

Dining Out

IN CALGARY, CANMORE & BANFF

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Ugly Black Sea Greens Filipino Monster

Grain Milkshakes Invade Your Grocery Store!

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*Chef Paul Stoffel's Journey
from youngest in class to
classiest of the pack*

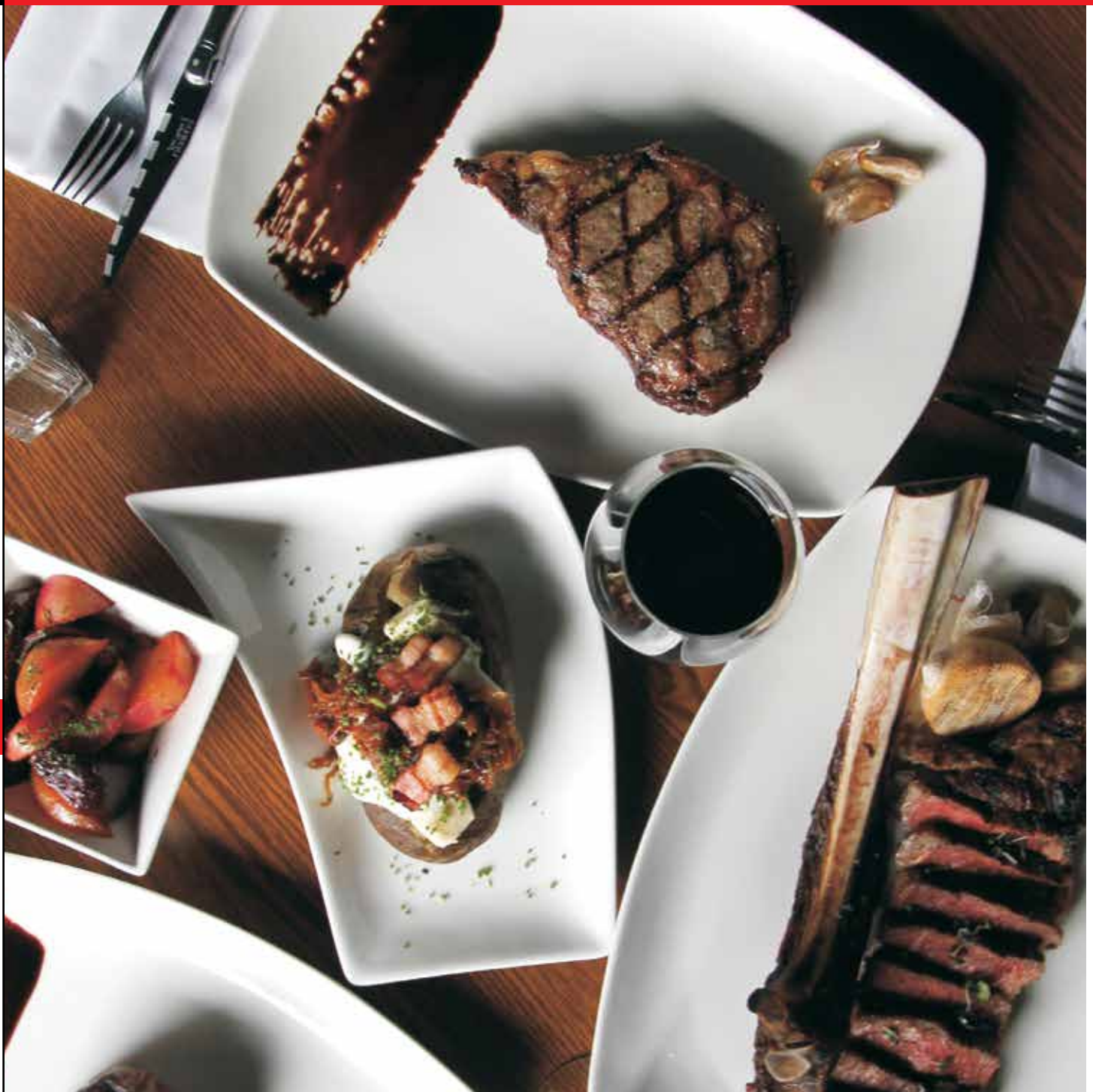
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*Some of the finest grapes
you've never heard of*

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Check out our list why we think presentation matters

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



D1

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GIUSTI





D2

Menu Sampler

Amuse • Horseradish Ice Cream, Barley Tuille, Juniper Gastrique

Duck, That's Delicious • Duck Confit Terrine, Garlic Soil, Pickled Beet, Duck Crackling, Celeriac Purée, Beet Purée, Fritters

K&Eng Pla • Sticky Coconut Rice, Shrimp Dumplings, Seared Tofu, Thai Curry

Natura • Sous Vide Breast and Stuffed Leg Of Cornish Game Hen, Vegetable Pavé, Sugar Pumpkin Purée

Coffee Macaron • Vanilla Witches Hat, Citric Acid & Sugar Dusted Blueberry & Cantaloupe Pâte De Fruit

Q Haute Cuisine

100 La Caille Place SW

403.262.5554

www.qhautecuisine.com

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Dinner M-Sa 5:30 pm - 10 pm

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As a reflection of his passion, Chef/Owner Paul Stoffel's ingenuity offers

an oasis of gastronomic delights that will seduce every one of your taste buds. The quality and diversity of the ingredients highlights the best products from sustainable local ingredients to treasures found abroad. Chef constantly works to capture the essence of his ingredients and combine them to dazzle your palate.

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 ocean's 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. The sommelier selected pairing is a fabulous addition of ciders, wines and spirits

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

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By Chef John Michael MacNeil




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INGREDIENTS

"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 to get your mouth around *The Met Cheddar Bacon Burger!* Tenderloin and striploin are ground in-house every morning offering the most tender and juicy of burgers that you can order to your liking, we ordered ours medium rare. Topped with smoked bacon, aged white cheddar, caramelized onions, lettuce, tomato, ketchup, mustard and garlic aioli all inside a fresh Brioche bun.

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.

Metropolitan Grill
317 - 8th Ave SW
403.263.5432
www.themet.ca

Daily 11 am - Late
\$\$\$-\$\$\$\$

Menu Sampler

Steak Bites • Marinated steak, red wine, soya sauce, horseradish aioli

Baja Fish Tacos • Blackened Ocean Wise Basa, pico de gallo, sambal aioli, cabbage cilantro slaw

Crispy Salmon • Seared skin-on salmon, butternut squash, dried cranberries, goat cheese and quinoa salad, soy butter sauce

S'Mores Mini Doughnuts • Hot doughnuts, Nutella, crumbled Skor, toasted marshmallow

METROPOLITAN GRILL

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317 8 AVENUE SOUTHWEST (403) 263-5432



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

Linguini Scoglia • Fresh clams, mussels and calamari, herb tomato sauce, topped with a jumbo prawn

Melanzane Parmigiana • Mama Angela's layers of rich eggplant with basil and tomato sauce, mozzarella

Agnello Rosamarina • Rosemary and garlic grilled rack of lamb with a balsamic and Ripassa reduction

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

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The Winter/Spring 2016-2017 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 Chad Malouin. 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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D7

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MINASSTEAKHOUSE

INFO@MINASSTEAKHOUSE.COM

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. For the new year they are bringing in *Fraldina*, skirt steak, and *Cupim*, a popular regional cut.

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

Daily 11 am - 10 pm

\$\$\$

D10

Yep,

BROWNS IS THE NEW BLACK

EST. MMICV



BROWNS SOCIALHOUSE
restaurant . bar . socialize

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



PZA Parlour brings quality pizza and a full Italian menu in a modern well-lit eatery stacked with Italian nostalgia and heritage. At the entrance you are greeted by an original unrestored Italian pizza delivery scooter whose carmine-and-cream patina pays homage to a history of many pie drop-offs. A 1985 Piaggio Ape Vespa truck imported directly from Italy and married to the bar gives the space a touch of whimsy.

Tony Nicastro is a third generation of restaurateurs whose family dates back to the early 70's when Joe and Teresa Tudda opened their first Stromboli's restaurant. Believing in an environment where tradition meets modern with fresh, thoughtfully sourced ingredients and everything is made in house, Nicastro boasts "if we can't make it here we don't serve it."

PZA Parlour
9737 Macleod Tr S
403.455.2033
www.pzaparlour.com

M-Th 11 am - 10 pm
Fri-Sat 10 am - 11 pm
Sun 11 am - 9 pm
\$\$\$

Chris Galbraith, PZA's executive Chef, is on point with every dish's execution. His innovative take on wings, a dish they call *Pigs Can Fly*, where pork shank is braised for over

12 hours in a smokey bbq sauce, is truly fall off the bone tender, served over a stoneground mustard sauce sided with a creamy Boursin parmesan dip.

For the kind of veggies you will want to eat, try the *Zucchini*. Thinly sliced, lightly breaded and deep fried to golden brown then tossed with salt, pepper, parsley and parmesan. This dish is light and crunchy and probably even good for you! Served with a lemon, fennel yogurt dip.

We were delighted with the huge choice of PZA creations, we recommend the *Undici*. It all starts with an artisanal crust developed by Tony's uncle Dom Tudda. A blend of Canadian flours aged 24 hours and proofed twice for that light and airy texture, fresh house made tomato sauce and Alberta made mozzarella loaded up with artichoke, ham, olives and mushrooms.

Making *Spaghetti alla Carbonara* is a real art, and we enjoyed a perfect al dente house-made pasta tossed with a creamy egg sauce, locally sourced double smoked bacon, chilis, parsley, caramelized onions, topped with grana podano snow and a grated cured smoked egg yolk - a delicious twist on the tradition.

This is Italian food the way it should be!

Menu Sampler

- Gamberetti** • Lightly breaded jumbo black Tiger prawns served with a persimmon and sheppard pepper aioli
- Polpette di Agnello** • Slow braised Alberta lamb meatballs topped with house marinara and shaved grana podano
- Parmigiana** • Baked veal, Capicollo ham, crispy eggplant zucchini lattice, mozzarella, tomato sauce and Parmigiano
- Cannelloni** • Ground veal and spinach filling, tomato and Bechamel sauce
- PEI Wedding Pizza**
 - Butter poached lobster, roasted potato coins, charred corn, caramelized onions, beschamel, Mozzarella, truffle oil

Vivacious Varietals

Some of the finest grapes you've never heard of

By Shelley Boettcher

You love Pinot Gris and Merlot. Your cellar is filled with Cabernet Sauvignons and Chardonnays. You can list off the finest Champagnes like a rap star with a never-ending budget.

But when it comes to lesser-known varieties, you don't know the difference between Arneis and Albarino. Or Rondinella and Refosk.

You're not alone. Thousands of grape varieties exist, but only about 1,300 are actually used to make wine.

And of that, only a handful are truly popular: Cabernet Sauvignon, for instance. It's the world's most planted wine grape, followed closely by Merlot. Chardonnay — the first white wine on the popularity list — is in fifth place.

Compare that to only two decades ago, when Airen was the world's most widely grown grape. Grown mostly in Spain, this white grape makes boring, relatively flavourless table wines and is mostly used for spirits.

When was the last time you tasted something made with Airen grapes? Unless you drink a lot of Spanish brandy, you probably haven't. (That said, it's worth searching out the brandy; Torres has a good one in our market.)

But there are scores of other, interesting and little-known grapes that deserve more attention than they currently get. A new year is a great time to track down and taste something new, and, along the way, learn a little more about the wide world of wine. Here are a handful of suggestions to start your journey.



Cordero di Montezemolo 2015 Langhe Arneis

(Piedmont, Italy)

This family-owned winery has roots dating back 19 generations, to 1340 in Piedmont, where this grape comes from, too. Interestingly, the name Arneis means "little rascal" in the local dialect, because the grape can be tricky to grow. The resulting white is crisp and classy, with delicate notes of chamomile tea and peaches. Serve chilled, with a lightly seasoned sablefish. About \$28.

Albarino 2014

(Rias Baixas, Spain)

Albarino (spelled Alvarinho in Portuguese) is a white wine grape that offers fresh peach and apricot notes, and will likely appeal to Pinot Grigio fans. Commonly found in Spain's Rias Baixas region, Albarino is also found in Portugal, California and Australia. Chill this wine and drink it now, with scallops or calamari. About \$22.



Rojac 2013 Refosk

(Vipava Valley, Slovenia)

Refosco (Refosk, in Slovenian) is an ancient indigenous red wine grape found in the Veneto region of Italy as well as the bordering Slovenian wine region, where this beauty comes from. Rojac is a very small family-owned winery in Slovenia, headed up by one Uros Rojac, a fun-loving, English-speaking guy. Made with organic grapes, it is dark red in colour, with notes of raspberries, spice and violets. Serve with grilled red meats or slow-roasted lamb. About \$28.

Masi 2012 Campofiorin (Veneto, Italy)

You may have had this easy-to-find wine from Masi before, but you may not have paid attention to the grapes that are behind it. A blend of Corvina, Rondinella and Molinara, it is a rich red colour, with intense berry flavours, spicy aromas and a mighty long finish. You'll find all three of these grapes in Valpolicella and Amarone wines, too. Pair with a meaty lasagna made with tomato sauce, grilled meats or a chunk of Parmigiano-Reggiano. About \$19.



Dacapo 2015 'Majoli' Ruche di Castagnole Monferrato (Piedmont, Italy)

Dacapo is a relatively new winery in Italy; it was established in 1997 around an existing winery, to make wines focused on the local terroir and regional grapes. Ruche often has aromas of roses — the long-stemmed dark red ones that are so popular at Valentine's

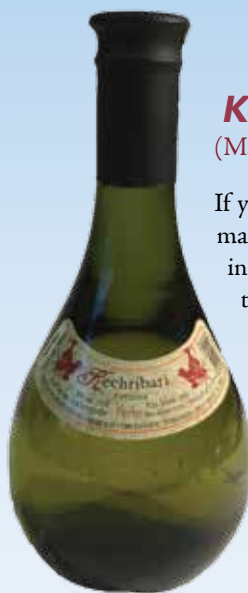
Day — and this fragrant example is no exception. Majoli refers to the little hilly vineyard where these grapes are grown. Serve with a charcuterie platter and some Italian cheeses. About \$30.



Kechribari Retsina (Macedonia, Greece)

If you've never tried Retsina before, you're in for a surprise. It's made by adding pine resin from the Aleppo pine to white wine in Greece. References to the wine date back 2,000 years, when the resin was likely added to prevent oxidization and to stabilize the wine for shipping and aging.

This particular example is outstanding, with complex pine aromas and flavours. And the grapes used here? Roditis and Savatiano. About \$13 (for a 500-mL bottle).



Giusti 2014 Augusto (Veneto, Italy)

Calgarian Joe Giusti — creator of Giusti Construction — splits his time between Canada and Italy, the country of his birth, where he is rapidly turning his winery into one of Italy's top producers. Recantina is the grape here, an indigenous Italian varietal that has almost died out except for a few rare plantings such as the ones used to make this wine. I can't get enough of these dark berry flavours, the velvety tannins and that long, long finish. A beautiful pairing for slow-roasted lamb or venison. About \$45.



Romariz 2013 Douro (Douro Valley, Portugal)

You may have had Port before, but you may never have had a table wine made from Port grapes. Now is your opportunity, with this rustic red made from

Touriga Nacional and a handful of other indigenous Portuguese grapes. It has pleasant dark fruity notes and good tannic structure. Open it for half an hour or so before serving, and pair with something salty — a sea salt dusted steak or even just a bag of potato chips on a casual Friday night.

Romariz is a Port wine producer with roots dating back to 1850 but the team also makes a handful of table wines such as this one. About \$16 a bottle.



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Los Chilitos



Menu Sampler

Flautas De Res • Fried corn tortillas rolled and filled with shredded beef over refried beans. Topped with sour cream, feta cheese and salsa bettacha

Calamari • Golden fried squid served with homemade dipping sauces

Mixiote Envuelto • Chicken in banana leaves with mushroom, peppers and cactus.

Served with salsas, rice and corn tortillas

Impossible Cake • Chocolate cake layered with cream cheese flan and drizzled with dulce de leche

For seven years Los Chilitos has been the go-to Mexican restaurant on 17th Avenue SW. A family-owned business, their purpose is simply to provide great tasting, high quality food and drink in a fun and friendly atmosphere. Find the joy of Mexico in this cheerful fiesta-filled eatery with a decor and menu that will keep you coming back for authentic dishes that come out hot and fresh.

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.

Because it's a Taqueria the taco choices are extensive, but you may want to sample some of the more traditional options such as the *Pastel Azteca*. A creamy blend of shredded chicken blend, poblano peppers, corn and onion, oven baked and topped with tortillas, cream and Monteray Jack cheese.

It's a popular destination for *Mexican Brunch*, daily from 11-3, with lots of traditional, delicious choices. Try the *Heuvos de Pochados*, it's hard to find great poached eggs! These are served with sautéed onions, tomatoes, garlic, salsa roja, feta cheese, bacon and cilantro. With refried beans and home style potatoes you can't go wrong here.

A really popular and fun drink is the *Beergarita*. 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.

Los Chilitos Taco & Tequila House

1309 - 17 Ave SW

403.228.5528

www.loschilitos.ca

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Daily 11 am - close

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Red's on 4th



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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

Pulled Pork Benny • Served on an English muffin with pulled pork, creamy hollandaise and BBQ drizzle

If you're in the mood for breakfast, Red's Diner is the place to go! Just on the shoulder of downtown this popular and trendy 4th Street Diner is sure to become one of your favorite spots.

Targeting the breakfast, brunch and lunch crowd, this bright and cheerful eatery, with exposed brick, modern art and rustic hardwood, exudes 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 has quite a reputation for their Eggs Benedict, a best seller. With four selections to choose from we chose the *4th Street Benny*, served on a toasted English muffin with spinach, artichoke, tomato and homemade hollandaise.

Hot off the griddle the *Buckwheat Blueberry Pancakes* are a sure winner. Three huge cakes are served with whipped butter and a side of

genuine Canadian Maple Syrup. We topped ours off with a side of the field berry compote. These were possibly some of the best pancakes we've had.

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 with your choice of mustard. Normally served with Red's famous fries, but you might want to "poutine it" for a real treat.

The restaurant offers an almost timeless classic feel, serving farm fresh home made classics with a modern twist. It is a true local's favourite, and lines are running out the door for breakfast—so get there early on weekends. Try the "Nowait" app and avoid the lineup.

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Menu Sampler

Jack Daniel's Meatloaf • Top-grade beef chuck meatloaf, wrapped in bacon and topped with our Jack Daniel's BBQ sauce, served with mashed potatoes and sautéed vegetables

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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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.

Ranchman's Cookhouse and Dancehall Inc.

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Tu-Sa 4 pm - close
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It's All About Presentation: A Top 5

Are you someone who appreciates when a meal is as pleasing to the eye as it is to the appetite? Then check out our list why we think presentation matters!

— Justin M. Wilson

We at Dining Out love food. Some (most) might say a little too much, and many of our waistlines might agree. But like I've always said, cholesterol and trans fats were invented by Hallmark to sell cards. Simply put, we don't worry about a couple lunches before dinner.

Unencumbered by belts, we've developed both an appreciation for the amazing roster of menu items at the establishments we frequent, as well as an admiration for how they're so artfully showcased. From appetizer to dessert, we thought we'd share a few things we've learned about the importance of good presentation and what it adds to a dining experience.

An ice breaker:

Being out on the town with a new companion can be a bit awkward. Not all of us have the McConaughey-esque ability to turn any conversation into a verbal massage. But food is a natural conversation starter, so if you're able to work through the small talk about your phone plans until dinner, a visually unique feast can kick-start the conversation. After all, the simplest comment about a meal can springboard into talk of favourite foods, grandma's secret recipe and your sister's decision to become a vegan.

Appreciation for the arts:

More specifically, abstract art. Having dined in a few eateries that utilize some very intricate presentations, I can honestly say I've had some of the most visually stunning AND great tasting dishes in recent memory. Personally, my favourite form of abstract presentation goes vertical with the main towering over veggies or other items, accompanied by a vibrant garnish, sauce or spice. Speaking from experience, these are the meals that bring about concern that there's not enough food to fill up on due to the area of the plate left visible. A fair worry, but most of the time, when I've finally given up, I feel like I'm in the throes of my second trimester.

Go ahead. Play with your food:

Forget what your aunt who married into the family told you; some meals are meant to be played with. Whether the meal involves a Raclette (a granite stone on which you place an array of fine meats, cheeses, veggies, etc.) or the experience of drizzling hot caramel over a spherical chocolate ball melting atop an arrangement of colourful fruit and in-house made whipped cream, dishes that involve participation are almost always more fun. Not only do they foster connection to the dining experience, but even if something doesn't go quite as planned, you still get to eat it.



A social media blitz:

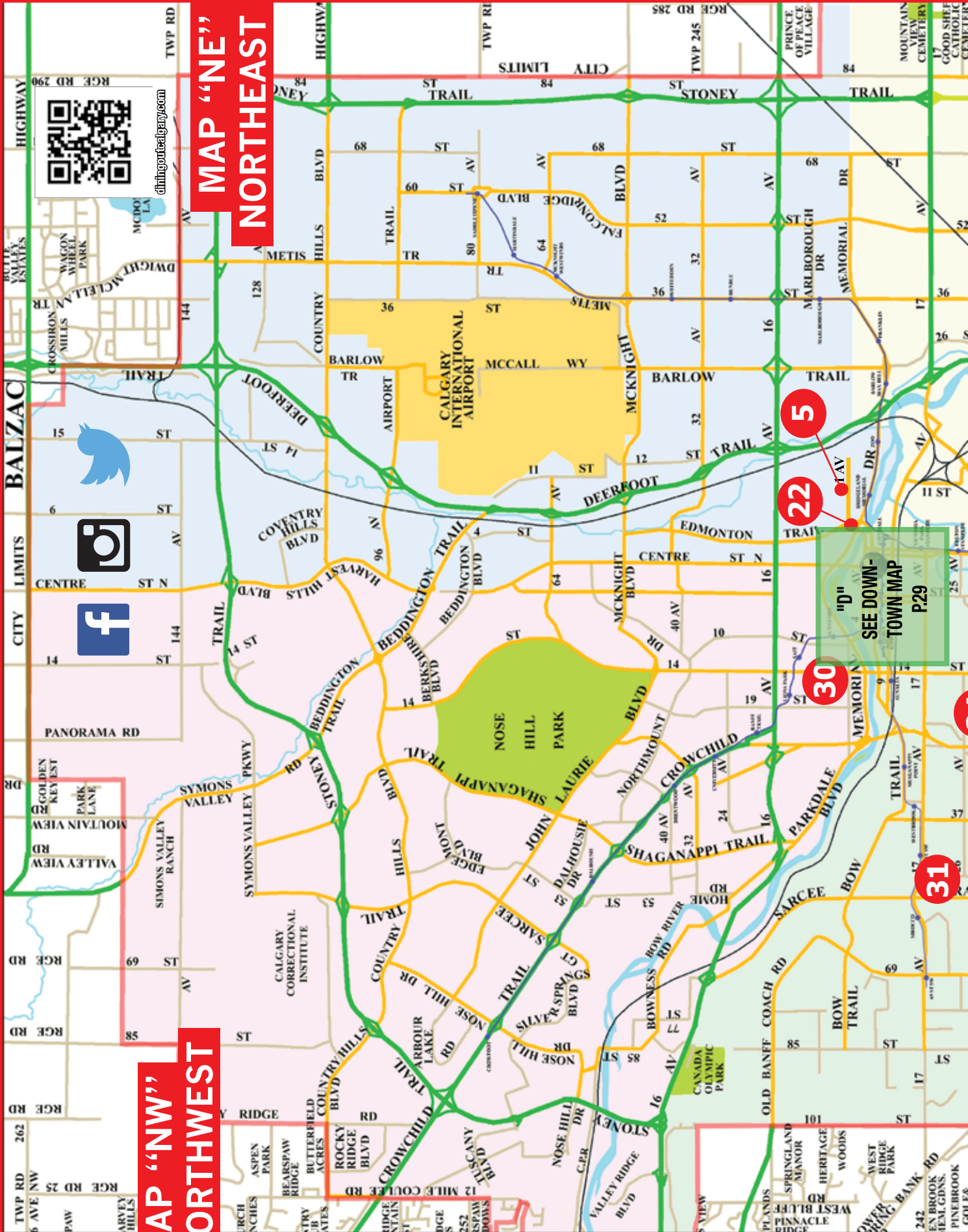
In this age of handheld technology, the better a dish's presentation, the more likely it is to be uploaded to social media. I'm sure we've all seen – or been – the person with their phone out in the restaurant looking for just the right angle to hammer home the pure majesty of a Hungarian flatbread with truffle oil and blackened buckwheat. For a restaurant that prides itself on its menu and the quality of each dish, this free digital advertising brings with it the opportunity to show off their creations to a broad audience, many of whom might go right ahead and book a table for themselves. So please, change your profile picture to a Caesar salad, tweet about that shrimp po'boy, swipe right for sushi or go #unfiltered for upside-down pineapple cake.

Visuals influence how we taste:

Now to get a little science-y. Back in 2001, a French PhD candidate named Frédéric Brochet conducted an experiment focusing on the way we taste. The sneaky devil added red dye to white wine and had a panel of more than 50 wine “experts” provide tasting notes. The result? Their comments were almost completely red wine focused. Brochet's study is referenced a lot when people talk about the wine industry and the validity of wine tasting as a whole, but it's also still used today for insight into the influence visuals have on taste and smell – two things that come in very handy when enjoying a meal. With this in mind, it's easy to see how a dish's presentation can influence taste. Various seasonal colours, the positioning of the main and the general layout of a place-setting can set the tone from the moment you first sit down to your last siof (hopefully dye-free) pinot noir.

Have you ever had a meal so visually stunning it took you a few seconds to remember it was food? We'd love to hear about it! Or better yet, next time, share it with us! Visit us on Facebook at facebook.com/lifestyleyyc or Tweet at us @lifestyleyyc.

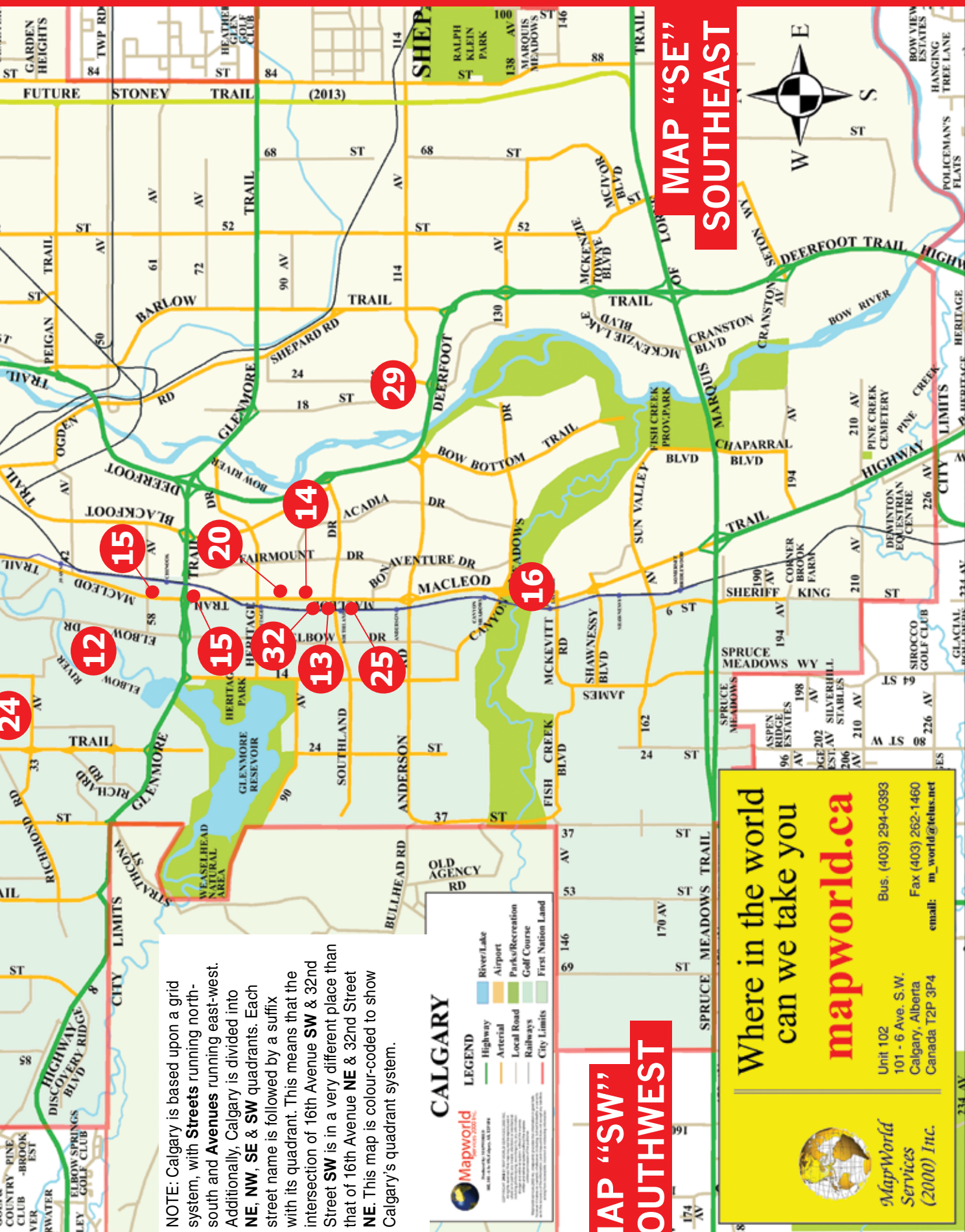




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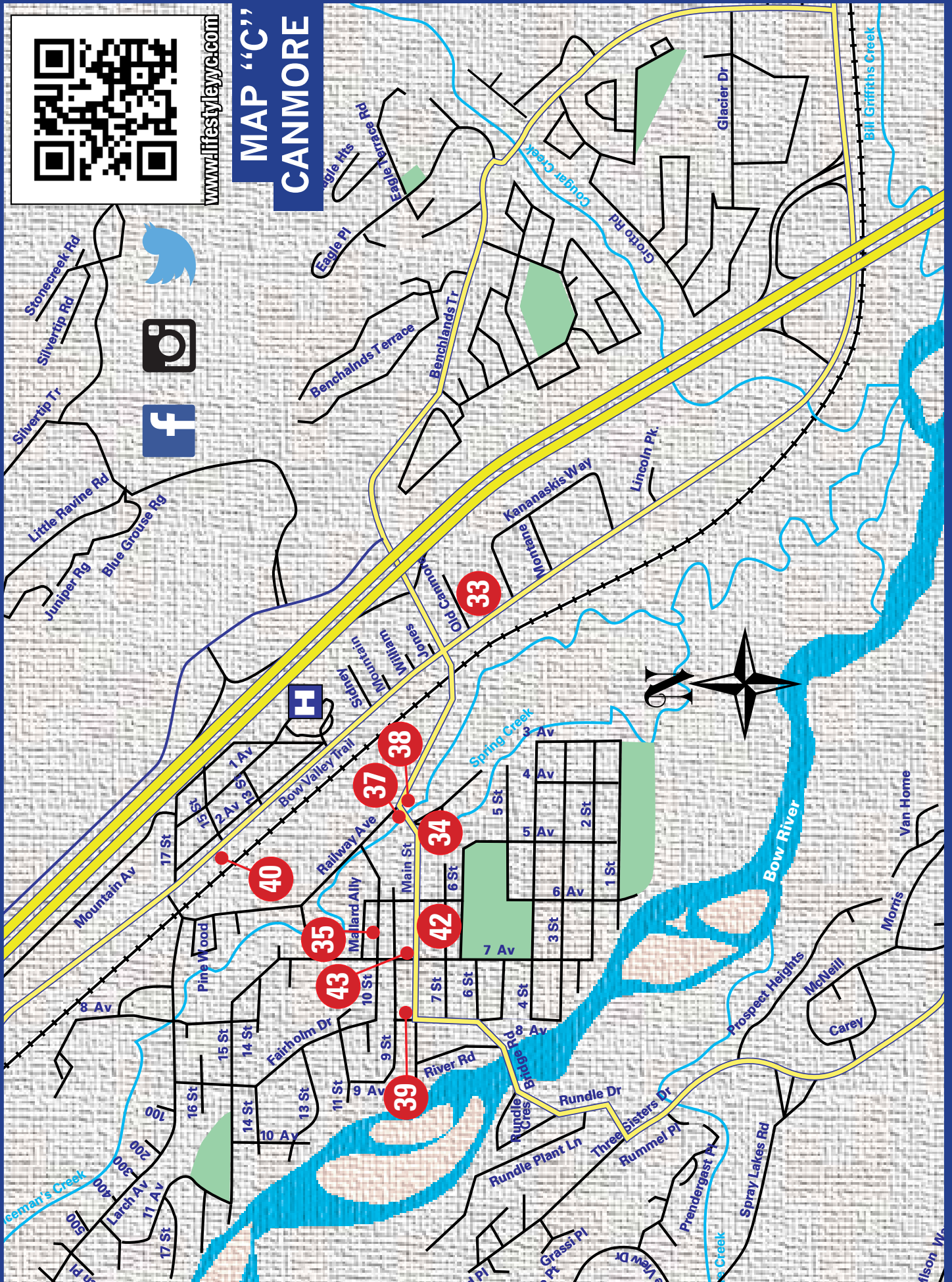
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Menu Sampler

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 Gaucho'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.

Gaucho Brazilian Barbecue

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Canmore

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www.brazilianbbq.ca

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Tavern

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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

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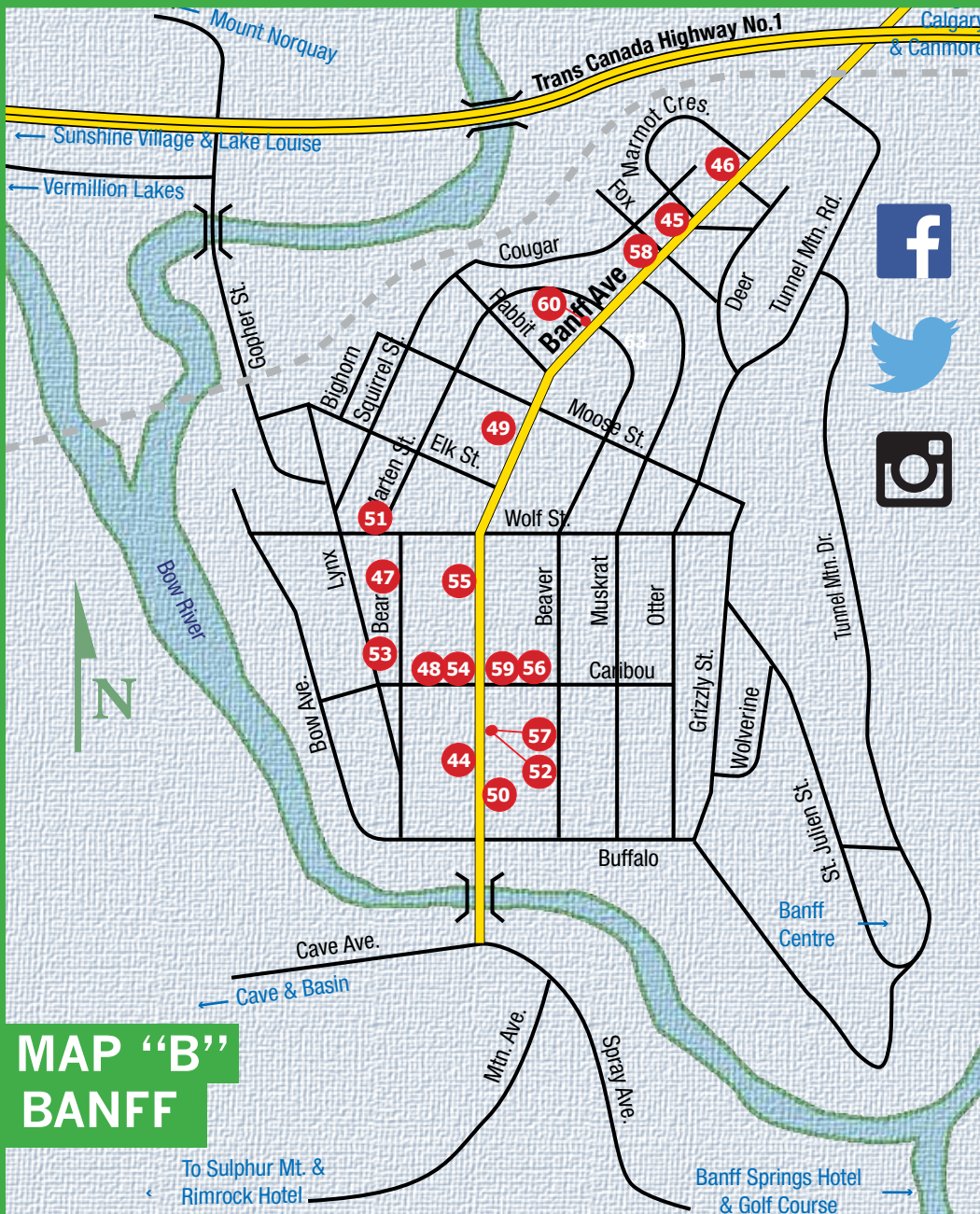


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everything in between



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521 BANFF AVE

BANFF

403.762.9292

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

B44

Menu Sampler

B45

- 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 Kegs 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

Downtown Banff
117 Banff Ave
403.760.3030
Daily 4 pm - 10 pm
www.bestofbanff.com

Banff Caribou Lodge
521 Banff Ave
403.762.4442
Daily 6:30 am - 10:30 pm
banffcariboulodge.com/restaurant/

\$\$\$

BUMPERS

BEEF HOUSE



A Banff Favourite Since 1975
Serving 100% Canadian Beef

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
 \$\$\$

SL★



saltlik
A RARE STEAKHOUSE
live it love it lik it

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

www.saltlik.com

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

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B48

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B49

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B50



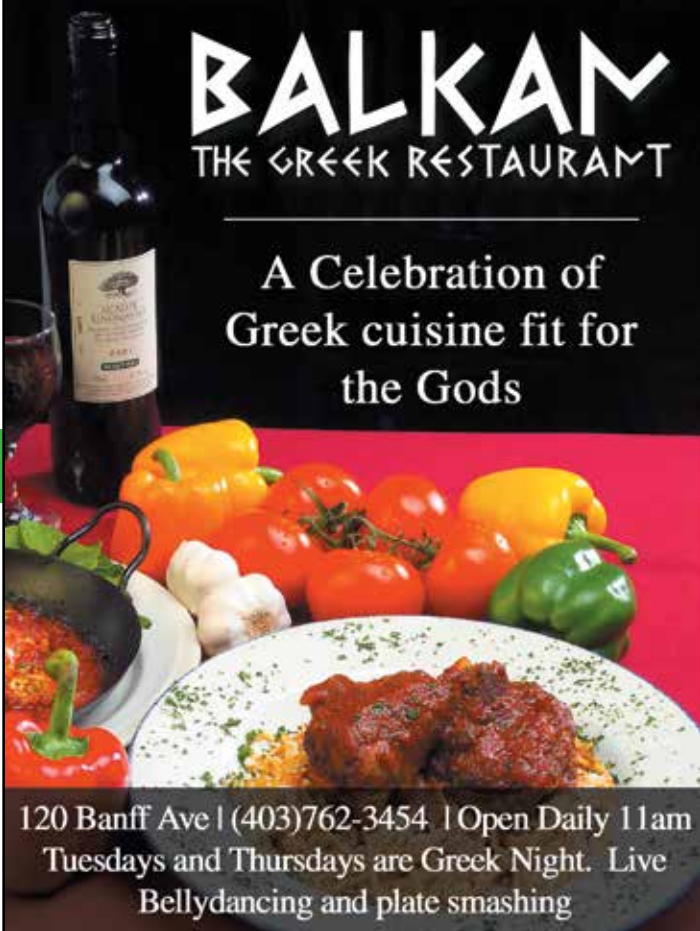
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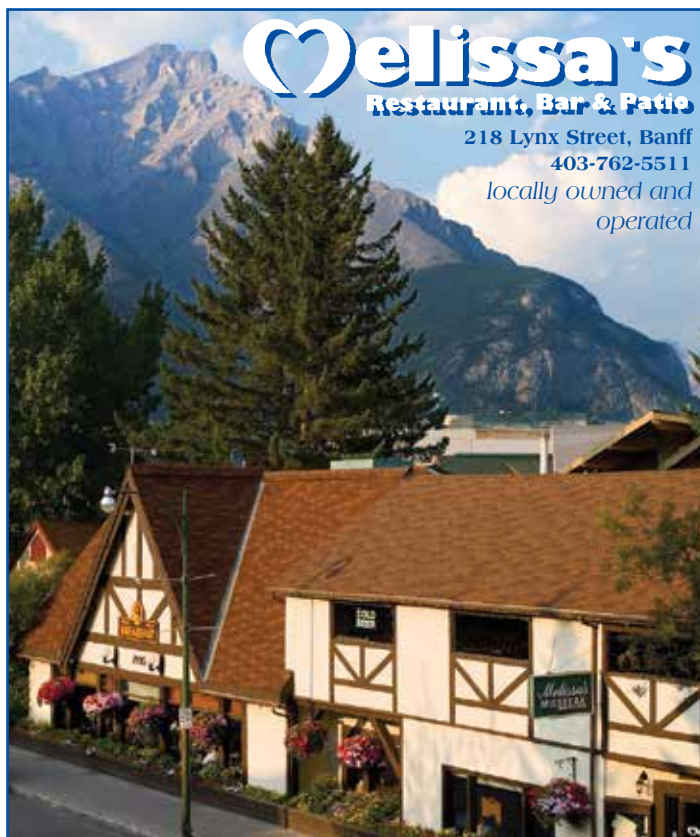
120 Banff Ave | (403)762-3454 | Open Daily 11am
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218 Lynx Street, Banff

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Banff's Legendary Saloon
Canada

**BANFF'S COWBOY
SMOKEHOUSE & DANCE HALL
WELCOMES YOU!**

Banff's best BBQ with slow-smoked meats, ranch-style appetizers & tasty cookhouse classics ★ Live music, Karaoke & mechanical bull riding ★ Sports Saloon with billiards, big screen TV's & unbeatable views ★ Saddle up and join the fun!

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

\$\$\$-\$\$\$

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'"

Food Trends 2017

Ugly Black Sea Greens Filipino Monster Grain Milkshakes Invade Your Grocery Store!

— Wanda Baker

Food trends come and go as regularly as fashion. They create fascination and awareness of ingredients inspiring both the home cook, and chefs in restaurants to create or try something new.

We've chatted with Canadian Chefs, food lovers and the local food community to explore their hot food predictions for 2017.

Black is the new black

A popular food trend on Instagram this year is black cuisine, and it's finding its way into top restaurants and fast food joints around the world. From detox juices to lattes, even ice cream and burgers - it's all going goth.

Charring food brings a smoky, complex, and bitter note to food. Charcoal, while not entirely new, has been popular with nutritionists raving about its numerous health benefits for years.

If you are looking to try a little local char on your food, *Pigeon Hole* offers charred cabbage, and *Briggs Kitchen & Bar* charred local sausages.

Ugly Produce Movement

In 2015, *Dana Cowin*, editor-in-chief, *Food & Wine* magazine launched the "ugly food" movement encouraging consumers to embrace ugly produce in a bid to stop hunger. This year Loblaw's Real Canadian Superstore move forward with its *Naturally Imperfect* line, offering limited ugly produce to Eastern shoppers. They will soon ship the visually challenged produce to their stores in the West.

With bigger chains paying attention including retail giant Walmart, watch for imperfect produce to become more readily available at your local grocery store.

Ethnic and Regional Foods

With a major focus on elevating cultural cuisine the last several years, Canadians have had more access to a wide variety of international flavours. Asian and Eastern Europe immigration into Canada continues and is heavily influencing our diet. Grocery stores carry rows of International food, independent grocery stores are on the rise, and more menus are offering a taste of International cuisine.

Duncan Ly, Chef/owner of newly opened *Foreign Concept*, sees Middle Eastern food remaining popular, and *Chopped Canada* judge, cookbook author and former *Dragon Vikram Vij* holds firm on his belief regional food including Southern India will continue to gain momentum.

Monster Sized Milkshakes

Taking the world by storm this year and flooding Instagram accounts are pimped out giant milkshakes. Also known as freakshakes, this delicious mashup includes your favourite dessert, combined with a milkshake and topped with more sweets. This trend definitely gives new meaning to the saying go big or go home.

Enjoy your own meal in a glass at *REGRUB Burger Bar* in Calgary.

VEGETABLE FORWARD

Innovative vegetable dishes continue to be on the rise, and could eventually take centre stage replacing protein as a main.

Chef Duncan Ly sees two new superfood vegetables making waves this coming year. One of the world's healthiest foods, broccoli will become more pronounced on restaurant menus showcasing a variety of uses for the entire vegetable including broccoli leaves and stalks.

Cabbage can be consumed raw, cooked, or fermented. This affordable crispy and crunchy vegetable carries detoxifying qualities making it both healthy and addictive.

Sea greens might be the new kale

Having been around for thousands of years as a staple of Japanese and Chinese cuisine, and enjoyed in Europe, seaweed is turning a new leaf and moving beyond California rolls.

Both sustainable and full of healthy doses of iodine, potassium, calcium, protein, soluble fiber, and Omega-3 fatty acids, some say sea greens are the new superfood.

Chop and add to soups, salads, pasta or on top of pizza. Watch for bacon-flavoured algae, seaweed popcorn and even seaweed spaghetti to make the rounds.

Filipino Food

Filipino food is a cuisine that take elements of Chinese and Malaysian food, and mixes in Spanish influence. Adobo is a common Filipino dish with roots from Spain, and is most commonly found in the Philippines. The combination of spices in the dish are used to marinate and stew chicken, pork and beef, and served with rice.

Filipino pop-ups are currently happening in almost every state and most of Canada. They promote the Filipino Food Movement, which helps create awareness of the cuisine.

Will Tigley, Calgary Filipino Events Coordinator and Senior Editor of *Mabuhay News* in Calgary says Filipino chefs are coming out of the woodwork and working hard to push their cuisine. While we may not see Filipino restaurants opening up soon, Tigley advises it's definitely one of the best cuisines you haven't tried yet.

Expect big things from local Filipino chefs in the future.

Sprouted heritage grains and non-traditional legumes

Thanks to 2016 being the *International Year of Pulses*, grains and legume popularity has increased.

John Jackson and *Connie DeSousa*, co-owners of *Charcut Roast House* and *Charbar*, believe sprouted heritage grains and non-traditional legumes will continue to play a role in restaurants and on menus. Jackson adds the nutritional density in sprouted legumes is so rich and texturally interesting, it adds flavour and substance to any dish.

Food trends may come and go, but one thing we know for sure is they define a decade with new flavours and ingredients, and inspire a generation. What do you think will be popular in 2017?

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B55

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B56

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B57



461 BANFF AVE.

THE FOX HOTEL & SUITES

PH: 403-760-8502

B58

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 in one

Chili's

461 Banff Ave
403.760.8502

foxhotelandsuites.com/restaurant/

Vegetarian
Friendly

Celiac
Friendly

Daily 7 am - close
\$\$

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 pecan wood and grilled to order, ours with a smoky sweet honey chipotle sauce offering that south of the border flavour, served with fries and steamed broccoli.

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 there's a bustling lounge with comfortable booths and cozy high-tops. Lots of TV's show your favourite sports and a big bar with ample seating where you can meet with friends or join in with some of the area locals.

Check out their Tuesday taco promotion, Thursday special menu and Sunday to Friday Happy Hour Specials.

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®, 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!

The Rose & Crown

PUB & RESTAURANT

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B59

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B60

CALGARY DOWNTOWN

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Calgary Marriott Hotel 110-9th Ave SE. Across from the Calgary Tower, home of Calgary's best dining and a block from the Centre for the Performing Arts. Pool, 24-hour health club, Traders Grill, the Exchange Lounge and Starbucks coffee. "Just pack your toothbrush... we have everything else covered." 403-266-7331 • 800-896-6878. www.calgarymarriott.com. **\$89-350**

Fairfield Inn & Suites Calgary Downtown 239 12 Avenue SW 124 beautiful rooms and suites. Complimentary hot breakfast daily, free Wi-Fi, fitness room, fridge and microwave in each room. Native Tongues Taqueria and the Beltliner Restaurants on site/property. Close to parks, shopping and fine dining. For business or pleasure call 403-351-6500. www.fairfieldcalgary.com. **129-459**

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**

Kensington Riverside Inn 1126 Memorial Dr NW. 19-room boutique Inn situated on Bow River in charming Kensington. Caters to business & leisure stays, meetings, weddings, private functions. Stunning design elements, hi-speed wifi, flat TV, soaking tubs. 403-228-4442 • 877-313-3733. www.kensingtonriversideinn.com. **\$189-599**

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.internationalhotel.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**

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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**

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Best Western Plus 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.econolodge-southcalgary.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 Super-Start 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.super8calgary.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 Plus 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. **\$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 Pegusus 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@wingateycyc.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.candian-rockieschalets.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.westridge-countryinn.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

Days Inn Canmore 1602 2nd Ave. Spectacular mountain views, complimentary continental breakfast, free wireless internet, fully equipped conference area configured to accommodate up to 84 people. On-site award winning French restaurant. Exercise facility. Rooms available with gas fireplaces, patios/balconies and designated pet-friendly rooms. 403-678-5488 • 1-800-661-2133 www.canmore-mountainlodge.com. \$89-189

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

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.grand-erockies.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.ladymacdonald.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.chateaucanmore.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.stoneridgesresort.ca \$179-\$389

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 hotels 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 Plus 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.cmr.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

BANFF

Banff Caribou Lodge & Spa 521 Banff Ave. Impressive hand-hewn logs accent the

fireplaces, full kitchens & patios or balconies. Soak in the giant outdoor hot pools overlooking the Bow River Valley & the Banff townsite or gather in the barbecue 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.irwinsmountaininn.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.rimrock-resort.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- to 14-bed dorms – 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 \$30 per person. 1-877-972-6378. www.samesun.com. **\$30-50**

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**

Slow Cooker Ham and Split Pea Soup

by Bernice Hill
Serves 4

Method

Arrange split peas in an even layer on the bottom of the slow cooker. Add carrots, onions, garlic, and parsley in another layer. Add bay leaves and ham bone, then cover with left over ham juices (or extra stock) and water. Cover and cook until the peas are very soft and the meat is falling off the bone, on high for 5 to 6 hours or low for 8 to 10 hours.

Ingredients

1 pound (450 grams) dried green split peas
3 medium carrots; peeled and diced
1/2 onion; diced
2 medium garlic cloves; minced
2 tbsp dried parsley
2 bay leaves
1 meaty leftover ham bone
leftover ham juices (about 2 cups leftover from slow cooked ham OR an extra 2 cups chicken stock)
4 cups water (enough to cover the bone but not overflow the slow cooker)
2 tsp chicken stock paste
pepper

Cabbage Rolls with Dill and Roasted Red Pepper

by **Bernice Hill**

Serves 4

Ingredients

1 whole head of cabbage; cored
1 750 ml jar passata (tomato sauce)
4 garlic cloves; minced
1 cup white rice
1/2 cup dried dill
3 roasted red peppers; peeled and diced (optional)
500g lean ground beef
salt & pepper

Method

Immerse the whole cabbage in a pot of boiling salted water. Remove each leaf once it starts separating from the cabbage and drain.

In a bowl, combine 1/4 cup passata, 2 garlic cloves, salt, pepper, rice and 1/4 cup dill into the hamburger and mix well.

Add garlic, 1/4 cup dill, diced peppers to the bottle of passata, cover and give a good shake.

Pour a small layer of passata into the bottom of a 13 x 9 pyrex baking dish. If there is still a thick vein at the base of the cabbage leaves, snip it out with a pair of kitchen shears.

Take a large handful of the ground beef mixture and compress into an oblong meatball shape.

Place the oblong meatball just above where you snipped out the thick vein, fold the sides over and begin to roll upward.

Place in baking dish seam side down. Repeat for each roll, leaving a small bit of space in between each in the baking dish.

Pour the rest of the passata over top of the rolls, filling the dish until just the tops of the rolls are out of the passata. You can add a bit of water if you don't think it will be enough. Cover with foil and bake for an hour at 350 F.

From the Seaside to the Foothills

Chef Paul Stoffel's Journey from youngest in class to classiest of the pack — Fred Holliss

An interview with Chef Paul Stoffel, Chef/Owner of Q Haute

Born in in the seaside town of Bournemouth, England, Chef Paul graduated youngest in his class at 15 not really knowing what he wanted to do. After an interview, a career counsellor suggested he take a day course in cooking at a nearby college; he followed her suggestion and found his vocation. He enrolled at Bournemouth and Poole College, now recognized as offering one of the best, if not *the* best, chef training courses in the UK. He also started working in kitchens right away, as well as being placed during holidays by the College's industrial release. Between terms he worked at Westbeach, a seafood restaurant right on the famous Bournemouth boardwalk, with a deck jutting out onto the sand. After school he moved on to Sandbanks in a recently renovated hotel on the outskirts of Bournemouth, where he worked about 100 hours a week while living in the staff quarters. At seventeen-going-on-eighteen he moved to London, where he started work under Marco Pierre White, the first British chef to be awarded 3 Michelin stars and the youngest ever. "He trained Gordon Ramsay, there were famous stories about how he made Gordon Ramsay cry," I was informed, with a twinkle in his eye.

After three and a half years there Chef Paul was offered the opportunity to run his own restaurant, but it was an Italian trattoria style location, and did not offer the opportunity to pursue his fine dining goals. His then-girlfriend was from Calgary, and so, during the first two weeks of vacation he ever had, he researched restaurants out here and decided on Q Haute, "As close to a Michelin style restaurant as you're going to find in Calgary." At 21 years old the seaside boy moved to the foothills.

Chef Paul worked under Q Haute's Chef Michelle Aurigemma for nine years, before taking on ownership. Both had trained in England, Chef Michelle under Nico Ladnis who in turn trained Marco Pierre White, and so with a shared background they got along well. Over time Chef Paul had more and more input to the running of the business, and it was natural for Chef Michelle and business partner Marcello Belvedere to eventually step back and sell the restaurant to him.

Despite the legacy of training under the notorious Chef Marco of "Hell's Kitchen," Chef Paul does not run his kitchen Ramsay style. As he grew up he started to see the flaws in that way of treating staff. "Throwing cast iron pots at people doesn't make them want to work for you," he explained. With a kitchen staff of three plus an apprentice, he finds passing on knowledge to be a more rewarding endeavour. A location the size of Q Haute should really have six in the kitchen, so with three and a half they run very tight, and he feels fortunate to have the team he does. It's American in layout, he explains, but like a classic European kitchen it's driven from the back. Starting from booking the tables, through seating early arrivals, to the timing of delivering the dishes, they really control the flow of the dining experience, speeding up and slowing down the wait staff as necessary for diners to have a flawless experience.

Chef Paul's attention to detail is obsessive, from growing his own

herbs to overseeing the plates going out to the dining room. He always has his eyes open, and tries to install that in his staff since he can't see everything, no matter how hard he tries. The secret, if you can call it that, reflects his training. Everything has systems in place, and the systems must be followed. The dishes are plated as if the staff were the customer, with each ingredient placed just so, just as it will be viewed by the diner. As the dish goes down the line and on to the pass, it is always viewed that way, and once on the pass the wait staff collect the dishes as if they were the diners, and the dish is delivered specifically that way. There is a last line of defence, in that they have an "expo," a member of the wait staff that actually expedites each plate, and if the line misses something she has to catch it.

While there are a variety of suppliers, there were problems with the herbs and microgreens arriving crushed or frozen, and they were throwing too many away and chasing suppliers for credits. Chef Michelle's answer to that was to install their own herbal growth system he discovered one day while watching *Dragon's Den*, which Chef Paul inherited with the restaurant. After a year or so of shake-down, it is working smoothly and they now grow all their own herbs



and greens. Calgary just doesn't have the climate for restaurants to grow their own vegetables, so he gets product from known suppliers. I was surprised to find out that farmers will just walk in the door with their produce on offer, but Chef Paul is discriminating in what he accepts. That being said, produce is all local to Alberta and eastern B.C., with the exception of occasional game birds that come from Quebec, and organic where possible.

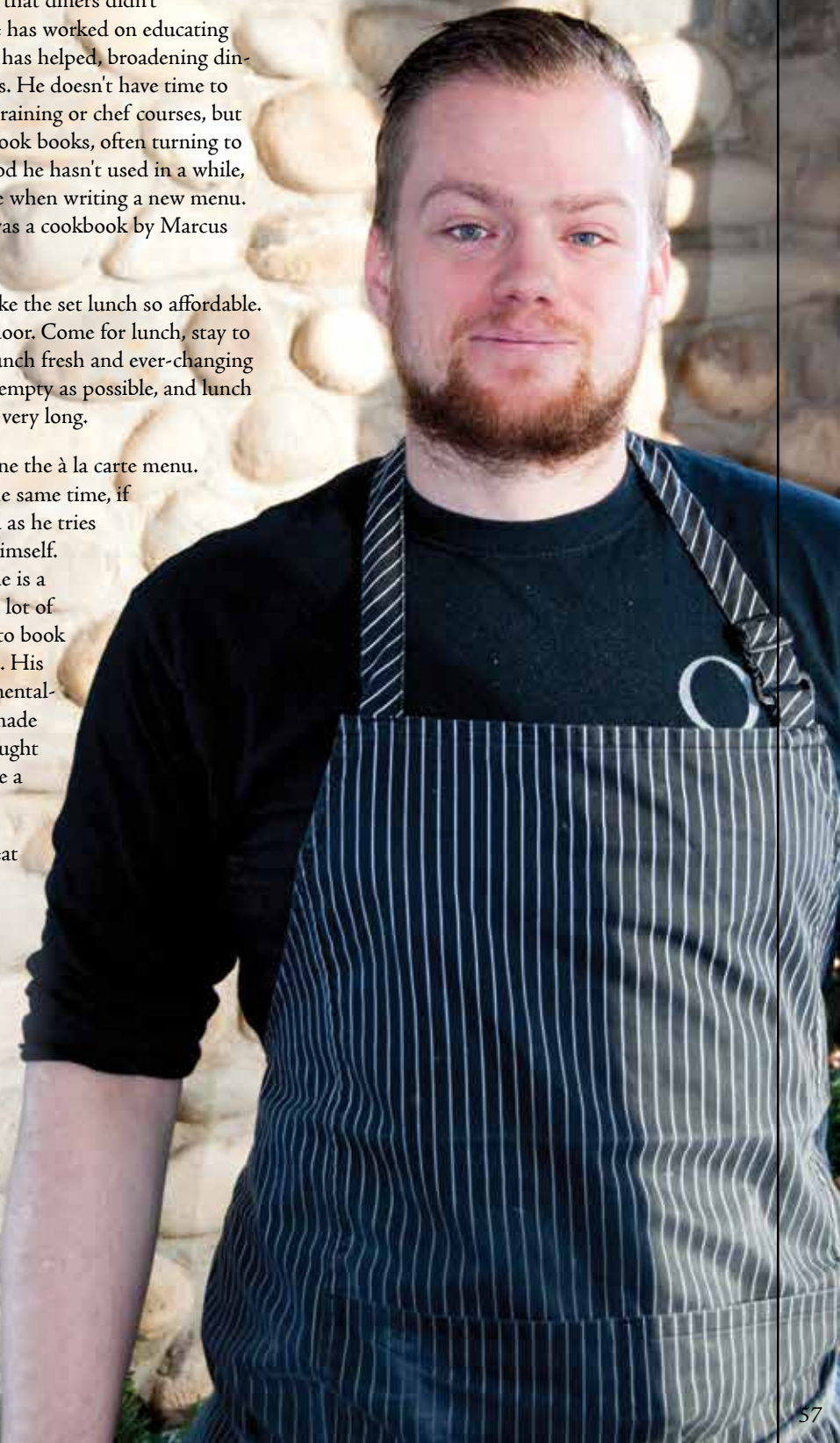
When he first came to Calgary Chef Paul was shocked that diners didn't want things like lamb, "Too gamey," they would say. He has worked on educating his clientele, but acknowledges that the Food Network has helped, broadening diner's horizons and opening their eyes to new possibilities. He doesn't have time to watch the channel himself, or indeed take any further training or chef courses, but he's a student of cooking and has a huge collection of cook books, often turning to them for inspiration. Flipping through he'll see a method he hasn't used in a while, or be reminded of an ingredient, and launch from there when writing a new menu. In fact, resting on the sideboard during the interview was a cookbook by Marcus Wareing, "The Gilbert Scott Book of British Food."

One thing I was curious about was how they could make the set lunch so affordable. He considers it to be a way to get people through the door. Come for lunch, stay to get married. It's also a way to use product, and keeps lunch fresh and ever-changing while saving money. The intent is to keep the fridge as empty as possible, and lunch is a way to help do that. Things don't stay in the fridge very long.

As for his goals for the future, he's always trying to refine the à la carte menu. "I want to make things simpler and more intricate at the same time, if that makes any sense," he says, his eyes focusing inward as he tries to explain, hands shaping an invisible idea in front of himself. Refinement is the goal, and cutting edge modern cuisine is a moving target. Q Haute has a lot of space, and books a lot of corporate events and weddings to stay busy. He wants to book more weddings while making them even more intricate. His experience working under Chef Marco in the UK, as mentally, physically and psychologically taxing as it was, just made him want to go full force and prove people wrong. It taught him to work extremely hard and continually strive to be a better chef.

Not that he has a lot of time for it, but he does get to eat out occasionally. As a big fan of Asian food one of his favourite restaurants is *Anju*. He is also impressed by what Darren Maclean is doing at *Shokunin*. As a lover of sushi and ramen he's pleased to see someone that creative doing something out of the ordinary.

Asked what kind of music he would compare his cuisine to, he laughs and says, "I want to say my cooking style is like death metal, but that's not very accurate." In the end he settles on a mashup between classical and modern. "I like to play with textures and flavours and serve something you know in an unexpected way. I love taking well-known dishes and making them into something weird and wonderful." It looks like this is one Chef that is successfully bringing weird and wonderful to the grateful palates of Calgary's more sophisticated diners.



Carolina BBQ Sauce

from **Nainas** (p 5)
by **Chef Alexander Court**
Serves 1

This mustard based BBQ sauce is both easy and extremely versatile. Use it on pulled pork, ham or barbequed chicken as traditional BBQ sauce, or add a splash of it while sautéing greens to give them a kick. Try adding mayo or yogurt to it to make a flavour bursting slaw or salad dressing.

Method

Combine all ingredients in a pot and simmer on medium low for 20 minutes.

Ingredients

1 cup Prepared Yellow Mustard
2/3 cup Honey
1/3 cup Apple Cider Vinegar
3 Tbsp Brown Sugar
3 tsp Worcestershire
3 tsp Red Pepper Hot Sauce (such as Franks)

Petit Cheesecakes

by **Bernice Hill**
Makes 68-75, Serves 1 :-)

Ingredients

2 (8 oz) packages softened cream cheese
¾ cup white sugar
2 eggs
1 tbsp lemon juice
1 tsp vanilla
2 boxes vanilla wafers
1 can cherry or blueberry pie filling OR fresh berries
Mini muffin baking cups

Method

Beat cream cheese, sugar, eggs, lemon juice, and vanilla until fluffy.

Separate baking cups and place on baking sheet. Press 1 vanilla wafer into the bottom of each cup.

Pour cream cheese mixture over wafers, filling cups 2/3 full.

Bake at 375 F for 15 minutes.

Chill or freeze for later.

Before serving spoon a bit of pie filling onto each mini cheesecake or top with fresh berries.

Great recipe to make ahead and freeze.



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

Black Swan 10455 Southport Rd SW. One of Calgary's original pubs, dance floor featuring Top 40, Dance, R&B, Beats etc. Tues. Open Mic/Acoustic Jam 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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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

Flames Central. 219 8th St. SW. One of Calgary's leading sports bars and concert venues. Three levels, dozens of HDTVs, state of the art sound equipment, giant stage. Check events calendar for live music and DJ performances. 403-935-2637. www.flamescentral.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 Bands every Thursday Friday and Saturday! Music starts 9pm-12am on Thursday and 10pm-2am on Friday and Saturday. Also come check

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out Punk Rock Bingo Every Sunday starting at 6:00pm 403-259-0111. www.thekingsheadpub.ca

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

Oak Tree Tavern Level 2, 124 10th St. NW. Fun and eclectic authentic Irish pub with proper pints and live entertainment. Weds. Live comedy 9pm. Thu. Live music 9pm. Sun. Traditional Irish Music Session, 4pm, family welcome, bring the kids. 403-270-3347. www.oaktreetavern.ca

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Ranchman's Cookhouse and Dancehall 9615 Macleod Tr S. Hottest Canadian Country Acts on the main stage Thur-Sat 9pm. Tues. Night Jam 8:00 pm/Sat afternoon Jam 4:30 pm to 8pm. Dance lessons Mon-Fri 7pm – 8:30 pm. For more information visit www.ranchmans.com

Regal Beagle Your Neighborhood Pub. 3 locations: 5308 17 Ave. SW. Karaoke - Sat - 9pm-1am. 403-457-4313. 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

The Smith 13200 Macleod Tr. SE. Calgary's newest live venue! Featuring an open stage on Wednesdays hosted by Ty Marshall Deer, 7-10pm. Jass/Blues Thu. 7-10pm. Cover Bands Fri-Sat 9:30pm-1:30am. 403-400-1634. www.thesmithrestaurant.ca

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

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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

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Jubilations Dinner Theatre Calgary Westbrook Mall, 1002-37 St. SW. The Big Boom Theory 3: The Early Years, Nov 11-Feb 5. Night at the Museum of Country Music, Feb 10-Apr 16. Feris Beuhler School of Rock, Apr 21-Jun 18. 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

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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

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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

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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.

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 DJ / IN-HOUSE SOUND SYSTEMS | ENTERTAINMENT BOOTH | A/V CAPABILITIES | FULL KITCHEN & BAR SERVICES

If you're looking to add a little exclusivity to your night out or private event and want the **VIP treatment**, Standard has exactly what you're looking for. We can **accommodate** parties up to **650** using our **indoor/outdoor venue**. Our sleek nightclub is perfectly set up for **VIP Bottle Service**. Our four VIP Private Bottle Service Booths and five intimate wall booths are set up to host your party in your own private area and yet still allow you a clear view of the dance floor and DJ booth. You will be provided with your own private server who is dedicated to your needs and to ensure your night runs smoothly.

We have an extensive menu of premium liquor and Champagne for you to choose from and we definitely make sure your glass is never empty. So whether you're celebrating a birthday party, a stag/stagette, or you're just looking for a distinctive night out, Standard Bottle Service is the thing to do and the place to be seen.



STONEY NAKODA RESORT & CASINO



STAYCATION

STARRING:

NO NO NO FREE
RESORT FEE DM FEE PARK FEE TRUCK/RV PARKING

STONEY NAKODA RESORT & CASINO presents a BASECAMP OF THE ROCKIES production in association with ADVENTURE, FUN, ENTERTAINMENT, GREAT FOOD, STYLISH ROOMS, GOOD TIMES, and VALUE with inclusive packages such as CASINO PLAY, ROMANCE, WHITE WATER RAFTING, HORSEBACK RIDING, and HELI TOURS other options available plus CORPORATE MEETING PACKAGES & RETREATS

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