microwave, mini-fridge, coffee maker and hair dryer. Free local calls & morning newspaper, guest laundry, free parking, pet friendly. 403-254-8878. www.super-8calgary.com. **\$109-189**

Travelodge Calgary Macleod Trail 9206 Macleod Trail S. 254-room hotel committed to providing guest satisfaction. Rooms have air conditioning, cable TV, pay-per-view movies and Nintendo. Non-smoking rooms are available. Amenities include indoor swimming pool, whirlpool, Sleepy Bear's Den and Comedy Club. 403-253-7070 • 877-530-9206. www.thebearcares.com. **\$89-180**

CALGARY NORTH EAST

Acclaim Hotel Calgary Airport 123 Freeport Blvd. N.E. A modern and sophisticated accommodation located only two kilometres from Calgary International Airport. The complimentary shuttle will deliver you to and from the airport in only minutes. Acclaim offers complimentary movies, roof top 'Sky Deck' with jetted hot tubs, exercise room and High Speed Internet accessible everywhere in the hotel. Enjoy Pacini Ristorante and wine bar. Over 3000 sq. ft. of meeting and conference space available. 403-291-8000 • 866-955-0008. www.acclaimhotel.ca **\$129-229**

Best Western Airport Inn 1947-18th Avenue NE. Enjoy a complimentary deluxe breakfast. Complimentary shuttle to and from Airport, indoor pool, hot tub & fitness room. High-speed Internet. "Your Home Away From Home." 403-250-5015 • 877-499-5015. www.bestwesterninncalgary.com. **\$109-219**

Best Western Port O' Call Hotel 1935 McKnight Blvd NE. Airport shuttle, car rental on site, heated indoor parking, free high speed internet, free local calls, voice mail. Waves Water Park call and book your child's party today! 403-291-4600 • 800-661-1161. www.bestwesternportocall.com. **\$129-199**

Best Western Premier Freeport Inn and Suite 86 Freeport Blvd. N.E. and only 5 minutes from Calgary International Airport. Find value in our complimentary hot breakfast and 24 hour shuttle service. Check out our other great amenities and book your PREMIER experience today! 403-264-9650 • 1-877-818-0638. www.bestwesterncalgary.com. **\$125-310**

Clarion Hotel and Conference Centre 2120 16th Ave. NE. Approximately 10 minutes from YYC and the city center. The Fontanella Restaurant offers a fresh and fun dining experience serving Canadian cuisine and Starbucks coffee. The lobby bar is the perfect place to relax and enjoy a cocktail. Amenities include free internet, parking and airport shuttle, business centre, gift shop and liquor store, indoor swimming pool, hot tub and exercise room. 403-291-4666 • 1-800-661-8157. www.clarioncalgary.com.

com. **\$119-189**

Comfort Inn & Suites Airport 3111-26th St NE. 74 Units. Indoor pool & a 2-storey water slide. Hot tub, complimentary continental breakfast, high speed Internet, exercise room, fireplace in lobby, family rates, free local calls and voice mail, coin-op/laundry, airport shuttle. 403-735-1966 • 800-228-5150. www.comfortinncalgary.com. **\$129-189**

Country Inn & Suites By Carlson - Calgary Airport 2481-39th Avenue NE. Award-winning hotel located only 7 minutes from the Airport. Complimentary continental breakfast, free high speed Internet access, indoor pool, whirlpool and exercise room. 403-250-1800 • 800-456-4000. www.countryinns.com/calgaryab. **\$89-\$169**

Days Inn Calgary Airport 2799 Sunridge Way NE. 76 Units. Pool, water slide, deluxe continental breakfast, exercise room, fireplace in lobby, free local calls, complimentary wireless high-speed Internet in rooms, coin-op laundry, shuttle service for minimal cost. 10 Minutes from airport and downtown. 403-250-3297 • 800-329-7466. www.daysinn.com. **\$119-189**

Delta Calgary Airport Hotel 2001 Airport Road NE. Conveniently located in the Calgary International Airport Complex via covered skywalk. Offers premiere accommodations, pool, health club and award winning cuisine in a first class, friendly environment. 403-291-2600 • 800-268-1133. www.deltahotels.com. **\$119-425**

Executive Royal Inn Hotel & Conference Centre 2828-23rd St. NE. 200 units. Presidential suites with Jacuzzi tubs, banquet & conference facilities for 5-500, licensed restaurant & lounge Steels Cafe and Grill, spa & exercise room, high speed Internet, in-room theatre movies, voice mail, complimentary Airport Shuttle, executive rewards. Frequent stay program. 403-291-2003 • 877-769-2562. **\$149-230**

Four Points by Sheraton Calgary Airport 2875 Sunridge Way NE Calgary's Northeast newest full service hotel, conveniently located minutes from the Airport and downtown. The beautiful Canadian Rockies are only an hour away. Heated indoor pool, whirlpool, sauna, steam room, full service salon & spa, complimentary wireless Internet and heated, secure underground parking. Our contemporary Ric's Lounge & Grill is a great place to meet. 403-648-3180. www.fourpointscalgaryairport.ca. **\$159-400**

Hampton Inn by Hilton Calgary Airport North 2000 2021 100 Ave NE Moments from Calgary International Airport with modern business facilities and spacious accommodations. Free hot breakfast buffet offering something for everyone! Free Wi-Fi throughout the hotel ensures you stay connected at no extra cost. Travel is a breeze with complimentary parking and 24 hour airport shuttle along with Car2Go pick-up and drop-off. Fitness center, heated indoor pool with hot tub and basketball court. 403-452-9888. www.hiltonworldwide.com. **\$109-199**

Hilton Garden Inn Calgary Airport 2335 Pegsue Road NE. 135 spacious guest rooms full of thoughtful amenities complemented by friendly service in a relaxed

atmosphere. "By focusing on what guests want, we deliver the highest degree of service and cost savings." Whirlpool & fitness room. 403-717-1999 • 877-419-2020. www.calgaryairport.gardeninn.com **\$129-299**

Holiday Inn Calgary Airport 1250 McKinnon Drive NE. 168 units. Award winning service! Restaurant and lounge, indoor pool, fitness centre, free local calls, PC-friendly rooms, 24 hr. shuttle service, covered parking, friendly professional staff. 403-230-1999 • 877-519-7113. www.hicalgaryairport.com. **\$109-209**

Holiday Inn Express Airport Calgary 45 Hopewell Way NE. Calgary Airport's newest hotel. Hotel amenities include free airport shuttle, free wireless high speed Internet access, business center, indoor pool, hot tub, water slide, fitness center and guest laundry. Enjoy our complimentary Express Start Hot Breakfast served each morning. Ask about hosting your next business meeting with us. 403-769-1888 877-768-1888. www.hiexpress.com/airportcalgary. **\$115-166**

Homewood Suites by Hilton Calgary Airport 1000 2021 100 Ave NE. A warm and welcoming extended stay hotel conveniently located minutes from Calgary International Airport. Spacious modern suites equipped with everything you need. Enjoy complimentary Wi-Fi and a well-equipped kitchen with a full-sized refrigerator. Free hot breakfast buffet offering something for everyone! Complimentary parking and 24 hour airport shuttle along with Car2Go pick-up and drop-off. Fitness center, heated indoor pool with hot tub and basketball court. 403-453-7888. www.hiltonworldwide.com. **\$119-309**

Lakeview Signature Inn Calgary Airport 2622-39th Ave NE. Conveniently located just 10 minutes from the Calgary International Airport, offers a complimentary hot breakfast buffet, free airport shuttle service, in-room high-speed Internet access and indoor swimming pool. Many of the suites are also equipped with a fireplace. A restaurant is conveniently located next to the hotel. 403-735-3336 • 877-355-3500. www.lakeviewsignatureinn.com. **\$130-299**

Ramada Plaza Calgary Airport Hotel & Conference Centre 3515-26th St NE. 210 units, 8000 sq. ft. of meeting/conference space, restaurant/lounge, room service, indoor pool, whirlpool, exercise room, complimentary high-speed internet, local calls and parking. Perfect for the business or leisure traveler. 403-250-8855 • 888-233-6730. www.ramada.com. **\$129-249**

Sandman Hotel & Suites Calgary Airport 25 Hopewell Way NE. 177 beautifully decorated rooms, corporate suites with kitchenettes, deluxe Jacuzzi suites and executive one-bedroom units. Moxies Classic Grill and MBar, upscale room service, indoor pool, large whirlpool, fitness room, business center and meeting facilities. 403-219-2475 • 800-SANDMAN. www.sandmanhotels.com. **\$119-249**

Sheraton Cavalier Hotel 2620 32nd Ave NE. The Sheraton Cavalier offers everything you need to build memories. From the sweet sleeper bed in every guest room to the excitement of the

Oasis Waterpark, your time with us will be well spent. With Henry's Pub, the Lobby Lounge, Color's Café, Splash Snack Bar or Carver's Steakhouse (the ultimate fine dining experience) there is something for every mood and taste. Meeting space from 10 to 300. 403-291-0107 • 800-325-3535. www.sheratoncalgary.ca. **\$139-459**

Staybridge Suites Calgary Airport

2825 Sunridge Way NE. Full-kitchen suites with spacious living area. Complimentary full breakfast buffet every morning and Sundowner Reception every Tuesday, Wednesday, and Thursday. "Get Comfortable" with 24-hour fitness and laundry facility at no charge for in-house guests. Indoor whirlpool and water slide, outdoor sport court, free local calls and wired/wireless internet. 403-204-STAY (7829) 1-866-896-7829 www.staybridge.com/calgaryairport. **\$168-231**

Wingate by Wyndham Calgary Airport

With its enviable location just minutes from the Calgary International Airport, the Wingate by Wyndham Calgary Airport offers specialized service and exceptional value. Offering 110 guestrooms, ranging from Standard Rooms to King Suites, and numerous complimentary amenities such as seamless Wi-Fi, deluxe hot breakfast, airport shuttle service, and on-site parking. Please call for further details. 587-393-0700 - 1-844-379-2403 info@wingateyy.com. **\$104-234**

CALGARY NORTH WEST

Comfort Inn & Suites University

2369 Banff Trail NW. 82 units, N/S hotel, Jacuzzi and business suites, two storey water slide, complimentary continental breakfast, exercise room, family rates, fireplace in lobby, free local calls, hot tub, high speed Internet in rooms. 403-289-2581 • 800-228-5150. www.comfortinncalgary.com. Seasonal rate **\$99-299**

Econo Lodge Inn & Suites University

2231 Banff Trail NW. Award winning Hotel offers renovated and affordable accommodation in Motel Village. Beautifully appointed guest rooms in a convenient location across from the LRT, near U of C, SAIT, major Hospitals, shopping, restaurants and more. Free continental breakfast, parking, internet and local calls. Indoor pool, hot tub and fitness centre. 403-289-1921 • 800-917-7779. www.econolodgecalgary.com. **\$79-189**

Econo Lodge Motel Village

2440-16th Avenue NW. Clean and affordable motel accommodation awaits you. Located conveniently on 16th Ave. NW we are only steps from the LRT, and near U of C, SAIT, major Hospitals, shopping, restaurants and more. Get the best value for your money with free starter breakfast, parking, wireless internet and local calls. 403-289-2561 • 866-501-0542. www.econolodgecalgary.com. **\$69-149**

English Bed, Breakfast & Day Spa

5544 Dalhousie Drive NW. Each room has a Queen size orthopaedic mattress with pillow top for the best sleep. For your privacy and enjoyment there is an ensuite washroom, TV with cable and PVR in your bedroom. Gourmet breakfast served. Walking distance to restaurants, shopping and light rail transit.

403-286-0777. www.englishbb.com. **\$63-145**

Four Points by Sheraton Calgary West

Four Points by Sheraton Calgary West 8220 Bowridge Crescent NW. Northwest Calgary's Premiere Hotel. Opposite Canada Olympic Park, only 12 minutes from downtown. Featuring the Sheraton Four Comfort Bed® with duvet, complimentary high speed Internet and bottled water. Meeting, banquet facilities. Water slide, whirlpool and full-service day spa, hair salon, gift shop. 403-288-4441 • 1-877-288-4441. www.fourpointscalgarywest.com. **\$99-399**

Hampton Inn & Suites Calgary

2231 Banff Trail NW. Conveniently located in northwest Calgary, close to the University of Calgary, LRT train station, Hwy 1 and only seven minutes to downtown. Located in Calgary's Motel Village, the hotel features free hot deluxe continental breakfast, indoor pool with water slide. "Stay in comfort, style and value." 403-289-9800 • 888-432-6777. www.hamptoncalgary.com. **\$144-309**

Travelodge Calgary University

2227 Banff Tr. NW. Spacious rooms featuring king sized bed and sofa, or two queen beds, & microwaves. Continental breakfast, fitness room, fridges, free local calls, outdoor seasonal salt-water pool. Just off Highway 1. 403-289-6600 • 888-276-8666. **\$90-175**

Ramada Limited 2363 Banff Trail NW. 70 Units, N/S hotel close to University and Foothills Hospital. Free continental breakfast, movie channel and local calls. Hot tub, coin laundry, pets at manager's discretion, safe in room, free Movie Channel. 403-289-5571 • 800-272-6232. **\$89-299**

CANMORE

Banff Boundary Lodge

1000 Harvie Heights Rd. Located in Harvie Heights, minutes from Canmore, extremely spacious 1 and 2 bedroom units with fully equipped kitchens, beautiful mountain views, hot tub, BBQ's, pets are welcome and multiple night stay discounts are available. "Welcome to the Suite Life." 403-678-9555 - 877-678-9555. www.banffboundarylodge.com **\$79-259**

Canadian Rockies Chalets

1206 Bow Valley Trail. Extremely spacious 2 and 3 bedroom units with completely equipped kitchens, spectacular mountain views, convenient location just minutes from downtown Canmore, pets are welcome and multiple night stay discounts are available. "Your Home away from Home in the Canadian Rockies." 403-678-3799 • 800-386-7248. www.candianrockieschalets.com. **\$99-299**

Canmore Rocky Mountain Inn

1719 Bow Valley Trail. Ideal for adults looking to kick back and relax... Sit by the wood fireplace in the grand lobby or by your own fireplace in your suite and forget about the daily routine. 403-678-5221 • 800-268-0935 www.westridgecountryinn.com **\$82-192**

Coast Canmore Hotel & Conference Centre

Across the street from Elevation place, walking distance from the downtown core, the Coast Canmore is the place to be. Our freshly renovated king bedrooms offer comfort, tranquility and breathtaking views of the great Canadian Rockies. Our new restaurant "table; food + drink" is delectable for breakfast, lunch and dinners. Free

wireless internet in all guest rooms and public spaces. Indoor Pool and hot tub. 1-800-716-6199. www.coastcanmore.ca **\$99-299**

Copperstone Resort

250 2nd Ave, Deadman's Flats, AB. Whether you are looking for a great vacation getaway or a family weekend in the Canadian Rockies; the Copperstone Resort Hotel is your best choice for a memorable stay. Located 4 minutes outside of Canmore Alberta, in beautiful Dead Man's Flats, our four star 62 condominium units, feature full executive kitchens, one and two bedroom units, as well as family size one and two bedroom bunk bed units that accommodate up to 8 people. 12 person Jacuzzi, underground heated parking, pet friendly rooms, value packages. 1-866-571-0303 www.copperstoneresort.ca **\$139-319**

The Drake Inn Canmore

909 Railway Ave. Centrally located in the heart of Canmore along policeman's creek. Unbeatable rates, free continental breakfast & wireless internet, creek side rooms, on site pub & restaurant. Meeting facilities also available. 403-678-5131 800-461-8730 www.drakeinn.com. **\$79-\$169**

Econo Lodge Canmore Hotel

1602 2nd Ave. Spectacular mountain views, free continental breakfast, free High Speed Internet, fully equipped conference area configured to accommodate up to 84 people. Exercise facility, air conditioning, free local calls. Rooms available with gas fireplaces, patios/balconies and DVD players. Enjoy on-site restaurant "Chez Francois" award winning casual French cuisine. 403-678-5488 1-800-661-2133 www.canmoremountainlodge.com. **\$89-189**

Falcon Crest Lodge

190 Kananaskis Way. Affordable luxurious mountain condo style ranked #1. Our features and amenities include; BBQ, gas fire place, full kitchens, two outdoor hot tubs, free WIFI. 403-678-6150 • 866-609-3222 www.falconcrestlodge.ca **\$149-\$355**

Georgetown Inn

1101 Bow Valley Trail. The Canadian Rockies Old World Country Inn. 20 elegant guest rooms, 10 with jetted tubs, 19 with fireplaces. Georgetown Pub on site, with one of the best patio in the valley. Smoke Free. 403-678-3439 800-657-5955. www.georgetowninn.ca **\$99-199**

The Grande Rockies Resort

901 Mountain Street Features boutique rooms, one and two bedroom luxury suites, most complete with fully-featured kitchens, spa-inspired bathrooms and designer décor & amenities. Amenities include: Pool with waterslide, indoor-outdoor hot tub, kids play area, fitness centre, Wi-Fi, business centre, underground parkade, onsite spa and Habitat Restaurant & Bar. Reservations 1-877-223-3398. www.granderockies.com Rates subject to availability at time of request. **\$116-389**

Holiday Inn Canmore

#1 Silvertip Tr (off Highway 1). 99 luxuriously appointed rooms: loft suites, Jacuzzi suites, Jr. King suites; outdoor hot tub, in-house restaurant room service and exercise room. Conference facilities. 403-609-4422 • 888-609-4422. www.hicanmore.com. **\$89-259**

Lady Macdonald Country Inn

1201 Bow Valley Trail. Come home to the Lady Macdonald. 9 uniquely designed rooms with en suite baths and

fireplaces. Gourmet breakfast, sunny dining room, breathtaking views. Come as a guest, leave as a friend. 403-678-3665 • 800-567-3919. www.ladymacdonauld.com. **\$110-225**

Quality Resort Chateau Canmore 1718 Bow Valley Trail. Location, Location, Location. Our all suite property features 93 units, offering spectacular views of the Canadian Rocky Mountains. Our full service hotel includes a family restaurant, sports lounge, and full fitness centre. Enjoy a refreshing dip in the pool or soothe aching muscles in our outdoor hot tub or sauna. The Quality Resort Chateau Canmore is the ultimate choice for views, value & fun! We invite you to enjoy your stay at our all-suite resort in the heart of Canada's Rocky Mountains! 403-678-6699 • 800-261-8551. www.chateauanmore.com. **\$99-154**

Ramada Inn & Suites Canmore 1402 Bow Valley Trail. Featuring a three-storey water slide, indoor swimming pool, Jacuzzi, fitness room, meeting & banquet space. Our free deluxe continental breakfast is the perfect way to start your day! 403-609-4656 • 888-678-4656. www.ramadacanmore.com. **\$82-262**

Rundle Mountain Lodge 1723 Bow Valley Trail. Canmore's family favourite. 61 Cedar log units, family rooms & Jacuzzi suites. Indoor pool & outdoor hot tub. Park-like setting with playground, fire pit & picnic area. 403-678-5322 • 800-661-1610. www.rundlemountain.com. **\$85-300**

Silver Creek Lodge 1818 Mountain Ave. A fusion of sound, texture, warmth & tranquility, brought into balance by the power & beauty of the Canadian Rockies. Silver Creek Lodge is the premier luxury self-catering hotel in Canmore, Alberta. Hotel accommodations unlike any other, uniquely styled & crafted to offer the ultimate relaxing guest experience. 403-678-4242 • 877-598-4242. reservations@silvercreekcanmore.ca **\$95-275**

StoneRidge Mountain Resort 30 Lincoln Park. The ideal place to take in the natural beauty of Canmore. One, two or three bedroom luxury suites. Fully equipped gourmet kitchens, gas BBQ, HDTVs, gas fireplace, en-suite laundry, extra-large soaker tubs. Hotel amenities include heated outdoor swimming pool & hot tub, fitness center, underground parking & meeting & banquet facilities up to 60 guests. 403-675-5000 • 877-675-5001. www.stoneridgeresort.ca **\$179-\$389**

BANFF

Banff Caribou Lodge & Spa 521 Banff Ave. Impressive hand-hewn logs accent the building's exterior & lobby to create the spectacular ambiance of this mountain lodge. The lodge boasts 195 rooms, & offers added value with free high-speed Internet access, complimentary heated underground parking, an exercise room, a 30 person jetted hot pool & a steam room. 403-762-5887 • 800-563-8764. www.bestofbanff.com. **\$90-400**

Banff Ptarmigan Inn 337 Banff Ave. Offers 134 guest rooms just steps from downtown. Natural wood accents add a warm glow to the hotel's interior design. Enjoy luxury beds, free Wi-Fi, complimentary heated underground parking, & The

Meatball Restaurant, lounge & patio. 403-762-2207 • 800-661-8310. www.bestofbanff.com. Seasonal rates **\$90-300**

Banff Rocky Mountain Resort 1029 Banff Avenue. 171 guest rooms located just minutes from downtown Banff. Offers excellent recreation facilities, both indoor & outdoor hot tubs, & BBQ area. Fireplace & fridges in all rooms, on-site dining, flexible meeting space & free parking. 403-762-5531 • 800-661-9563. www.rockymountainresort.com. **\$90-349**

Banff Voyager Inn 555 Banff Ave. Just minutes from downtown. 88 rooms, very affordable accommodation & features all the amenities needed for a perfect relaxed vacation. Heated outdoor pool, indoor whirlpool, sauna, restaurant, lounge & on site liquor store. 403-762-3301 • 800-879-1991. www.banffvoyagerinn.com. **\$75-165**

Best Western Siding 29 453 Marten St. 56 Luxuriously appointed rooms, six Jacuzzi suites, two family suites, indoor pool & whirlpool, high speed Internet, on dem& movies, heated underground parking, & complimentary hot breakfast buffet. 403-762-5575 • 800-528-1234. www.bestwesternsiding29.com. **\$89-349**

Buffalo Mountain Lodge 700 Tunnel Mountain Rd. 108 Charming rustic guestrooms include deluxe suites & premiere accommodation, all with wood-burning fieldstone fireplaces. One dining facility offers Mountain cuisine & another offers California-style flavour, both with extensive wine lists. 403-762-2400 • 800-661-1367. www.crmr.com/bml/buffalo.html. **\$240-355**

Fox Hotel & Suites 461 Banff Avenue. The new Fox offers a unique accommodation style in Banff, with one & two bedroom suites & hotel rooms. The Fox captures the historic & natural elements of Banff National Park, the hotel's centerpiece is the hot pool inspired by the original Cave & Basin Historic Site. Come & visit us & be sure to try Chili's world Famous Margaritas. 403-760-8500 • 800-563-8764 www.bestofbanff.com **\$110-699**

Hidden Ridge Resort 901 Hidden Ridge Way. Tucked away on Tunnel Mountain, Hidden Ridge Resort is quiet & secluded with some of the most spectacular views in Banff. The modern condos feature wood burning fireplaces, full kitchens & patios or balconies. Soak in the giant outdoor hot pools overlooking the Bow River Valley & the Banff townscape or gather in the barbeque area. Some pets are accepted. 403-762-3544 • 800-563-8764. www.bestofbanff.com. **\$110-550**

High Country Inn 419 Banff Ave. Offers the perfect blend of rustic charm & luxurious comforts. Our impressive array of in-house amenities includes an indoor pool, hot tubs & sauna. Free buffet breakfast with every regular priced room. 403-762-2236 • 800-661-1244. www.banffhighcountryinn.com. **\$98-250**

Inns of Banff 600 Banff Avenue. The Inns of Banff has some of the best views in all of Banff. With 224 rooms this 3.5 star hotel has it all – hotel rooms, condos & cottages, full service ski / bike rental shop, both an indoor pool & jetted hot tub along with an outdoor hot pool, Wildfire Grill &

Bears Den Pub, complimentary heated underground parking, free Wi-Fi, gift shop & more... 403-762-4581 • 800-563-8764. www.bestofbanff.com **\$90-699**

Irwin's Mountain Inn 429 Banff Ave. A wide variety of room types range from affordable standard rooms through to more luxurious deluxe suites. Some rooms sleep up to six people & are ideal for family vacations or two couples travelling together. 403-762-4566 • 800-661-1721. www.irwins-mountaininn.com. **\$85-200**

The Juniper Hotel 1 Juniper Way, Banff. Perched at the base of Mt. Norquay in national park woodlands the Juniper hotel's redesign echoes its retro 1950's history using natural elements for the fifty-two rooms, King Suites & two-bedroom chalets. Bistro & Lounge open for all meal periods. Toll Free: 1 866-551-2281. www.thejuniper.com **\$99-319**

Red Carpet Inn 425 Banff Ave. convenient, affordable accommodation only a few minutes walk from Banff's downtown. All rooms are equipped with coffee makers, refrigerators, 27-inch colour satellite TVs, phones with free local calling, four-piece baths & air conditioning. Complimentary breakfast & free wireless Internet. 403-762-4184 • 800-563-4609. **\$79-174**

The Rimrock Resort Hotel 300 Mountain Ave. 4 diamond Resort with 346 guest rooms offering the best views in all of Banff. The Spa & Health Club includes a gym, sauna, steam rooms, whirl pool, heated pool & squash court. Two restaurants, two lounges, coffee shop & large conference facilities. 403-762-3356 • 1-888-RIMROCK • www.rimrockresort.com. Seasonal Rates **\$160-750**

Rundlestone Lodge Banff 537 Banff Ave. The lodge offers a choice of 11 room styles, many with two-person jetted tubs & real wood-burning fireplaces. Other features include free Wi-Fi & DVD rental, full air-conditioning, free heated underground parking, a Health Club with lap pool, large whirlpool & quality exercise equipment. On site restaurant & lounge. 403-762-2201 800-661-8630 • www.rundlestone.com. Reg **\$120-330**. Suites **\$159-399**

Samesun Backpackers Lodge 433 Banff Avenue. For the budget traveler. Walking distance from downtown. 6 bed and 8 bed dorms plus a private room – all with en suites. Contains common area and guest kitchen. Free breakfast every morning plus free parking, free wifi and organized hostel activities. Onsite bar and restaurant. Seasonal rates start from \$31 to \$39 per night per person. 1-877-972-6378. www.samesun.com. **\$120-275**

Spruce Grove Inn 545 Banff Ave. Affordable luxury with 120 rooms featuring individual air conditioning & heat, coffee & tea makers, & hairdryers in every room. All amenities available at Voyager Inn next door. 403-762-3301 • 800-879-1991. www.banffvoyagerinn.com. **\$120-275**

Tunnel Mountain Resort 502 Tunnel Mountain Road. Offering 96 comfortable suites and condo units in a natural mountain setting, 3 minutes' drive from the Banff town site. Features include indoor pool, hot tub and sauna, BBQ decks and great views of the surrounding mountains. 1-403-762-4515. 800-563. www.bestofbanff.com. **\$99-399**

Lemon Curd Mascarpone and Earl Grey Amaretto Tiramisu Trifle

by **Bernice Hill**

Serves 4



Ingredients

1-1/2 cups (375 mL) sliced natural (skin-on) almonds
 1 egg white
 2 cups (500 mL) granulated sugar
 12 egg yolks
 4 tsp (18 mL) grated lemon zest
 1 cup (250 mL) lemon juice
 1 cup (250 mL) cold butter, cubed
 1/3 cup (75 mL) amaretto liqueur
 2 tbsp loose Earl Grey tea
 18 ladyfinger cookies, (about 4 inches/10 cm long)
 1 tub (475 g) mascarpone cheese
 2 cups (500 mL) icing sugar
 1 tsp (5 mL) vanilla
 2-1/2 cups (625 mL) whipping cream 35%

Method

For the Almonds – Toss almonds with egg white to coat; stir in 1/4 cup of the granulated sugar until well combined. Spread on parchment paper-lined rimmed baking sheet. Bake in 350 F oven, stirring several times, until light golden, about 12 minutes. Let cool.

For the Lemon Curd – In large heatproof bowl, whisk together egg yolks, 1-1/2 cups of the granulated sugar, the lemon zest and lemon juice. Place bowl over saucepan of simmering water; cook, stirring, until thick enough to coat back of spoon, about 12 minutes or take more time, if needed. Remove from heat; stir in butter, 1 tbsp at a time. Strain through fine-mesh sieve into clean bowl. Place plastic wrap directly on surface. Refrigerate until curd is thick enough to mound firmly on spoon, about 1 hour.

For the Ladyfingers – While lemon curd is chilling, in saucepan, cook remaining granulated sugar with 1/4 cup water and 2 tbsp Earl Grey tea over medium heat, stirring, until sugar is dissolved. Remove from heat; let cool completely. Stir in amaretto. Strain the tea and reserve liquid.

For the mascarpone – In large bowl, beat together mascarpone, icing sugar and vanilla until smooth. In separate bowl, beat 1-1/2 cups of the cream until stiff peaks form; fold into mascarpone mixture.

To Assemble: Begin by dipping the each ladyfinger entirely in the tea/amaretto liquid and placing it in the bottom of a trifle bowl. Repeat with more ladyfingers, arranging them so they fit together in a single layer. Spread a layer of mascarpone over top of the ladyfingers, then spoon some of the lemon curd over top of the mascarpone cheese. Sprinkle some of the candied almond slivers and begin another layer. After you've built up the layers, top with whipped cream and the remainder of the candied almonds. Chill until you are ready to serve dessert.

Caprese Grilled Cheese Sandwich

from **Metropolitan Grill** (p 5)

by **Chef Glen Heal**

Serves 1

Ingredients

2 pieces of sourdough
1.5 tsp soft butter
.75 mozzarella cheese
.75 white cheddar
.75 creamy Havarti
3 large basil leaves
3 slices of tomato
1.5 tap garlic aioli
Salt and pepper to taste

Method

Spread the butter on the sourdough bread.
On a hot BBQ grill the bread.
Once you have grill marks on the bread take off and set aside.
Mix your shredded cheese together.
On each non grilled side of the bread spread on the garlic aioli, then top each side with half of the cheese.
Top with basil leaves and tomato, sprinkle on the salt and pepper.
Combine both sides and place in an oven at 350 degrees for 6 minutes.

Grape and Blueberry Salsa

by **Bernice Hill**

Serves 4+

Ingredients

5 cups seedless green, red or mixed firm grapes
1 cup fresh blueberries
1 small jalapeño; seeded and very finely diced
1/4 onion; very finely diced
1 tbsp red wine vinegar
1/2 bunch cilantro; chopped

Method

Combine the onion and red wine vinegar and let sit while you cut the grapes into eights. Yes, it's tedious but this is a salsa and it needs to go on a tortilla chip later. There's a lot of fine dicing in this recipe but it's worth it, especially when we're talking jalapeños.

Scouting a Future on the Avenue

Glen Heal's journey back to Calgary's downtown — Fred Holliss

Life has looped around a little for Glen. The first complete meal he ever cooked was when he was a kid camping with the Scouts, a passion he pursued until he was 25. Now here he is, with his own son, and Scouts are back in his life, this time as a volunteer trying to teach Cubs the basics of cooking, or how not to burn water.

Born in Regina, he spent weekends and Summers on the family farm in Saskatchewan, getting lots of dirt under his nails. He started cooking when he was five, helping out his mom with baking and his grandmother with bread making. She had a couple of huge gardens, and would pickle and can the harvest, supplying the family and others in the area. The farm also had thirteen cows, and Glen grew up on whole milk, fresh vegetables, and non-hormone livestock, which left him with a taste for honest, earthy flavours and colours.

Glen knew he wanted to be a Chef by the time he was seven, and he got his first job as a dishwasher at 14. Working at Bonanza in Regina, he quickly worked his way up the line, and at 19 was invited by a family friend to run a new restaurant called Buffet Palace. As a cocky youngster he made a few mistakes, but stayed the course and got his Red Seal by 1995, when he moved to Calgary.

He got work as a sous-chef at Don Quijote, where he developed a taste for Spanish cuisine. After a couple of years it was time to move on, this time working for a restaurant group up north managing kitchens in three hotels. Constantly moving between Dawson Creek, Grande Prairie and High Level while living out of hotels wasn't the romantic lifestyle it promised to be, so he returned to Calgary and Don Quijote until he got an offer from the James Joyce downtown.

This marked the beginning of his other lifelong passion, a love of Stephen Avenue. At the Joyce he also had the opportunity to develop new dishes, albeit accommodating traditions such as boxtys and black pudding. He enjoyed put-

ting his unique stamp on things, and getting feedback directly from his customers. He also thrives under pressure, enjoying the volume when it really gets going, and knowing how to move, how to think, and how to make sure the plate is perfect every time.

Moving back to Regina to help his parents out in '99 meant a separation from Stephen Avenue for a couple of years, as did the next job back here as part of the opening team for the Cornerstone Grill on Southland Drive. That in turn led to running the kitchen at Jubilations Dinner Theatre for three years, where he got to indulge his sense of humour a bit, designing signature dishes for each run. He fondly recalls designing a dessert for "Gilligan's Island" of an éclair boat on a blue jello sea, and dressing individual wedding spongecakes for "When Harry Met Sally."

That was when he met his wife, then an opera singer, and they moved back to her home town of Winnipeg. It was a pretty tough market, so Glen ended up working for a high-end fishing lodge as personal chef to a couple of dozen ever-changing hunters and fishermen. Living in the woods was quite an experience, and led to some close encounters with wildlife. It wasn't unusual to have caribou wander through the camp, or have a bear knock on the front door. But only seeing his wife on occasional weekends wasn't enough so, after a couple of years it was time to return to Calgary and Jubilations for a year or so, and that in turn led to a return to Steven Avenue as head Chef at Milestones for another seven years.

Glen has only been with Metropolitan Grill, also on Steven Ave, for a couple of months now, and hasn't yet had time to put his personal stamp on many of their dishes. The Met was just in the process of designing a new menu when he signed up so he didn't really have a chance for much input, although the Mac and Cheese is one of his. However, they are introducing a monthly features sheet after Stampede, and that will give him an opportunity to strut his stuff.

He tries to balance his menus, to offer something for vegetarians as well as the meat eaters, and to accommodate whatever the current allergy craze may be. Sympathetic to people with real dietary problems, he's had too many experiences with customers just trying to pull a fast one and tries to limit the number of off-menu dishes they create. He's also looking forward to working at a smaller location where he can take a bit of a leap and create new things, rather than at a big conglomerate where everything has to be dialled in and there's no straying.

He knows that every chef goes through phases where they swear they don't ever want to cook again, but he can't really see himself stopping. A bit of a hobbyist woodworker, he thinks that construction is about the only thing besides being a Chef that he might try, and even that isn't very appealing. Cooking is in his blood.

Which brings him back to the Scouts. Working with youngsters, and helping shape their development and appreciation for the world helps him stay grounded. The ability to teach fundamental things such as independence and respect for nature is something he firmly believes we need more of in the world. There's nothing better than being able to get out to the country, grabbing your compass, and heading off. Just don't end up at the bottom of a crevasse.



The Not So Secret Unicorn Identity

Looking for a great night out in one location? The Unicorn Super Pub to the rescue! With a new location and new atmosphere carrying the culture and feel we know and love, look no further than this historic Calgary staple — Justin M. Wilson



When I heard the Unicorn Pub was closing its doors after more than 30 years at the base of Calgary's historic Lancaster building, I was pretty blue. I'd been there countless times, watched some unforgettable hockey on the projector screen and, on more than one occasion, sat through some pretty abysmal dates amidst the rustic classic pub surroundings. (Note: The bad dates are less the fault of the bar and more that of my poor social prowess.)

So, when I discovered the Unicorn was re-opening its doors branded as "Calgary's Original Super Pub," a three level multi-themed pub featuring an expanded menu, a 20 tap beer selection and a street front patio on Stephen Ave, I was both excited and anxious.

I mean, if you're going walk around calling yourself "Super," you'd better have a damn good reason. Think about it; without the indicative traits that make Superman who he is, he's just a guy spending his nights in a blue leotard and red undies. There's nothing wrong with this, but it tells an entirely different story.

Is it the same Unicorn we know and love? What's so super about it? Will my dating life improve at the new location? (Unlikely).

Eventually, I decided to direct my questions to someone who could help. I got hold of Unicorn co-owner Bob Bradley, who's been with the organization since 2002. Bob spoke about the bar's "Super Pub" identity and quelled the anxiety I felt toward an establishment I hold in high regard, bad dates and all.

JW: First, I'd like to know a little about the move from the old location.

When the term ran out on our lease we knew we'd have to move. The Libertine and Below Deck, bars I also co-owned, were doing great, so we thought moving the Unicorn to those established

locations could keep the Unicorn alive while introducing it to a new audience.

Now, the Unicorn is three floors, three bars and three different concepts. There's no other bar like it in Calgary. Hence why we call it a "Super Pub."



JW: Can you tell me what went into the concept development for the three floors?

With the main floor, the concept of the Libertine really wasn't broken so we decided to keep the menu the same and add some nicer cocktails and wine selections. And of course, we added the recognizable Unicorn signage from the old location. We call this floor "Classic Calgary."

With the basement, we wanted to keep the maritime feel. We began using the term "Celtic Cellar." We ended up using a lot of the old Unicorn wall decorations, maintaining the culture of the old location by introducing its aesthetic here. Down there you'll even

find some pieces of the old signature Unicorn stained glass.

The upper floor, we went with a whole new concept called the "Sports Cantina." I felt the need for a good old fashioned downtown sports bar, nothing over the top but something fun dedicated to the good time, colourful, sports bar feel.

JW: Did the staff from the old location move to this location as well?

We still have a lot of the staff from the old location which makes the environment really comfortable. They know the bar. They know the culture. We've always had amazing staff at the Unicorn and for them to stay on in this new location brings a really cool energy.

JW: Tell me about the menus and how they fit with the various concepts here.

The basement serves most of the classic Unicorn favourites; the pub-style items that people loved from the old location. The East Coast Donair is definitely a favourite, as are the Crispy Mac & Cheese Bites. Then we have some great mains; the Steak & Guinness Pie and Butter Chicken are very popular.



On the main floor, I was very proud of the Libertine's menu so we kept that the same only really adding to the drink selections. Our Rustic Pizzas are unique to the "Classic Calgary" floor.

In the sports bar, we really tried to do something everyone likes; the Cantina Tacos are my personal favourite and our Quesadilla selection is great. With the third floor, it was our way of putting a Unicorn spin on the sports bar concept; combining the great food and beverage selection we're known for with a passion for sports that the old location didn't really convey.

JW: I like beer, Bob. Let's talk beer:

Absolutely. On the main floor, we really wanted to show off our craft beer selections, while leaning into the sports bar theme up

stairs. We're actually just getting our Unicorn Brew up and running. We had a great Twisted Horn Ale at the old location and it was definitely a favourite.

JW: I was going to ask about that. If you had it, I was actually going to order one, or two, or three.

Yeah. We're in the process of setting up all the taps with the beers we really want. It's hard when you can't have everything, or when a customer asks for a beer we'd love to carry, but just don't have the tap space.

JW: The old location had a sizeable stage and was known as a pretty decent live music venue in Calgary. Is this something the Unicorn is still emphasising?

We still do live music every Saturday downstairs and I've come in just to see the types of great bands we're bringing in. We love live music here. In today's market, you do what you can to compete and stay relevant, and that means having a nice blend of everything.

JW: It seems the bar has struck a great balance here. With the market always changing and unique concepts popping up all the time, can you talk about maintaining this momentum or staying "Super" going forward?

Well, we have the street front patio, the upper floor sports bar with the open front window concept. We have the main floor offering a more high-class feel without the high price tag, and we have our lower level with the Celtic, East Coast feel. We're pretty well-rounded.

With the sports bar, we'll always be looking to add more memorabilia and make this place a fun sports watching destination for Calgarians. I'd love for this place to become that downtown, big city sports bar that every city has. And we've been careful to not just recreate the old Unicorn. We wanted the history and the nostalgia to carry over while really introducing something new to our clientele. We'll always have tributes to it. We want old customers coming in without skipping a beat while new customers can discover us and find a concept that fits them. We're building a new brand that will survive for another 25 or 30 years.

After talking to Bob, I definitely felt that The Unicorn Super Pub lives up to its name. Imagine joining friends on the 'Classic Calgary' patio for some Saturday night dinner and drinks before making your way to the 'Sports Cantina' to catch the Flames beat up on the Oilers (Final score, 6 – 0). Then, to celebrate the victory, you head down to the 'Celtic Cellar' for some live music, cold beer and East Coast camaraderie.

Basically, if you haven't been yet, you really should. It's Super.

Check out the Unicorn's new location at 223 8th Ave SW or visit www.superpub.ca to find out more!



Calgary

Atlantic Trap & Gill 510 Heritage Drive SW. Classic Pub with an East Coast twist. 14 large TVs plus a 15 foot giant screen for sports. One pool table, 3 VLT's, full upscale pub menu. Open at 11:30am 7 days a week. Live music Thursday, Friday and Saturday. 403-287-8811. www.atlantictrapandgill.com

Bamboo Tiki Room 1201 1 St SW. Attached to the popular Drum and Monkey pub, a hot spot for DJ's and dancing. Feels like a great party in your parents' 1970s rumpus room. Thursday Live Music. Tahiti Treat Fridays, House & various dance music with Jon Delirious and Guests. Mojo Saturdays with DJ Rob Faust spinning the best Soul, R&B and Funk. 403-261-6674. www.drumandmonkey.ca

Black Swan 10455 Southport Rd SW. Large dance floor featuring Top 40, Dance, R&B, Beats etc. Tues. Open Mic 8:30 pm – 11:00 pm. Sat – DJ & dancing. 9:30 pm – 2 am. No cover. 403-271-8776. www.blackswanalehouse.com

The Blues Can 1429 9 Ave SE. Located in historic Inglewood. Intimate atmosphere with great acoustics and a very good line of site to the stage. Live Music EVERY Night from 8:30~9 pm to 12:30~1 am with an extra show on Saturday afternoons from 3-7 pm. Featuring Touring Blues Acts on weekends and local blues, rock & rockabilly during the week. 403-262-2666. www.thebluescan.com, info@thebluescan.com, www.facebook.com/thebluescan

Bookers BBQ Grill + Crab Shack 316 3 St. SE. Converted century-old warehouse committed to an authentic Southern experience. Transforms into a house of blues with live music every Fri-Sat starting at 10 pm. No cover. 403-264-6419. www.bookersbbq.com

Bootleggers Sports Bar / Grill 3444 32nd Ave NE. Featuring 52 42" HD flat screen LCD TV's, a large projector screen, 6 different satellite feeds, 25 VLT's, foosball, 2 pool tables with free pool every Monday night, and Karaoke 6 days a week, Bootleggers is truly "Entertainment With Impact!" M-Su 10am-2 m, Holidays 10am-12am. 403.291.0507 www.bootleggers.ca

Broken City 613 11 Ave SW. Calgary's Sub-Culture Live Rock Venue. Wed - Fri Live Bands (indie, rock, metal, punk, whatever) 9pm - late. Sat- Jazz Jam 3pm-6pm and hip-hop 9pm - late. Sunday is Karaoke night 9pm - late. Mon - Stand up comedy 8pm - late. Tue - Punk Rock Bingo 9pm - late. Minors allowed til 9pm. 403-262-9976. www.brokencity.ca

Café Blanca 240 Riverfront Ave SW. A creative coffeehouse serving specialty coffee including siphon coffee; using direct-trade beans that have been carefully sourced and locally roasted. Live Music: Local artist every Wednesday night 6:30 pm-9 pm. 403-460-2002. www.cafeblanca.ca

Comedy Cave 9206 Macleod Tr. S. Modest club located in the Travelodge on Macleod Trail featuring local stand-up comedians and from across North America. 403-287-1120. www.comedycave.com

Commonwealth Bar & Stage 731 10 Ave SW. Old warehouse converted to a revelrous night destination in Calgary's downtown. Two distinct floors of sound with a vintage fashion-forward aesthetic. Open Th-Sa 7pm-2 am, Su 7pm-12am. 403-247-463. 403-247-4663. www.commonwealthbar.ca

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The Dog & Duck Public House. 5340 2 St SW. Cosy retreat in an old white house akin to real English Pubs. Live Music: Local bands every Friday night 9pm - 1am and Open Jam every Sat Night 8pm - 12am. 403-253-2489. www.thedogduckpub.ca

Elbow River Casino. 218 18th Ave SE. Featured on the Bayou Stage each Fri and Sat 9:30pm to 1 am live music such as classic rock, R & B, blues, pop etc. 403-289-8880. www.elbowrivercasino.com

Fionn MacCool's Authentic Irish Pub. 255 Barclay Parade SW (at Sheraton Suites Calgary Eau Claire). Wed – East Coast Kitchen Party 9pm. Sat – Various-east coast/rock 9pm. Casual dress, no minors. 403-517-6699. www.fionnmaccools.com

HiFi Club 219 10th Ave SW. In Music We Trust. 3500 sq. foot space blurring the lines between live music venue, dance club and art gallery. Clean and sleek with a custom audio system, HiFi regularly plays host to leading local acts and some of the most influential international artists. <https://www.facebook.com/hificlub>. 403-264-9779. www.hificlub.ca

The King's Head Pub & Eatery 9116 Macleod Trail SE. Calgary's Best Live Entertainment Venue! Calgary's Greatest Original and Cover

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Knoxville's Tavern 840 9th Ave. Calgary's newest hottest Country bar is the bar your mother warned you about! 840 9th Ave is hosting the biggest parties year round and even bigger for Stampede. Tuesday-Industry Night, Friday-Fireball Fridays and Saturdays is Girls Night Out with priority entry and no cover for ladies until 12 am. 8pm-2am. 403-398-7623. www.knoxcalgary.com

Ironwood Stage and Grill 1229 9 Ave SE. Located in charming Inglewood in the historic Gary Theatre. Live Music 7 nights a week with mixed genres. Wed open Mic night 8pm. Alternating Saturday afternoons 18 piece jazz band 2-4 pm and blues jam 1-5pm. Reservations recommended as shows usually sell out. Cover. Sun-Thur show starts at 8pm and Fri-Sat 9pm. 403-269-5581. www.ironwoodstage.ca

Lobby Lounge at the Blackfoot Inn 5940 Blackfoot Trail SE. An intimate spot for catching up with friends or unwinding with colleagues. Oversized windows, outside patio, grand piano and live music weekdays add to the full lunch, dinner and drink menu. M-F 11:30 am-11 pm. Sat 5 pm-10 pm. Closed Sun. 403-252-2253. www.blackfootinn.com

Lolita's Lounge 1413 9 Ave SE. Vintage 1940's style venue featuring songwriters, comedians and performers of all genres (burlesque, magic, comedy, theatre). Fri - Latin Jazz 9pm - 1am. Sat - Carly's Angels (female impersonation show running for 11 yrs). Sun- singer-songwriter Joe Nolan, acoustic, blues, folk. Other entertainment varies weekly, check website. 403-265-5739. www.lolitaslounge.ca

Lord Nelsons Pub & Grill 1020 8 Ave. SW. Located adjacent to the Holiday Inn Express this low-key, casual pub offers a variety of Live Bands every week. Top 40's to Blues, Metal to Hip Hop. Music starts from 9-10pm 'til close. Days vary, call for info. Dance floor. 403-232-6704. www.lordnelsonsbareandgrill.weebly.com

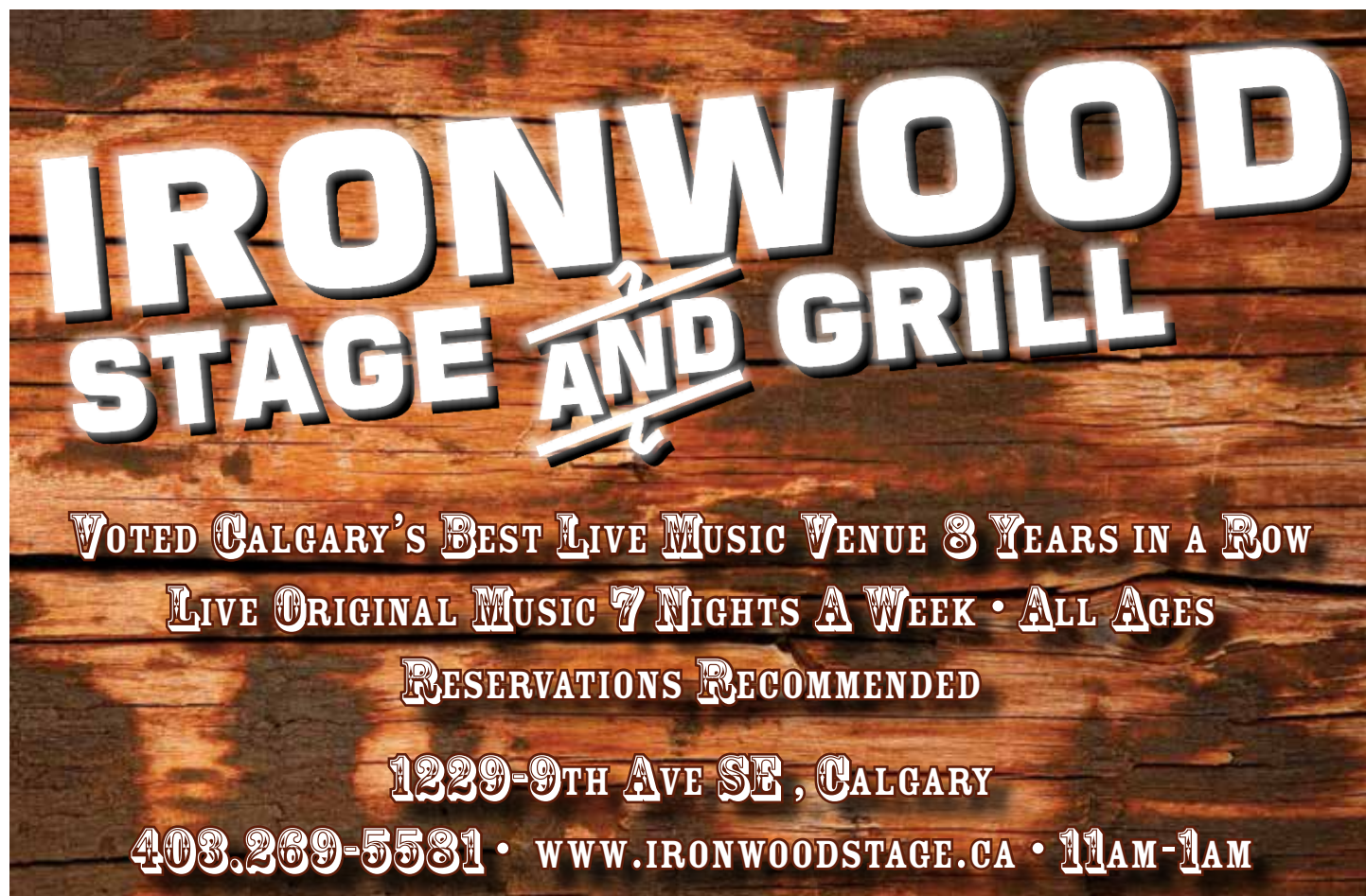
Mikey's Juke Joint & Eatery 1901 10 Ave SW. "Music Matters at Mikey's." Laid back, downtown joint featuring live music daily, hosting well-known musicians such as Steve Pineo, Tim Williams and Joel Fafard. A celebration of music! 403-245-8833. www.mikeysjukejoint.com

Morgan's Pub on 17th 1324 17 Ave SW. New talent with Wednesday night and Saturday afternoon open jam. Mon - Tue features the Beat Brothers with the Lush dancers. Thursday-Saturday featuring Calgary's best cover bands and Showcase Sundays featuring a variety of different genres. 403-244-6670. www.morganspubcalgary.com

Murrieta's Bar and Grill 200, 808 1st St. SW. Laid back West Coast sophistication fitting perfectly in the historic 1890s Alberta Hotel building. Pianist Wed through Fri and Sunday from 5:30 - 8:30 pm as well as live bands ranging from R&B to Funk to Classic Rock & Jazz, Fri and Sat. 10 pm - 1 am. 403-269-7707. www.murrietas.ca

Murmur Nightclub 6307b Center St SW. "Hear what all the murmur is about" The ultimate nightclub with phenomenal DJ's, best light show and in class bottle service. Dress to impress. Fri - Sat 9 - 2:30 am 403-301-4447. www.murmurcalgary.com

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Regal Beagle Your Neighborhood Pub. 3 locations: 5308 17 Ave. SW. Karaoke - Sat - 9pm-1am. 403-457-4313. 180 94 Ave SE. Karaoke – Thu – 9pm-close. Music Trivia – Fri – 8pm-close. Acoustic Jam – Mon – 9pm-close 403-640-7775. 410 14 St NW. Karaoke- Fridays - 9pm-1am. 403-283.6678.

Republik 219 17 Ave SW. This Calgary Indie institution features live bands and weekly DJs. Club OMFG every Friday, Experience three rooms of tunes! Electro, House, Dubstep, Trance, Hip Hop. Facebook. com/Omfgcanada 403-541-1100. www.therepublik.ca

Rose & Crown Traditional Pub 1503 4 Ave. SW. Lively, traditional British pub & restaurant. "Calgary's Best Live Music on the Guinness Stage" Thur – 8pm – close, Fri-Sat. 9:30 – close. All genres, check website for entertainment line up. 403-244-7757. www.roseandcrowncalgary.ca

Standard 111 7 Ave SW. Experience the new standard in Calgary's nightlife. This unparalleled oasis is more than just a hot nightspot and meeting place... it's a three level mecca for the social elite. With exclusive VIP bottle service, cutting edge events, Standard caters to the exquisitely sophisticated professional. You will find the hottest mainstream top 40 hits on the dance floor and sexy vocal house playing in the O bar lounge. Be sure to dress to impress. Fri-Sat 9 pm-2 am. Follow us on Facebook, Twitter and Instagram. www.standardyyc.com

St. James Corner Irish Pub 1219 1 St SW. Authentic Irish Pub. Live bands Saturdays 9:30 pm - 1:30am featuring East coast covers and Celtic rock! Small dance floor. No cover. 403-262-1157. www.stjamescorner.ca

The Trop 1501 34 Ave SW. In the heart of Marda Loop a relaxed upscale location featuring every weekend some of the city's hottest local talent on their corner stage. 403-457-6227. www.thetrop.ca

T.C. Bar & Kitchen 922 Centre St NE. Salsa, Reggaeton, Bachata, Meringue and more! DJ dancing in a comfortable lounge atmosphere. Fri – Sat 9pm to close. 403-669-5543. www.tropicalcorner.ca

Verns 622 8th Ave SW. Open for more than twenty years offering a great venue for up and coming local and traveling bands. Tues Comedy Night 8-11pm. Live music Friday, Saturday and Sunday, 9pm -2am from Blue grass to death metal. Check their facebook page for performances. 403-237-8376, facebook.com/verns

Vintage Chophouse and Tavern 320 11 Ave. SW. Chic New York style tavern offering live blues and classic rock Friday and Saturday evenings 10pm-1am. Small dance floor, no cover, no minors. 403-262-7262. www.vintagechophouse.com

Yuk Yuk's Comedy Club 3218-18 Ave. SE. Located in the Elbow River Casino this stand-up comedy club features local, national and international comedians with a focus on Canadian talent. Dinner theatre and private bookings available. 403-258-2028. www.yukyus.com

Arts and Culture

Alberta Ballet 341 17 Ave SW. One of the country's leading ballet companies with a repertoire consisting of traditional ballets and commissioned works performed in a contemporary way each season.

Performances in Calgary, Edmonton and tour performances abroad. Season: Sep to May. 403-245-4549. www.albertaballet.com

Calgary Opera 1315 - 7 St SW. Professional opera company performing at the Southern Alberta Jubilee Auditorium. Special presentations in other venues. 403-262-7286. www.calgaryopera.com

Calgary Philharmonic Orchestra 205 8 Ave SE. Live music at the Jack Singer Concert Hall. Over 65 concerts from Classical Giants, Rock N' Roll Hits and Family Favourites. 403-571-0849. www.cpo-live.com

Epcor Centre For The Performing Arts 205-8 Ave SE. Five theatres World-class concert hall Over 1800 performances and events yearly: live theatre, dance, children's events, experimental theatre, meetings, weddings, sports events/competitions, award ceremonies and concerts. 403-294-9494. www.epcorcentre.org

Jubilations Dinner Theatre Calgary Westbrook Mall, 1002-37 St. SW. Hey Pretty Woman! – Jul 1 – Sep 4; Rock Around the Clock – Sep 9 – Nov 6; The Big Boom Theory 3: The Early Years – Nov 11 – Feb 5. 403-249-7799. www.jubilations.ca

Lunchbox Theatre 160, 115 9 Ave SE. Over 35 years of lunchtime theatre. Lunchtime and evening performances under one hour in length. Season: Sep to May. 403-265-4292. www.lunchboxtheatre.com

Mount Royal Conservatory 4825 Mount Royal Gate SW. One of Western Canada's largest performing arts conservatories. Celebrating 100 years in 2011 and continues to present student and faculty performances throughout the year. 403-440-6821. www.mtroyal.ca/conservatory

Theatre Calgary 222 9 Ave SE. Dramas, comedies and musicals. One person shows to large musicals with live orchestra. Six annual productions. Matinees. Tickets: 403-294-7447. 403-294-7440. www.theatreclgary.com

One Yellow Rabbit Performance Theatre 2 flr., 225 8 Ave SE. Presenters of live theatre, dance, music and other interdisciplinary work for 25 years. Toured North America, Australia, Asia, Mexico and Europe. Based in the Big Secret Theatre in the Epcor Centre for Performing Arts. 403-264-3224. www.oyr.org

Theatre Junction Grand 608 1 St SW. Contemporary live arts including local, national and international theatre, dance and music. Western Canada's oldest theatre in the heart of downtown Calgary. Season: Sep to Apr. 403-205-2922. www.theatrejunction.com

Vertigo Theatre 161, 115 9 Ave SE. Live productions. Mystery theatre. Y Stage productions for children (6-12). Families. Children's shows. Calgary Tower location. 403-221-3707. www.vertigotheatre.com

Canmore

Canmore Hotel 738 8 St. Lively tavern. Live Music - Thu-Sat (rock, funk, punk, blues & more). Sun - Open Jam night. 403-678-5181. www.myspace.com/canmorehotel • www.reverbnation.com/canmorehotel

The Communita Cafe #117, 1001 6 Ave. Unique, cozy, intimate cafe. Frequently offers live music featuring an eclectic mix of genres. Shows start at 8:30pm, check website for upcoming events and tickets. 403-678-6818. www.thecommunita.com

Drake Pub 909 Railway Ave. Karaoke Mondays, live music Wed-Sat, wide range of music styles: DJ's, funk, rock & roll, Reggae and more. 10 pm start. Canmore, 403-678-5131. www.thedrakepub.com

The Last Call Pub 102-1000 6 Ave. Your Friendly Neighborhood Pub. Live music - open Jam Night with new Host every Saturday at 10 pm. All major sports events televised including champions league

football and rugby World Cup. 403-678-3934. www.facebook.com/TheLastCallPub

Tavern 1883 709 9 St. Every Thursday night Tavern 1883 hosts Open Mic/Jam Night. Friday Night Live! Live music every Friday! Saturday Dance Night, DJ's playing House, Top 40 and Dance music. Entertainment from 10 pm to 2 am. 403-609-2000. www.tavern1883.com

Banff

Balkan Greek Restaurant & Bar 120 Banff Ave. Contemporary, with old world flair. Tue and Thu are "Greek Night in Banff" featuring the exciting belly dancing of Hala Jamal and Maysa, traditional Greek dancing and "the smashing of the plates." Live dinner show for the whole family. Open daily from 11am. Dress code mountain casual. 403-762-3454. www.banffbalkan.ca

The Beaver Bar 433 Banff Ave. Banff's best backpacker bar and patio located within SameSun Backpackers Lodge. Popular for its cheap eats and drink prices with a lively international atmosphere. Trivia Wednesdays, Open Mic Thursdays, Karaoke Saturdays, live music weekly and monthly Theme nights. Connect on Facebook (The Beaver Banff) or website for a full list of events. 403-762-4499. www.samesun.com

Bruno's Bar & Grill 305 Caribou St. Nestled just off Banff Ave. Bruno's has all the charm and comfort of the Rockies. Live Music weekly. Monday Trivia Night, Wed Stand Up Comedy at 8 pm, Karaoke Thursday, Friday Jam night, Sat local band at 10pm and Sunday local artists play. 403-762-8115. www.brunosbanff.com

Dancing Sasquatch 120 Banff Ave. Canadian Cabin themed bar. DJ's, big sound and funky lights. Open Wed and Fri-Sun 9pm-2am. 403-762-4002. www.banffsasquatch.com

Elk & Oarsman Pub and Grill 119 Banff Ave. Enjoy Rocky Mtn. hospitality in an intimate setting where you'll find a variety of genres from country, reggae, rock, funk, pop, Indie, electronica, metal and punk. Live every Sat - Sun starting at 10 pm. 403-762-4616. www.elkandoarsman.com

Hoodoo Lounge 137 Banff Ave. Nightclub with a pumping dance floor, resident DJ's and guests playing everything from top 40, dance, hip hop, house and electronica. VIP bottle service. Open Mon-Tue, Thurs. and Sat. 9pm-2am. Caribou Street beside the Eddie burger + bar. Check website for theme nights and special events. 403-760-8636. www.hoodooounge.com

Rose & Crown Pub 202 Banff Ave. Live music 7 nights a week, 364 days a year! Acts range from grassroots local favourites to international, major label stars and everything in between (pop, indie, rock, country, rockabilly, reggae, blues and more!). 403-762-2121. www.roseandcrown.ca

St. James's Gate 207 Wolf St. Banff's Authentic Olde Irish Pub. Celtic, rock and cover, entertainment from 9:30pm to close. 403-762-9355. www.stjamesgatebanff.com

Tommy's Neighbourhood Pub 120 Banff Ave. Banff's longest-running open Mic night has moved to Tommy's. Just bring yourself. Full band instruments provided. Hosted by Gary Gonis. Wednesday 10pm-close. 403-762-8888.

Wild Bill's Legendary Saloon 201 Banff Ave. Restaurant, saloon, nightclub with 300-person seating capacity and 600 person reception. Live Music (country & various artists). Corporate events with live dinner entertainment. Western hospitality, an entertaining band line up, and a stomping good time. 403-762-0333. www.wildbillsbanff.com

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