

Dining Out

IN CALGARY, CANMORE & BANFF

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Fine Wine From Coast to Coast

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Sesquicentennial Oenophilia

Caesar! What's With This Clam Juice!?

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*What the heck is this
Canadian obsession with
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*Food apps are in
your future*

These Ain't No Army MREs!

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*Prepared dishes have come
a long way since the Army
introduced Meal, Ready to
Eat*

Father and Son Reunion

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Busses, fire-engines, garages, world travels, and a view of the mountains

YOUR GUIDE TO GREAT RESTAURANTS, PUBS & CLUBS

NIGHTLIFE • ENTERTAINMENT • MAPS • RECIPES



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D2

Menu Sampler

Fox In The Hen House • Brioche Coated Egg Yolk, Pea Spheres, Salsa Roja, Wild Berry Split Sauce, Radish

D'Swine Textures • Chicken and Bacon Ravioli, Brined and Smoked Potato Fondant, Sauerkraut, Texture of Cheese

Luso-French Farming • Sous Vide Pork Tenderloin, Sweet Potato, Madeira Reduction, Bone Marrow Custard, Seasonal Vegetables

An Artist's Palette • Chocolate Vanity, Financier, Chocolate Powder, Popcorn Crème Patissiere, Fresh Strawberry, Blueberry Yoghurt, Vanilla Gelato, Cherry Coulis

Q Haute Cuisine

100 La Caille Place SW

403.262.5554

www.qhaute cuisine.com

Lunch M-F 11:30 am - 2 pm

Dinner M-Sa 5:30 pm - 10 pm

Sunday Closed

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

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

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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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Raw Bar

As you enter the sleek, minimalist room, located inside Hotel Arts, your eyes are drawn to soothing, sensual lines, striking columns, warm blue tones and Bisazza mosaics adorning the walls. You get the feeling something special is about to happen.



We visited the Raw Bar this spring to sample the Vietmodern cuisine prepared by Peter Paiva, Chef de Cuisine, and his team. Unlike the name sake, most of the dishes on the menu are not, in fact, raw. The name derives from its inception when the bar was divided into two sections: with the bartenders on one side collaborating with the chefs on the other as they prepared chilled appetizers like raw oysters and tuna tataki. The name stuck and so did the cool tunes that play in the background as a shoutout to when the venue was the popular Westward Club in the 80s and 90s.



Raw Bar

Hotel Arts
119 12th Avenue SW
403.206.9565
www.rawbarryc.ca

Tu-Sat 4 pm - 11 pm
Patio open 11 am daily
in summer
\$\$

Before and during dinner delve into the extensive list of wine and spirits, as they love to pair the drinks and wine with their dishes. GM Franz Swinton, who is also a Master Bartender and booster of Calgary's cocktail scene, is the inspiration for many of the craft cocktails with unique titles, twists on old favourites and new inventions. Popular drinks include his "Gin & Timber" featuring Bombay Sapphire Gin, fresh sage, lime juice, old-fashioned bitters, honey and tonic water; and the "New Standard Mule" a 'Moscow Mule' with a kick, vodka, Grand Marnier, jalapeño, coriander, Angostura bitters and ginger beer.



The Vietmodern concept of Raw Bar celebrates Vietnamese heritage with some contemporary influences. Chef Paiva's summer menu will feature an array of dishes that are OceanWise certified as well as tailored to gluten sensitivities. Moreover, he's designed a menu that encourages shared plates. We took the opportunity to indulge in a few.

Starting with the *Crispy Taro & Papaya Slaw*, textural layers of deep-fried taro root spun into a noodle "nest", julienne carrots, vacuum compressed green papaya with apple juice for sweetness and crunchy peanuts are complimented by a fresh, citrus vinaigrette of lemon, lime, grapefruit, orange and a hint of ginger. Each bite growing more complex and more rewarding.

Another great sharing choice

the *Lo Soi Pork Belly Steamed Buns* is pork belly braised to tender in a sweet-savoury Vietnamese caramel sauce. Fold the meat into the soft, pillowy, Chinese steamed buns and add a little chili aioli for some heat.

We all dug the *Spicy Salmon Tartare Tacos* of fresh Atlantic Salmon tossed in Korean chili sauce, shredded Romaine, mint and Thai basil, sliced red pear and avocado and topped with Wasabi aioli loaded in crunchy wonton shells. Served resting on a lime wedge, give it a squeeze.

Next up were the *Crab and Mango Salad Rolls*, this lovely mixture of Dungeness crab tossed in a preserved lime aioli with shredded and compressed green papaya, fresh mango, pickled julienned carrots and Thai basil all wrapped up and sliced in bite sized pieces. Topped with mango salsa and sided with Hoisin peanut sauce for dipping.

From the large plate selection we chose the amazingly tender *Soy Braised Beef Short Ribs*. Braised "low and slow" in a sweet ginger, lemongrass and Kaffir lime sauce, charred shallots cooked sous vide, pickled Thai chilies and topped with crunchy peanuts. This dish rounded our meals (and bellies) and left us lavishing in epicurean delight.

Raw Bar is also known for their poolside service in the summer



months. Where else can you sit and enjoy full service cuisine in a setting adorned with original art décor and an Italian Bisazza glass-tile pool. On Saturdays and Sundays, enjoy live DJ entertainment on the poolside patio. This is the place to be in downtown Calgary.



Menu Sampler

- Chili Lemongrass Tofu** • Sugar snap peas
- Albacore Tuna Tataki** • Marinated seaweed, compressed apple, edamame bean, preserved lemon aioli
- Char-Grilled Flat Iron Steak** • King oyster mushroom, chili marinated cippolini, pickled apple, spiced jus
- Mussels** • Kaffir lime curry, Chinese doughnut
- Yuzu Bar** • Coconut crumbs and cremeux

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main entrance on 8th avenue between 2nd and 3rd street

OXBOW

BENDING TRADITIONAL CUISINE

oxbowyyc.ca

D6

Kensington Riverside Inn recently launched Oxbow, their newest dining concept, in the trendy Kensington area. Gone is the white linen and patrician aire, giving way to a more casual yet stylish space. The cozy dining room has an open kitchen concept designed to encourage enjoyment of Chef's flair while lending a notable fragrant air, and they boast a bright, inviting lounge attached to the main lobby which has an attached gorgeous patio with skyline views.

For starters, the *Seared Scallop and Butter Lettuce Salad* introduces the Chef's creativity. This delightful combination of butter lettuce with caramelized scallops, parmesan crisps and sourdough croûtons, tossed in a parmesan vinaigrette, is artfully topped with jammy poached egg and a little pickled red onion.

All the pastas are made in house. The *Pea and Ricotta Gnocchi* were pillowy perfect. The accompaniment of Guanciale (Italian cured Pork jowl), grilled asparagus, mushroom, cured egg yolk, fresh peas, a wonderful lemon walnut pesto and topped with crunchy buckwheat made for a well balanced, delicious plate.

The bison was most memorable. While bison

can tend to be dry and chewy this dish was nothing short of moist and tender. *Alberta Bison Flank Steak* is wood chip smoked in house, cooked sous vide to enhance the tenderness then finished in the pan offering a nice crust. Sided with Saskatoon berry compote that enhances the smoky flavour and loosely mashed, brown butter fried potatoes, thyme roasted beets and a rich classic Chasseur sauce adding an extra depth of flavour.

One of our dinner favourites has always been lamb and the *Lamb Sirloin* does not disappoint. Presented medium rare, the lamb sirloin is cooked sous vide then pan-seared and accompanied by Romesco, a traditional Spanish sauce made from roasted red peppers and in house baked sourdough bread, a herbaceous Portuguese style chorizo and wild rice with a charred onion purée.

Oxbow embraces the community by sourcing breads and specialty items from the neighbourhood, the surrounding area for produce and meats and keeping everything as Canadian as possible. This is an approachable menu designed to please every palate. Artful presentation combined with reasonable prices makes this spot a winner.

Menu Sampler

Honey Garlic Duck Wings •

Crushed cashews, Saskatoon berries, pickled carrot

House Made Charcuterie •

Compotes, preserves, pickles, crisps

Alberta Beef Striploin • Roasted organic carrots, Hasselback potatoes, baby turnips, Oxbow butter, chermoula

Lemon Poppy Seed Shortcake

• Rhubarb ice cream, oat crumble, strawberry crème fraîche

**Celiac
Friendly**

Oxbow

1126 Memorial Dr. NW
403.670.7387

www.oxbowyyc.ca

M-F 7 am - 10 am
M-F 11 am - 10 pm
Sa-Su 8 am - 10 pm
\$\$



Dining to Go

Food apps are in your future

— Wanda Baker



Food apps have become an important part of the food community scene and are changing the way we think about dining and in some cases, how we eat. You can find restaurants with Yelp, discover new brews to love using Just Beer, or enjoy breakfast in the comfort of your own bed with Skip The Dishes. We've rounded up some of the most popular food apps in the area, some even made locally. All apps listed are free and available on both IOS and Android.

ClickDishes - www.clickdishes.com

ClickDishes is the latest kid on the food app block and was created in Calgary. This new mobile food app enables customers to order in-app, while streamlining to-go ordering, dine in eating, and payment services. This process allows restaurant staff to put more focus into delivering quality meals and experiences while ensuring customer satisfaction and quicker table turnaround. From your phone, you order your meal and pay when it's time to go making this a seamless and unique dining experience.

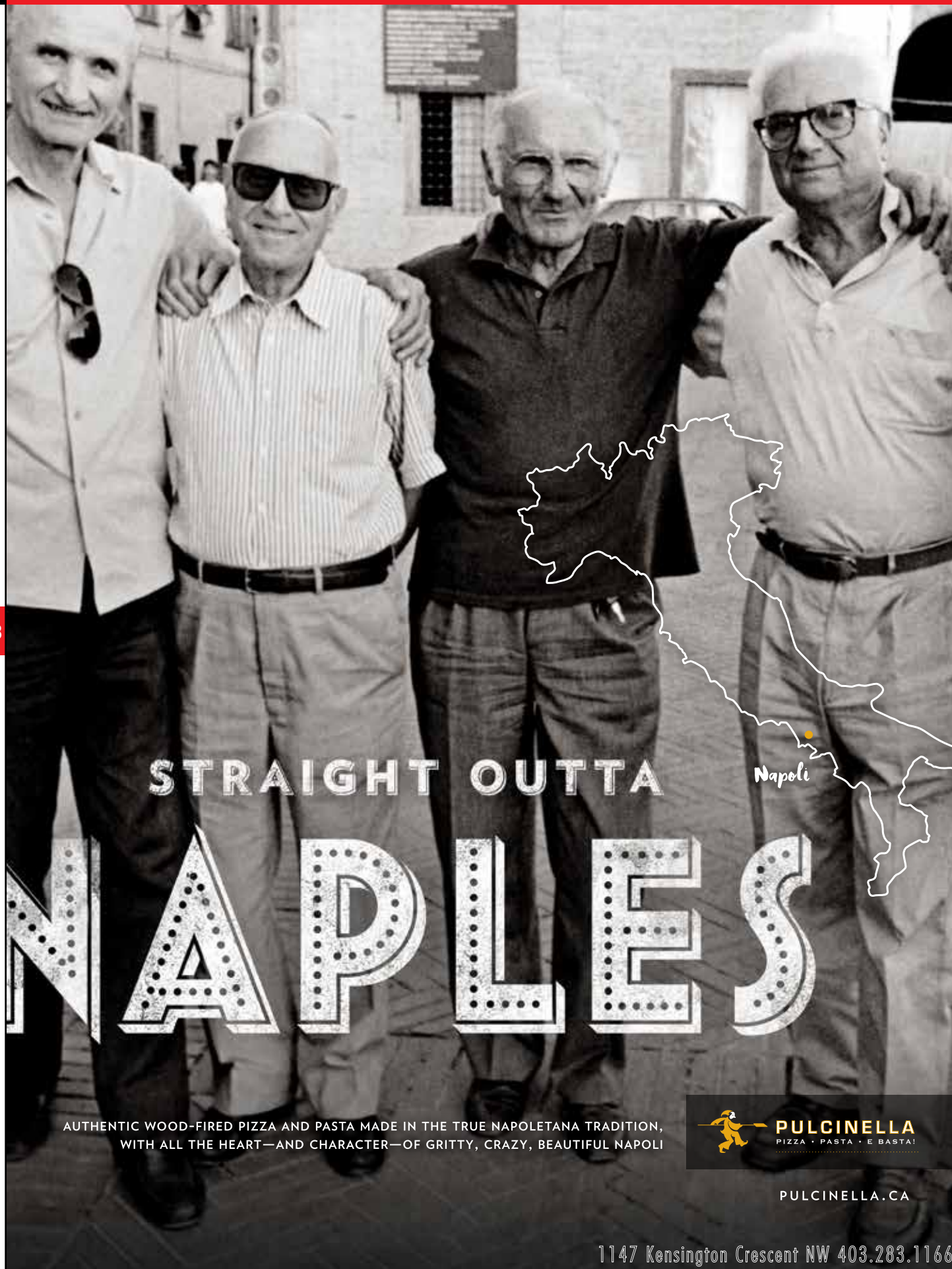
Just Beer - www.justbeerapp.com

Beer lovers rejoice. The Just Beer app is here to connect beer lovers and enthusiasts all around the world with the Just Beer app. Users learn about beer by researching various brews, adding new beers, connecting with fellow beer lovers, and contributing an opinion on any beer they've tried. You'll find interesting stories with recommendations like "what beer to drink if gardening naked", pick up some great beer quotes to share with your friends, and find a listing of beer related events in your area. This app has it all. The only thing missing? Pizza

Just Eat - www.just-eat.ca

When you are feeling hungry, have an empty fridge and no desire to leave your house, it's Just Eat to the rescue. This food app is available online and on your smart phone, offering a quick and easy search feature, secure and easy payment options with online guarantees of no sneaky charges or hidden fees. An array of cuisines is available for those wanting to venture into the unknown in the comfort of their own home.

Continued on page 24



STRAIGHT OUTTA

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

Bon Appetit and have fun!

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



HOW TO USE THIS GUIDE

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

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Cover Photo by Bernice Hill

Gyu-Kaku Japanese BBQ

As you enter the foyer you are greeted with enthusiastic cheers of Irasshimase (welcome)! This tapas style Yakinuki (BBQ) restaurant boasts a personal downdraft, smokeless grill at every table where you'll grill your own meats, seafood and vegetables to your liking. Its casual and family-style like you would see in Japan with a social, fun atmosphere.

The servers cheerfully help you navigate the vast menu of more than 100 premium food and drink items. For the beginner they suggest one of the set menu options that include starters, BBQ items and even dessert, assisting with grilling times and pairing sauces. And the seasoned diner will want to order à la carte two to three plates per person and mix and match the flavors.

For our journey we delved into myriad dishes and are delighted to pass on our recommendations and favorites.



Gyu-Kaku Japanese BBQ

#100 - 638-6 Ave. SW
587.538.6601
www.gyu-kaku.com

M-Th 11 am - 10:30 pm
F-Sat 11 am - 11:30 pm
Sun 11 am - 10 pm
\$\$\$



For starters we enjoyed the *Shio Cabbage*, a light, crunchy dish of slightly sweet Chinese cabbage simply tossed with white soya sauce; *The Spicy Cucumber*, made with in house-made garlic sauce (a guest favorite) topped with sesame seeds; and the *Spicy Tuna Volcano* of sushi grade tuna rolled in spicy aioli, drizzled with ponzu sauce, resting on a rice croquette with a crispy outside yet moist and tender inside. All dishes we would order again. The addition of fresh, locally sourced kimchi adds a unique crunch and heat.

The meat list is extensive and they even have their own proprietary source of Kobe style beef that is exclusive to the franchise. The *Kobe Style Kalbi Short Rib* is so tender and melts in your mouth. With just a little salt and pepper added, the flavor speaks for itself. For

an interesting twist grab a little chopped green onion, white soya sauce and roll it up and make a meat taco.

With so many other meat choices we decided on some of the other bestsellers to enhance our journey; the *Harami Miso Skirt Steak* dipped in red miso for that sweet flavour; the *Lamb with Yuzu*, a delicate flavor profile complimented by citrusy Yuzu marinade; and large, juicy shrimp marinated in garlic.

The *Beef Sukiyaki Bibimbap* is a must try! A piping hot stone bowl loaded with rice, Sukiyaki marinated beef, sautéed onions and Japanese BBQ sauce topped with crunchy garlic sauce. The server mixes it up table side then spreads it along the sides of the bowl to crisp. The longer you leave it the crunchier it becomes. Adding vegetables is easy with their ready made foil packets



Gyu-Kaku Japanese BBQ

of Corn with Butter, Sweet Onion, Spinach Garlic, Assorted Vegetables and the Mushroom Medley of oyster, enoki and garlic mushrooms.

Just to make sure we covered all the bases dessert was inevitable. We enjoyed the *Tayaki*, a fish shaped pancake stuffed with bean curd that you cook on the grill to golden brown and a trio of ice creams. *Black Sesame*, *Green Matcha Tea* and *Lychee with Coconut*, all were delicious.

Their mission is to create a very welcoming atmosphere for all and we couldn't agree more.

Arigatougogozaimashita!
(Thank you very much.)

Menu Sampler

Shogun for 6:

- Starters of Edamame, Gyu-Kaku salad, Fried Gyoza Dumplings, Beef Sukiyaki Bibimbap, Miso Soup. BBQ items of Kalbi Chuck Short Rib Sweet Soy, Filet Mignon, Bistro Hanger Steak Miso, Pork Belly White Soy, Chicken Thigh Basil, Shrimp Garlic, Assorted Vegetables. Dessert of s'mores or ice cream.

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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. Recently they added in *Fraldina*, skirt steak, to their repertoire.

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

www.minassteakhouse.com

M-Th 11 am - 9 pm

Fri 11 am - 10 pm

Sat 11:30 am - 10 pm

Sun 11:30 am - 9 pm

\$\$\$



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MARGARITA MONDAY
\$6 MARGARITAS
ALL DAY & NIGHT

TACO TUESDAY
1/2 PRICE TACOS
ALL DAY & NIGHT

WTF WEDNESDAY
EXTENDED
#HALFYHOUR 3PM - 7PM

THURSDAY WING NIGHT
1/2 PRICE WINGS
ALL DAY & NIGHT

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D13

D14



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D15

Menu Sampler

Ménage à trois • Two eggs, hashbrowns, french crêpe, bacon or sausage, fresh fruit and custard, choice of toast

Universe Burger • 8 oz burger topped with smoked meat, Swiss cheese, lettuce, tomato, onions, pickle and sided with coleslaw and french fries

Souvlakis • 2 Pork or chicken with tzatziki, rice, Greek potatoes and chef or caesar salad

Combos • Grilled tenderloin medallion fillets and butterflied shrimp, rice, Greek potatoes, garlic butter, green peppers and onions, choice of salad

Universe

1415 17 Ave SW
587.354.3339

www.universerestaurant.ca

M - Th 10 am - 10 pm

Fri 10 am - 11 pm

Sa 9 am - 11 pm

Su 9 am - 10 pm

\$\$

Anyone who has visited Montreal knows how diverse the dining scene is and how it just seems to be a certain way things taste that you can't get anywhere else. One might think that food preparation is all the same but there's something about these subtle differences that bring out the unique flavours unlike other cities.

We have uncovered a downtown eatery that brings all those great flavours to our town. Picture hot sandwiches piled high with the most tender, delicious Montreal smoked meat, french fries swimming in rich, brown gravy and cheese curds and topped with what else but Montreal smoked meat. Even the hand tossed pizzas taste just like those from pizza parlours you'd find on the streets of Montreal, with a medium thick crust that is light and a little chewy, spread with home made tomato sauce that offers just a hint of anise and nutmeg with lots of rich, ooey gooey mozzarella. Not only that, all the toppings are baked inside the pizza melding the flavours and giving it that satisfying *je ne sais quoi*.

You have to try the *Baby Back Ribs*, we ordered the full rack. Theo slowly braises

the ribs for hours to super tender then slathers them in his own secret house made BBQ sauce that is sweet, slightly smokey, and downright finger lickin' good.

Looking for Breakfast at 4pm on a Tuesday? This is the place! They serve breakfast anytime. There are many offerings and Crêpes are a specialty with 10 choices. Ours were perfect, two rolled crêpes topped with banana, caramel, walnuts, and whipped cream, finished with vanilla ice cream. For the hearty appetite try the *Perfect Gentleman*, two eggs, pancake, french toast, choice of meat, hashbrowns, fruit AND toast.

This family owned eatery is run by Theo and Stacy Malamas and true to a family run restaurant the rest of the brood joins in to help too. The portions are huge and they make everything possible from scratch right down to the authentic Montreal bagels and real baked New York style cheesecake with strawberry topping. It's the type of restaurant where you can really taste the love that goes into every dish. Add that formula to quality ingredients and that makes Universe a number one choice for us.

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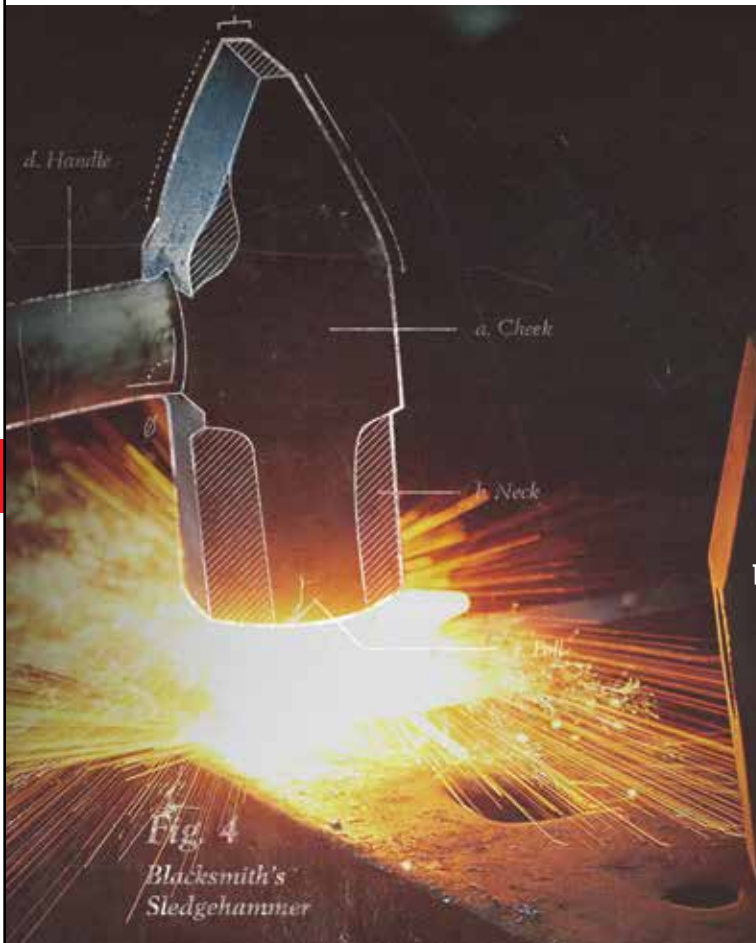
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D22

S21

Fine Wine from Coast to Coast

Sesquicentennial oeniphilia

— by Shelley Boettcher

You can keep the little collector pins, the made-in-China T-shirts, and the tacky baseball caps.

When it comes to celebrating Canada's 150th, I want wine. Canadian wine.

From coast to coast (and, perhaps if there's enough global warming, to coast?), our country's wineries are making some world-class vintages from some of the world's finest grapes. And there's plenty to choose from. According to the Canadian Vintners Association and Global Wine Database, Canada now has more than 700 wineries making roughly 5,500 wines. (Find out more at wine411.ca.) In other words, you could taste a different Canadian wine every day for the next 15 years, if you want.

Here, a starter list of seven wonderful sippers to track down now.



Township 7 2016 7 Blanc
(Okanagan Valley, British Columbia)

Township 7 has two locations: one on the famous Naramata Bench and a second location in Langley in B.C.'s Fraser Valley. In fact, the winery gets its name from the fact that the historic community of South Langley's original name was Township 7.

One of my favourite Okanagan blends for summer, this off-dry white is super-easy to drink, with hints of spice, citrus and flowers. A blend of Gewurztraminer, Pinot Gris, and Viognier, with just a touch of Riesling, it pairs with a huge variety of dishes, including smoked salmon, roast chicken, pork or Chinese takeout. Or just enjoy it by itself. Serve chilled. About \$20.

Evolve Cellars 2016 Effervescence (Okanagan Valley, British Columbia, Canada)

Canadian wine legend Harry McWatters and his family are behind this fun fizz, which is sealed with a crown cap (like a beer bottle) instead of a traditional cork closure. Serve chilled as an aperitif, or combine with fresh orange juice for a mimosa or with a bit of blackcurrant syrup for a Canuck spin on a kir royale. About \$23.



Therapy Vineyards 2016 Pink Freud (Okanagan Valley, British Columbia)



If you love the idea of staying at a winery, check out Therapy Vineyard's guesthouse. Literally located at the winery, it's lovely and intimate, whether you're looking for a place for a romantic evening, or a spot to bring your entire family together. With eight self-contained suites, it accommodates up to 22 people.

And don't forget the wine. The Therapy team may have lots of fun with its labels, but the wine inside is always seriously good. This intense pink wine is fruity and fragrant, with loads of raspberry, pomegranate, green tea and cranberry flavours. About \$20.

To learn more about Canadian wine

Fine Vintage Ltd. offers a Canadian Wine Scholar certification program, with courses in Calgary in Fall 2017. For more information, go to finevintageltd.com.

Attend the Fall Okanagan Wine Festival, Sept. 28 - Oct. 8 in British Columbia. There are literally dozens of events, including intimate winemaker's dinners, the *British Columbia Wine Awards*, and *Cropped*, which bills itself as BC's largest wine tasting and farmers' market. See thewinefestivals.com for more info.

Burrowing Owl 2014 Cabernet Franc

(Okanagan Valley, British Columbia)



Many Okanagan wineries excel at making great Cabernet Franc, and Burrowing Owl is no exception. This beauty has loads of floral, spicy, dark fruit notes, with a hint of graphite and chocolate. Try with chicken or duck, or save for a Thanksgiving turkey dinner in the fall. About \$50.

House Wine Co. 2016 Red

(Niagara Peninsula, Ont., Canada)

From the Speck family, who own the renowned Henry of Pelham winery, House Wine Co. is about unpretentious, easy-drinking, food-friendly wines crafted from 100 per cent Niagara grapes.

This fresh youthful red fits that description perfectly. Because the House Wine team says they "will not talk about fruit-forward flavours... We will not discuss the long, elegant finish," I won't either. Just know that this one is very quaffable and very fun. One to sip around the fire while eating homemade burgers. About \$18.



Benjamin Bridge 2016 Tidal Bay

(Tidal Bay, Nova Scotia, Canada)



Nova Scotia's first official appellation, Tidal Bay works a bit differently than typical appellation designations, which are based on geographical locations.

Tidal Bay, rather, refers to a white wine made in Nova Scotia, from 100 per cent Nova Scotia-grown grapes, typically a blend. The finest examples are fresh and crisp, with a distinctive, almost salty mineral note.

Take this one, for instance. Made from a beautiful blend of L'Acadie, Ortega and Geisenheim grapes, this medium-full-bodied white wine has aromas of wet stone and lime and, on the palate, loads of fruit flavours, including green apple and citrus. Enjoy by itself, chilled, or with seafood. About \$25.

Sperling Vineyards 2015 Market White

(Okanagan Valley, British Columbia, Canada)

Born and raised in the Okanagan Valley, wine-maker Ann Sperling has been making quality wines for more than 25 years, at some well-known wineries including Southbrook Vineyards, Malivoire Wine Company and Creekside Estate Winery in Ontario's Niagara region, as well as the Okanagan's CedarCreek Estate Winery in the early days, and, more recently, Versado in Argentina.

But her eponymous project is, of course, Sperling Vineyards, located partly on land that her great-grandparents farmed decades ago.

At Sperling, she and her team make a vast array of wines, including this fresh, zingy white blend. And the new label! It's cool, colourful and modern — just like the wine inside. Serve chilled, with smoked salmon, a bucket of mussels or one of those grocery-store roast chickens. About \$20.





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.

Red's Diner on 4th

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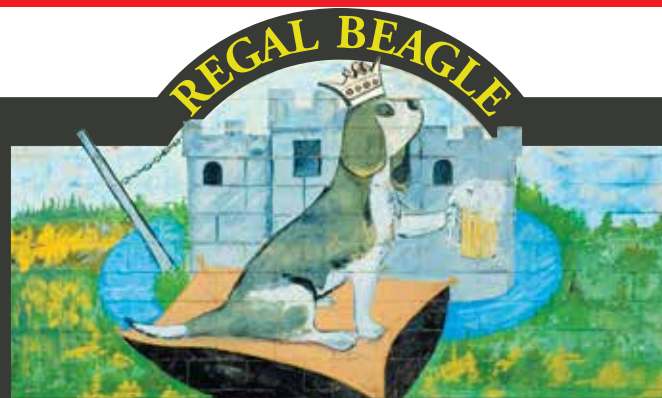


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ARTICLE

Continued from page 9

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Continued on page 27



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Caesar? What's With This Clam Juice!?

What the heck is this Canadian obsession with clam juice anyway? — Gordon Ingerson

This year we celebrate Canada's 150th anniversary, but we also celebrate another uniquely Canadian product: the Caesar.

Famously invented in 1969 by Walter Chell at the Calgary Inn (now the Westin Hotel) to celebrate the opening of a new restaurant. The Caesar has come to take on some uniquely Canadian dimensions, and nowhere celebrates it better than Alberta. From a standing start to today, when the estimate is over 350 million consumed annually (half of them in Western Canada) the Caesar is pretty much unknown outside the Great White North. But how better to survive a great white winter than hunkering down with a salty, spicy Bloody Caesar!? As far as we here at Dining Out know, the Caesar is the only drink nominated to be the National Drink of Canada - and people think we're a nation of beer drinkers! In 2009 Calgary Mayor "Bronco" Bronconnier named May 13th as Caesar Day to mark the 40th anniversary of its invention, and we celebrate that to this day.

Variations have evolved over the decades, such as substituting gin, tequila or rum for the vodka, and one enterprising soul even doubled down on the Canadiana by rimming the glass with Timmy's coffee grounds. Now that's a tasty way to end up picking grounds out of your teeth! But as the founding Host Province of the Caesar, Alberta has been uniquely situated to take on the task of elevating Walter Chell's sublime blend, and we present here five local takes on the bloody Bloody Caesar. Yes, that is the official title of this uniquely Canadian beverage - the Bloody Caesar. How appropriate.

Caesar by BLAKE

Starting in the Bow Valley, we have the Caesar by BLAKE from BLAKE Canmore. Chef Blake is entranced by the umame (balance of flavours) of the Caesar, and pursued the perfect blend of sweet, sour, bitter, salty and spicy by incorporating his own Uname Ketchup into the mix. Using a local Peppercorn Gin distilled by Canmore's RAW Distillery, they rim the glass with their own black Coal Salt, developed to honour the coal-mining history of Canmore, and a few of their favourite global-inspired secret ingredients. "We wanted our Caesar to pack a punch of flavour, but not be overly spicy, it had to be that perfect balance." He believes that all the layers of flavour are why people love the drink and worked on it to come up with different ratios until he thought they had their ideal combination. Who knows, they may be right: they won Best Caesar in the Bow Valley, and are slated to take their tippie to the Calgary regional finals. Not bad for a restaurant that just opened this year!



Breakfast Caesar by Red's on 4th



Moving into Calgary, and starting with breakfast (because what better way to get a little hair of the dog), we have the Breakfast Caesar by Red's Diner.

It turns out that a long-time staff member was a fan of, and regular consumer of, Red's Caesar. Over time she started playing with the recipe because, well, she could! Because of her experimentation it is rumoured that Red's may have been the first establishment to incorporate first, pickled beans, and later, pickle juice into the

Caesar. To this day they use house-made pickled beans and the juice from the same jar to make their Caesar. Now, such an assertion is bound to incite vigorous debate across the City, so we encourage you to belly up to your favourite bar, order your own Caesar, and ask your bartender if they use pickle juice, and if so, since when?

Caesar by Oxbow

Oxbow believes that what makes their Caesar different from other Caesars in the city is that the rim is coated in Montreal Steak Spice rather than salt. The Chef de Cuisine and maître d' both have roots in Montreal so it was a natural for them. In addition they use house-made pickles and house-made beef jerky as the garnish, along with with the lime wheel, and a healthy amount of Worcestershire. Another distinguishing feature is that as an enticement to bring loyal Calgarians over to the clam side, for brunch they're only \$5.

On the day we visited, the pickle they used was a classic dill, but sometimes they'll throw a pickled pepper or pickled asparagus, or whatever pickles are rotating through their bar instead. The make their own jars of pickled produce, and so the Caesar garnishes rotate with what they have. We can't really use the word "fresh" for their pickles, because we were informed some of the jars are put up for over five months before being opened. Now that's commitment!



Signature Caesar by Modern Steak



For their Signature Caesar, Modern Steak wanted to keep it simple and stay true to the roots of this now-classic great drink. They use Jalapeño-infused Vodka for a little extra kick, which opens the bouquet with smoke and allows the flavour to be rounded out by jalapeño, allowing the liquor itself to add nuanced flavour. The second "secret" sauce is Walter's Craft Caesar mix, an all natural product with no added artificial colours or flavour, gluten free and OceanWise recommended, that is significantly more expensive than the originator of

the clam juice, Mott's. Made in Canada it creates the exact fluidity and viscosity within the cocktail that Modern was looking for, and is worth the expense for them. Additionally, no Caesar is complete without some of your daily vegetable requirement so they add pickled asparagus for natural saltiness and then finish with citrus garnish on the rim for some zesty refreshment. They believe that for Caesars, it doesn't have to be crazy, it just has to be good.

Caesar Diablo by Añejo

Añejo is a Mexican restaurant and tequila bar, so they switch some ingredients away from the classic Caesar. They use Tequila Blanco, for a start, and add a little house Sangrita, a mix of tomatoes, onions, cinnamon, agave, orange juice and spices. That provides a bit of a different kick when mixed with the Mott's Clamato. They use habanero-infused lime juice to add a bit of spice, and add Maggi sauce to complement the Worcestershire. Finally they rim the glass with salted dried chili, and garnish with pickled jalapeño and a lime wedge. The process of development took about two years of evolution when the restaurant first opened, and the bar staff all contributed, after all, wouldn't you? The recipe was finalized about three years ago and has stayed pretty stable since then. The added tomato flavour of the Sangrita is what distinguishes this recipe from the rest. Caesar, meet Bloody Mary. Mary, meet Bloody Caesar!

Now it's your turn to go forth and experiment. After all Calgary has plenty variants on the Caesar... what's your favourite?



Continued from page 24

Street Food Calgary - streetfoodapp.com

The food truck phenomenon continues to grow and makes street food a sought-after cuisine, even inspiring food shows. With new trucks emerging all the time, the Street Food app at time of print, offers up to 935 food trucks to hungry street food eaters across North America. This app will help you chase down your favourite truck based on location, day and time. Planning a lunch date on a Friday? Check the app to determine what food trucks will be open and use the included map to help you find your destination.

UberEATS - www.ubereats.com

First came Uber, then came UberEATS. This well-known ridesharing company has been offering food delivery since 2015. Already established in the United States, they have entered the Canadian market and are heading West with locations currently operating in Edmonton, Ottawa, Montreal and Toronto. UberEATS enables you to have your food delivered by an Uber driver and track your order via a little car icon as it makes its way to you. Expect UberGames to be the next big thing (we called it first).

Yelp - www.yelp.ca/calgary

Yelp is one of the most popular social networking sites for both

small businesses and the food community. More than just a food destination app, Yelp offers reviews, events, tips, photos and maps for any business. From playing tourist in your own city to looking for a local coffee shop while road tripping, Yelp is your one stop shopping app. Yelpers can become Elites by offering regular reviews giving them access to private events and perks. Love it or hate it, Yelp is here to stay.

Zomato - www.zomato.com/canada

This smartphone app makes finding food destinations around the world easy with the touch of a finger. Browse menus, location, and user reviews about the dining experience at any food destination to help you decide where to eat. With so many locations to choose from, you may want to start looking well in advance. This app speaks to the picky eater in all of us.

If you're not already there, it's time to jump on the food app train as development and growth of these applications does not appear to be slowing down any time soon. With the tech scene rapidly picking up momentum and new apps being developed locally we look forward to the next big thing.





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Menu Sampler

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

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

Boxing Day Sandwich • Texas toast stacked with oven roasted Rosemary turkey, stuffing, turkey gravy, cranberry relish, choice of side

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. A good choice for a starter is 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 *Noodle Bowl* is a hearty, giant bowl of Asian inspired Pho-ish noodle soup. The nicely spiced broth is loaded with baby bok choy, bean sprouts, rice noodles, green onion, crushed

red chilies and ginger. Choose sliced BBQ pork or chicken breast.

The burgers are freshly ground in house and delicious, 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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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.

We were very sorry to hear of the passing of long time owner and friend Harris Dvorkin. Harris was a family man and a gentlemen and always made us feel like one of the family. He will be remembered for his kindness, his love of music, the Rodeo, and his unique sense of humour.

May the Ranchman's live on in his memory.

Menu Sampler

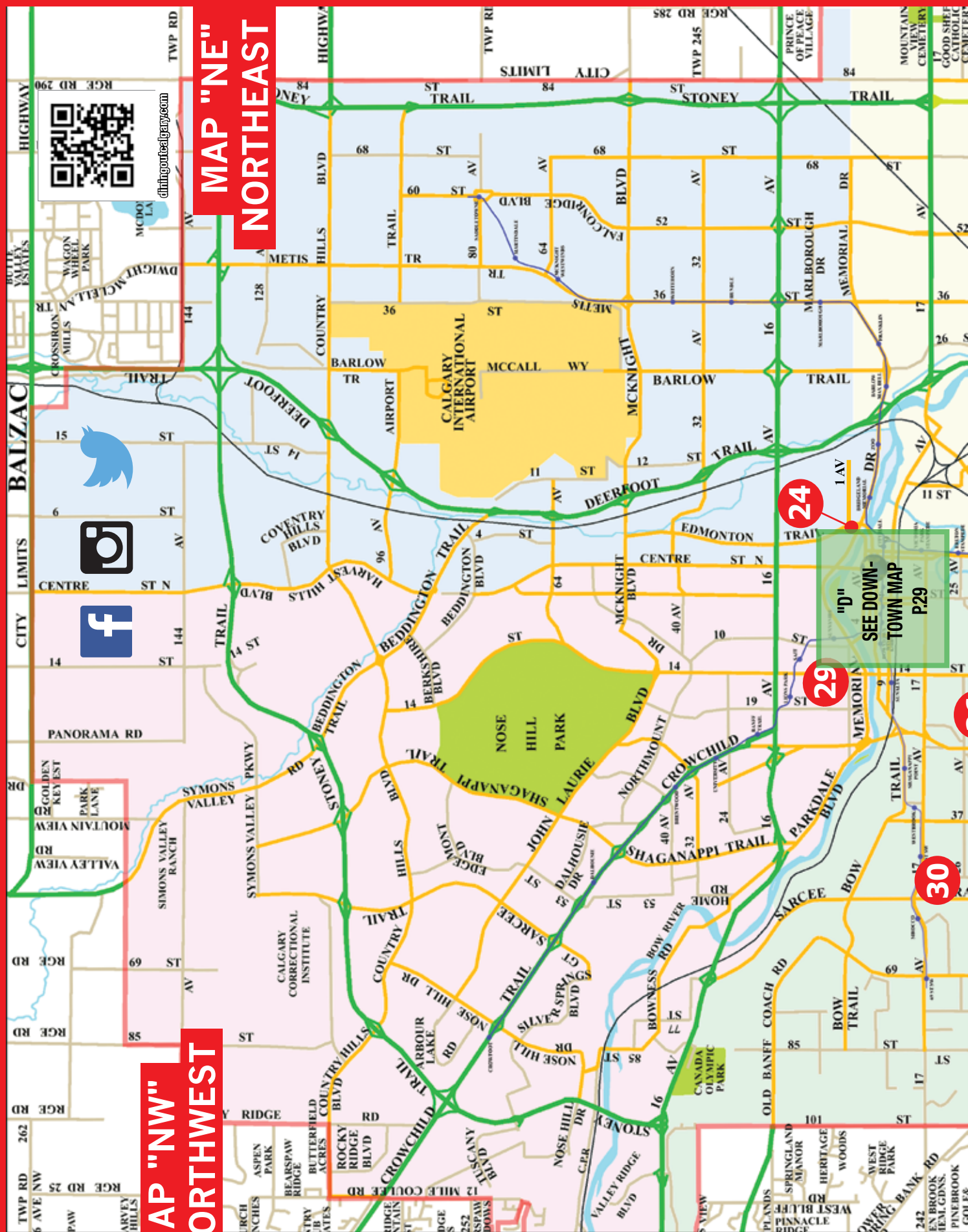
- Nachos** • Piled high with black olives, jalapeños, tomatoes, onion, cheddar and mozzarella
- Hamburger Steak** • In-house AAA patty topped with gravy, sautéed onions, served on Texas toast
- Pulled Pork Hoagie** • Slow cooked pulled pork, mixed with Apple City BBQ Sauce and topped with coleslaw
- 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

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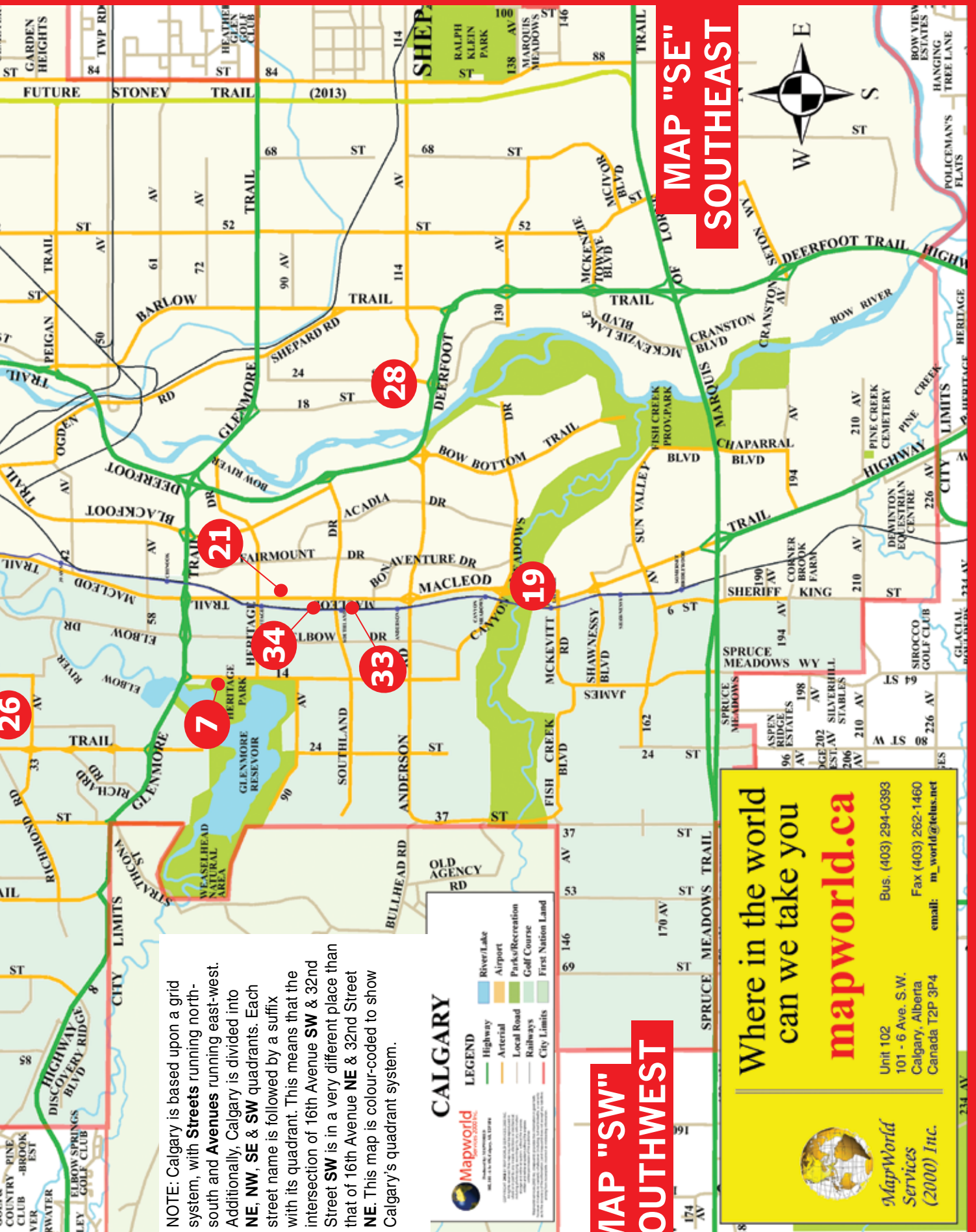
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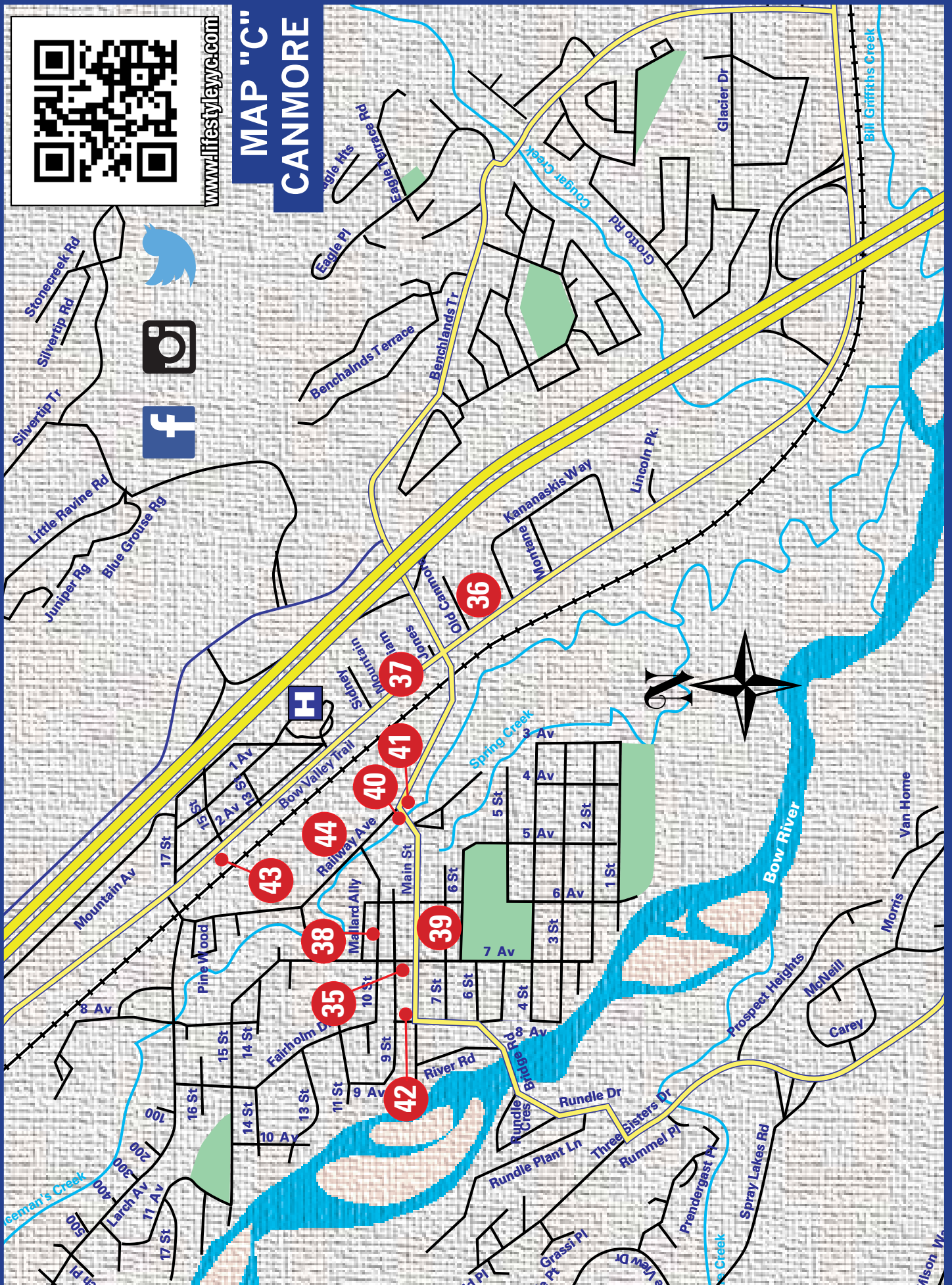
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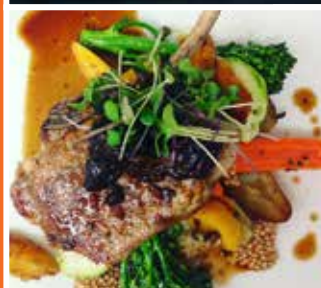
**BREAKFAST + LUNCH + DINNER
PATIO + LOUNGE**

WEEKLY FEATURES + HAPPY HOUR

tablefoodanddrink.com • Reservations 403.609.5441

**COAST CANMORE HOTEL
& CONFERENCE CENTRE**

511 Bow Valley Trail, Canmore



Menu Sampler

Charcuterie + Cheese Board

- Artisan cheese, house preserves, cured & cooked meats, pickled vegetables

Crab Salad • Avocado, frisse, compressed cucumber, preserved lemon, tarragon, potato cracker

Pork Belly + Seared

Scallops • Maple braised pork belly, seared scallops, compressed watermelon, watermelon chutney, preserved lemon aioli

Cioppino • King crab, manilla clams, mussels, tiger prawns, chef's choice fresh fish, kalamata olive saffron tomato broth, grilled baguette

Steak for 2 • AAA Alberta beef bone-in porterhouse, herb mash, truffle frites, seasonal vegetables, house pickled vegetables, demi glaze

Executive Chef Tim Matsell brings his local roots to the "Table" with quality ingredients, traditional methods and contemporary interpretation. Everything is made in-house from scratch with ingredients locally sourced as much as possible.

The space is open and inviting and boasts a charcuterie prep station where you can sit and watch the chefs creating the boards.

They offer an enclosed patio, probably the best in all of Canmore as it gets the sun almost all day and way into the evening, where you can enjoy an unparalleled outdoor dining experience.

For starters we opted for the *Beet Salad*, a colourful dish of pickled and salt roasted beets with brûléed goat cheese. Creamy on the inside, sweet and crunchy on the outside,

over a peppery arugula pesto and topped with mint and an orange-cumin vinaigrette; and the *Elk Meatballs*, stuffed with blue cheese, baked, finished in sweet Saskatoon Berry BBQ sauce then topped with slices of radish and organic watercress. Served on Rice Krispies style puffed wild rice we had fun rolling the meatballs in the puffs and crunching down on some country style goodness.

For the "fish"ianado you must try the fresh seared *Icelandic Cod*, This fillet was done so superbly tender and flaky that even our non-seafood eating counterpart enjoyed several bites. Served with an Israeli couscous and roasted tomato cream, grilled zucchini, heirloom veg and topped with house pickled fennel slaw. If you are in the mood for seafood, this is a good catch.

We would be remiss not to sample the *Duo of Duck*, a very traditional duck pairing of seared and roasted breast with a chocolate Lingon berry gastrique and duck leg confit lentil hash with a red wine demi, sided with fresh heirloom vegetables. This is a dish to remember.

Don't forget with everything made in house a large portion of the dishes are gluten free and there a number of vegetarian choices. This is Canadian cuisine at its best.

**Vegetarian
Friendly**

Table Food + Drink

511 Bow Valley Trail
Canmore

403.609.5441

www.tavern1883.com

Daily 7 am - 10 pm

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BLAKE Canmore



One of the advantages of establishing your restaurant in a repurposed automotive garage is that the building is already set up with openings for garage doors. BLAKE Canmore takes full advantage of that, with three 13 foot glass doors that roll up on sunny days to provide diners with a simultaneous opportunity to bask in the sun and enjoy mountain views, along with a giant patio that surrounds almost half of the building if not more. Everything reflects the unified vision of designer/owner Norm Flann and his son Blake.

Blake is the menu creator whose inspiration for many of his dishes are non-traditional and world flavours, and spices he experienced in his extensive travels, offering an enticing meld of old world and comfort.

The menu is designed to bring people together, to connect and enjoy the fun and originality of dishes meant to be shared, beginning with the complimentary house popcorn that gets you anticipating dishes to

Blake Canmore

810 Bow Valley Trail
Canmore
403.675.3663
www.blakecanmore.com

Daily 11:30 am - Late
\$\$

look forward to.

For "snacks" the *Grilled Avocado* is perfect for the sharing theme. Creamy, rich and delicious, topped with fresh Pico de Gallo and sided with a combo of Elote style grilled corn, mayo, lime zest, serrano peppers, olive oil and their signature black salt. Use the fresh, fried tortillas to scoop it all up!



When was the last time you ate your borscht with a fork? *Beets by Blake*, is an inventive deconstructed version, blanched and lighted breaded in panko and dill. Crispy with a sweet, caramelized beet powder gastrique and sided with a tangy, horseradish sour cream, it makes a memorable impact.

Try not to get addicted to the "Crack Fries," lol, dusted with a light curry spice and topped with house made pickles, house

made "crack" mayo, green onions, serrano peppers and scallions. Finished with cilantro. Can't... Stop... Eating...

Next on the list was *Bao*, Chinese steamed buns. We chose *Terimayo*, Pork belly slowly braised to tender in a salt and sugar brine then topped with the house teriyaki sauce that is crafted with authentic ingredients from Japan. Sandwiched between pillowy steamed buns with Kewpie Mayo, cucumber and scallions, you can't go wrong with this dish.

For a vegetarian take on sous vide try the *Curry Cauliflower Steak*, 100% vegan and gluten free, thick slabs of cauliflower rubbed with curry powder, garlic and a little salt are cooked sous vide at 54 degrees and then seared in the pan for a nice char. Served with ginger and carrot purée, fenugreek papadam and toasted cashews.



The carnivore will devour the Flinstone sized, bone-in *Honey Laquer Pork Tomahawk*. Locally farmed, outdoor raised pork from Bear and Flower Farms,



washed with a pickle, mustard honey, and lemon zest mixture, also cooked sous vide, that offers amazing tenderness. The side of creamy potato salad with organic butter, poppy seed and bacon pairs perfectly.



So you may have gathered this but just in case... everything is made in house from scratch with Blake's own recipes and "secret" crack spices that compel you keep to coming back, but remember, it's all legal!

Menu Sampler

Bombay Beef Tartare •

Alberta sirloin, turmeric aioli, mango, peanut soil, cilantro, fenugreek papadam, coal salt

Wings & Waffles •

Fried whole chicken wings, cornbread cheese curd waffles, hot honey

The Mechanic Burger

• Alberta beef, Le Fournil + BLAKE co-lab charcoal sesame milk bun, Alberta ground beef, American cheese, iceberg lettuce, onion, house pickles, truffle secret sauce, salt & pepper gaufrettes

Coconut Risotto •

Corn, Thai basil, serrano pepper

Mussels & Clams •

PEI blue mussels + white clams, Valbella chorizo + fennel cream, Le Fournil bread

Vegetarian
Friendly



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

Truffle Parmesan Mac & Cheese • Toasted panko, topped with truffle oil, tomatoes & green onions (add chicken, shrimp, or braised pork belly)

Beer Battered Fish & Chips • Icelandic cod, house made tartar sauce & firecracker slaw, house cut fries

Grilled Chicken Sandwich • Sous vide chicken breast, smoked duck bacon, cheddar, leaf lettuce, tomato, guacamole & bacon'aise, toasted ciabatta bun

Tavern 1883

709 9th Street
Canmore

403.609.2000

www.tavern1883.com

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Thu-F 11:30 am - 2 am

Sa 11 am - 2 am

Su 11 am - 11 pm

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Father and Son Reunion

Busses, fire-engines, garages, world travels, and a view of the mountains.

— Fred Holliss



This is the first time we've interviewed a father-son combination here at Dining Out, and this first time is a really great start. Norm Flann and his son Blake are the combo behind *BLAKE Canmore*, *PD3 by BLAKE*, and *YUGO EAT by BLAKE*. Their newest endeavour, the flagship restaurant *BLAKE Canmore* opened around January of this year and it has already garnered enough attention that they have been approached by interested parties wanting them to open a sister location in Calgary. But the road to becoming restaurateurs had a few bends in it.

Blake started as a dishwasher at *Stewart Creek Golf Course* when he was 13, and worked his way up the kitchen hierarchy in the Bow Valley area until he became Head Chef at *Canmore's Trough Restaurant*. At 23 he moved to Vancouver to become head chef at *Crime Lab* before enrolling into the accelerated programme at *Pacific Institute Of Culinary Arts*, where he graduated as class valedictorian with some of the highest marks ever awarded. While Norm's restaurant experience was restricted to managing a bar 30 years ago, he has been a general contractor, designer and builder for most of his life. He believes that no matter what you do, you need to be a good businessman in order to succeed, and his approach to the *BLAKE* brand is all about business.

After graduation, Blake took some time off to travel through Asia. Writing home to Norm he said he wanted to come back and work to save some money but it didn't really add up for Norm. Food trucks were an emerging craze at the time but Norm didn't think a single category venue on wheels would showcase Blake's culinary skills. It was around that time that a friend told him about a double decker bus for sale, and when Norm saw it he thought it was perfect, because now they could have a mobile restaurant. He bought it as a surprise for Blake's return.

Between them they spent 9 1/2 months tearing it right down to the frame and converting it to what they believe is North America's only fully mobile gourmet restaurant. *PD3 by BLAKE* is a 1962 British

Leyland Titan PD3, one of only two known to still exist. With the help of the British Leyland Society Norm discovered the life expectancy of the buses was originally only about 15 years. When they were done they basically took the drive train out and burnt them, so they are exceedingly rare. The only other known example of this model is in a museum in England and surprisingly, was the next example off the line based on the serial numbers.

PD3 by BLAKE has a full gourmet kitchen downstairs with a full dining room upstairs that seats 16. There's a bar with Prosecco and beer on tap, state of the art propane heating, LED lighting, a full stereo, a dumb waiter to take food between the floors, a hydraulically lifted roof and hydraulic stabilizers, and a completely modern drive line. It's fully self contained with a matching trailer that's a bar cart, so they can pull up and you can order your food and drink and then sit on a patio or in the upstairs dining room. Despite the modernity they tried to pay homage to the original bus wherever possible, including retaining the original painted ceiling and the "No Standing No Spitting Allowed" sign. In operation for about three summers now it's become a well known attraction in the Bow Valley.





Midway through building the bus, Norm's cousin offered him an authentic Japanese fire truck. He had a BBQ setup on it, but it wasn't very efficient, so Norm made a number of modifi-

cations. They use it for Japanese style hotdogs, and the little Subaru now also has a fridge and a popcorn machine. As part of paying homage to the original, they retained working lights and sirens, and it's fully licensed and road legal. YUGO EAT by BLAKE (Yugo means "fusion" in Japanese) is a ton of fun that they hope to set up at Canadian Tire for the summer between running to events.

Looking to grow their business, Norm saw the potential right away in the former Midway Auto service center, and another way to expand the BLAKE brand. He knew exactly what he wanted to do with the space as soon as he saw it, and in collaboration with his son they decided on a modern-industrial feel. The result is a clean interior with a clear design language. BLAKE Canmore makes extensive use of glass and dark metal, which offsets the bright white walls and frames impressive views of the Rockies. There's a small second floor balcony accessed by a set of glass stairs that can be winched up to the ceiling, with a conference table that features a 9' stainless steel trough that could be used to hold ice and champagne, or goldfish, or seafood.



Their motto is "Eat. Explore. Experience." It's all about exploring and experiencing different things, different styles, different cultures, and Chef Blake's food is a melting pot fusion of things from all over the world, places he's been, things from his childhood, influences from his parents and grandparents, all in a mash-up that's designed to take you somewhere else when eaten. This is definitely not your normal three-course type of meal, and despite having three restaurants, so to speak, this is not your typical chain either. Each location has its own unique approach and menu, and reflects their motto, whether it's the experience of eating on a double decker bus, sampling authentic Japanese hotdogs from a fire truck, or watching the play of sunlight on the Rocky Mountains through an open 13' garage door.

Chef Blake and father Norm are all about pushing boundaries a little bit, while exploring the culinary world. This can be seen in their truly striking washrooms. Recent changes to the Building Code mandate there must be an accessible stall, and between the necessary turning radius outside and within, it takes up quite a lot of real estate. Norm's approach was to totally rethink the approach to washrooms, and his unisex bathroom is like no other I have seen. There's a screened area at one end with urinals for the gentlemen, and the accessible stall at the other. Between the two are five completely freestanding bathrooms within a bathroom, each with its own wash basin, hand dryer and toilet, soundproofed walls, and lockable doors that offer a really comfortable, private experience. Nothing like those unisex bathrooms you may have experienced in Paris!

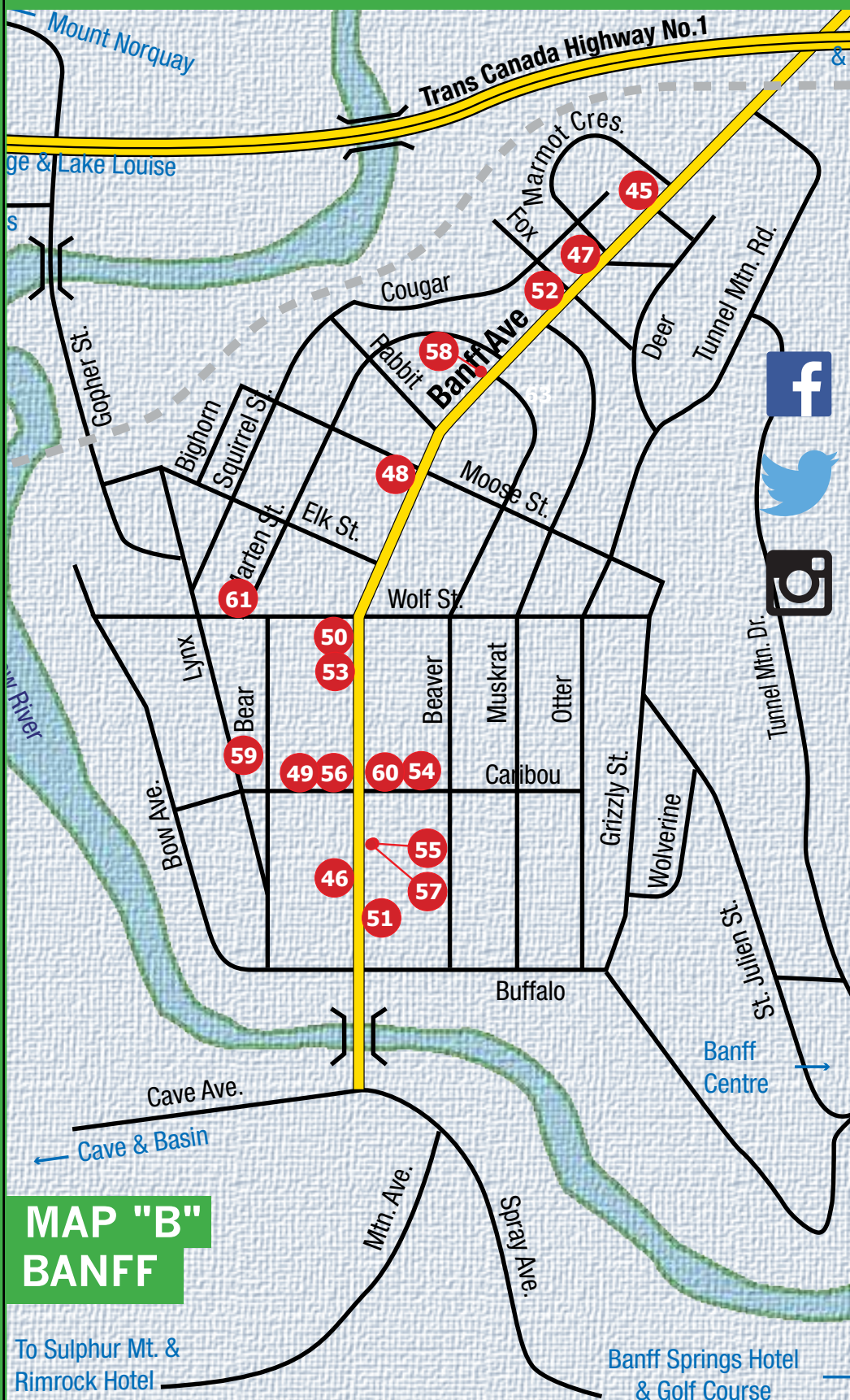
In a touch of sophistication, there are ten foot windows facing you when you enter the restaurant, and through them you can see the kitchen. Located in one of the old tire bays, the floor has been polished and epoxied, and the old grease pit lined with a stainless steel trough. The kitchen can be pressure washed right into the floor, and is all gleaming white and stainless fixtures. Diners can look in and appreciate that their food is being prepared in a classic clean, safe, hygienic kitchen. Chef Blake's stage is a true showpiece.

Another item that can be seen upon arrival is an award for winning the Best Caesar in the Bow Valley. The recipe was a collaboration between Chef Blake's recipes and their staff. With the use of his Umami Ketchup by BLAKE that they're ramping up to sell, along with a few other secret ingredients. Mott's approached Blake Canmore to host their Best Caesar competition and they agreed, then ended up winning. Norm mentions that additionally they've won Best New Business with the PD3 bus, Best New Innovative Business in Canmore, and were recently voted by John Gilchrest as one of the top new restaurants in Alberta. He says the accolades are great, but he's always tried to teach his son to let your work speak for itself, let your food speak for itself, let the experience speak for itself, and their success is all on the back of Blake's magic in the kitchen.

But there's no doubt that some of the magic is due to Norm's design and realization of the restaurant. There is a beautiful patio with a fireplace, and they took care to make the space as multi-purpose as possible. 13' video screens drop down in front of the overhead garage doors and can be used for private screening or other events, the pillar between the front two garage doors (there's three in all) is wired with enough electricity to pull in a band or DJ, and the bar can extend out the rear garage door to become indoor/outdoor with a rolling extension. And don't forget the stairway that can be lifted up to the ceiling to make more room on the restaurant floor.

These two are a real powerhouse pair. With plans to expand into sales of branded items like their ketchup, black salt, and flavoured popcorn, they are poised to expand the Blake brand as their view on business is "The world is your Oyster, and you're only limited by your imagination". They are definitely a family to watch.





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BUMPERS

BEEF HOUSE



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Menu Sampler

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

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

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

West Coast B.C. Salmon • 8 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.bumpersthebeefhouse.com

Breakfast 6:30-11 am
 Dinner 5 pm - close
 May vary seasonally
 \$\$-\$\$\$

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

B46

Menu Sampler

B47

- 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 Bearnaise
- 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.

For starters the *Tuna Tartare* was impressive. Sesame-soy seasoned Ahi served over a tight round of chopped avocado mixed with lime for a little zing, scoop them both onto a wonton crisp for a crunchy, delicate bite.

A light, healthy meal option is the *Pistachio Crusted Salmon*. A thick, fillet crusted in roasted pistachios with maple butter over creamy, garlic mashed potatoes, and bacon sautéed brussels sprouts. Squeeze a little lemon on it for a nice, fresh finish.

You can't go wrong with the Keg Classic dinners. Start with a caesar, mixed greens or iceberg wedge salad, then choose your favorite cut, ours was the *New York Striploin*, a well trimmed, succulent cut of AAA Alberta beef

cooked just right. The accompaniments of sautéed field mushrooms and the twice baked potato made this a truly satisfying meal.

They offer a well rounded wine list and we love the "Keg size" drinks. Both locations offer bustling lounges where you can relax in a cozy booth or sit at the bar and watch the games. When your in the mood for a great steak, 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/

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'Love the food, love the people'



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345 Banff Ave. | 403.760.8580



Menu Sampler

Spinach Artichoke Cheese

Dip • Spinach, artichoke, Cheddar, Parmesan

Calamari Fritti • Deep fried Calamari served with sun-dried tomato, mayo dip, Arugula and a grilled lemon wedge

Parmigiana Fries •

Matchstick fries, julienned zucchini and fried onion, Parmesan, fine herbs

Seafood Linguini • Shrimp, mussels, clams, scallops, Napoletana sauce, white wine

Americana Pizza • Tomato sauce, basil, pepperoni, mushrooms, green pepper, pizza Mozzarella cheese

Steak with Sea Salt from Sicily • 9 oz. certified Angus Beef on Arugula, with Parmigiana fries

Celiac Friendly

A new addition to Banff's vibrant dining scene is Pacini, located in the new Moose Hotel & Suites. This is an impressive space with a warm and inviting ambiance, a plethora of seating options from high tops to couches and surrounded by giant picture windows to enjoy the Rocky Mountain views. The lounge is comfortable, you can sit at the giant bar and socialize with the mixologists, or relax on the couches to reflect on the days activities over a glass of wine or one of the signature cocktails like the *Italian Sangria* or the *Purple Passion Fizz*.

When you're ready head into the dining room, get settled and begin with the all-you-can-eat bread bar where you toast your bread on a hot grill and choose your favorite flavored spread then add something from the antipasti selections. We chose the *Parmigiana Chicken Wings*, crunchy and coated with Parmigiana and Pacini's secret 57 spices; and the *Shrimp Arancini*, lightly fried risotto balls of shrimp and asparagus on a red pesto aioli, all artfully presented on a wooden bread board and Italian daily newspaper.

The Grain-fed *Veal Tenderloin Scaloppini di Parma* was amazing. Melt in your mouth veal tenderloin, ordered medium rare, swimming in

a demi-glace roasted garlic sauce with shallots, prosciutto and mushrooms, ours was sided with spaghetti Bolognese, a light, slightly sweet tomato sauce topped with fresh grated parmesan.

The *Salmon alla Griglia* was equally impressive, beautifully grilled, moist Atlantic Salmon in a wine and caper piccata sauce that offers a lovely smoky flavor. It is presented resting on a freshly grilled lemon, sided with bruschetta reduction, creamy pesto risotto and grilled asparagus wrapped in crisp prosciutto.

Torn between choices? we suggest you try the *Duetto*. A half pizza with your choice of 4 different types of pasta, caesar salad or *Parmigiana Fries*. The beverage and wine list is well balanced and reasonably priced.

When you're out on the town in Banff we'll look forward to seeing you there, *Buon Appetito!!*

Pacini

345 Banff Ave
403.760.8580

M-F 6:30 am - 11 pm
Sa-Su 6:30 am - 12 am
www.pacinibanff.com

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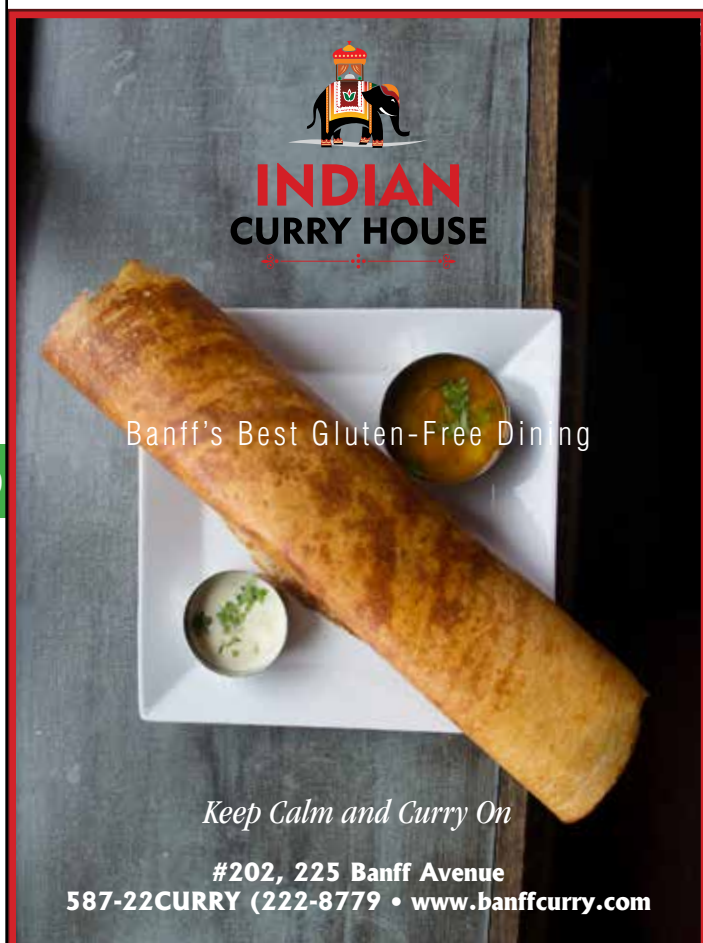



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461 BANFF AVE.

THE FOX HOTEL & SUITES

PH: 403-760-8502

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

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

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

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Thursday - Karaoke
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201 Banff Ave, 2nd Floor ★ Banff ★ T: 403.762.0333 ★ wildbillsbanff.com

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

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

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

Wild Bill's Legendary Saloon

201 Banff Ave

403.762.0333

www.wildbillsbanff.com

Daily 11 am - 2 am

No minors

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

It's hard to decide what to order from the extensive menu, for starters try the *Fried Pickles*, lightly battered yet still crunchy, with chipotle lime mayo for dipping. The *Four Cheese Artichoke Dip* is another great choice, creamy and smoky with their own in-house smoked Gouda, herbed artichokes, and loads of roasted garlic; this dish really gets things going.

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

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

Menu Sampler

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

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

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

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

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

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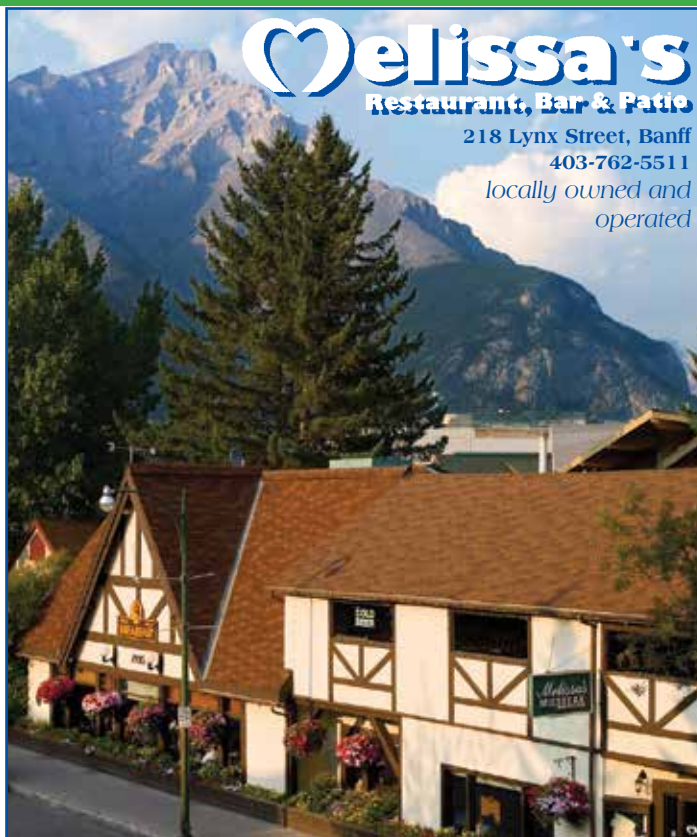
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B57

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B59

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B58

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B60



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B61

HOTEL DIRECTORY • SEASONAL RATES APPLY

CALGARY DOWNTOWN

Best Western Plus Suites Downtown

1330-8th St SW. Whether travelling for business or pleasure, Best Western Suites is conveniently located in downtown Calgary. Enjoy spacious junior, one or two bedroom suites featuring free parking, continental breakfast buffet and high speed Internet access (Wi-Fi/cable). Property is to be 100% non-smoking. 403-228-6900 • 800-981-2555. www.bestwesternsuitescalgary.com. **\$149-319**

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 Ave. 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 Ave. 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. **\$149-699**

Hotel Elan 1122-16 Ave. 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 Ave. 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 Ave. 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 Ave. 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 Ave. 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 Ave. SW. Fabulous views, a wealth of in-house amenities and superb upscale casual dining. Conveniently located on the rapid transit line with easy access to all major attractions. 403-237-8626 • 800-266-4684. www.sandmanhotels.com. **\$99-210**

Sheraton Suites Calgary Eau Claire 255 Barclay Parade SW. Experience our Full Service Award Winning 323 all Suite Hotel in the Heart of Downtown located in Eau Claire Market, close to major attractions and shopping. Enjoy our spacious suites with spectacular views of the city, with two dining options, Barclay's Upscale Casual Restaurant or Fionn McCool's Irish Pub, featuring outdoor patios into Eau Claire Market. Heated indoor pool includes a 50 ft. water slide. Great weekend rates are available by visiting our website at www.sheratonsuites.com, or the hotel direct at 1-888-784-8370. Rates from **\$129-519**

The Westin Calgary 320-4th Ave SW. 4-diamond hotel. Located in the heart of downtown, offers easy access to shopping, wide range of amenities, including on-site fine dining, roof-top pool, whirlpool & sauna. High speed Internet. 25,000 sq ft. of meeting space. Westin Heavenly Bed, Heavenly Bath, and refreshment centre. 403-266-1611 • 877-WHOTELS. www.westincalgary.com. **\$259-444**

CALGARY SOUTH

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. **\$129-5199**

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

Comfort Inn and Suites South 4611 Macleod Tr S. 93 rooms and suites. Complimentary full hot

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

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

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

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

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

Hotel Blackfoot 5940 Blackfoot Trail S. A chic, independent hotel with stylish, contemporary rooms and suites. Amenities include an outdoor swimming pool, free high speed Internet and parking, a large fitness centre, comedy club, sports bar, lobby lounge, restaurant, meeting spaces, and business centre. Great specials and packages. Always here for you. 403-252-2253 / TF 1-800-661-1151. www.hotelblackfoot.com. **\$189+**

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

Calgary Airport Marriott In-Terminal Hotel 2008 Airport Rd. NE. The future of travel is yours to discover here at the Calgary Airport Marriott In-Terminal Hotel. Located immediately within YYC airport, we place you just steps from your gate, eliminating stress and maximizing efficiency. The city's vibrant downtown district is just a short drive away. Windows feature views of the Calgary skyline, the Alberta Prairies and the Canadian Rocky 403-717-0522 • 1-888-236-2427. www.marriott.com/yyxca. **\$179-329**

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 Ave. 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 Hotels Calgary Airport In-Terminal

2001 Airport Road NE. The Delta Hotels Calgary Airport In-Terminal is dedicated to making you feel at home - whether you're here in Alberta for a day, a weekend or longer. We offer a simply unbeatable location, right within Calgary International Airport, as well as modern accommodation, helpful amenities and terrific service. You'll find everything you need in your room or suite, from free Wi-Fi and plush bedding to a mini-fridge and a comfortable work desk. 403-291-2600 • 1-888-236-2427. www.marriott.com/yycca. **\$159-279**

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

Calgary Airport 2335 Pegsue Road NE. 135 spacious guest rooms full of thoughtful amenities complemented by friendly service in a relaxed atmosphere. "By focusing on what guests want, we deliver the highest degree of service and cost savings." Whirlpool & fitness room. 403-717-1999 • 877-419-2020. www.calgaryairport.gardeninn.com **\$129-299**

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

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\$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, whirl pool, 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@wingateyycc.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 Ave. 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.banffbound-arylodge.com **\$79-259**

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

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

Coast Canmore Hotel & Conference Centre Across the street from Elevation place, walking distance from the downtown core, the Coast Canmore is the place to be. Our freshly renovated king bedrooms offer comfort, tranquility and breathtaking views of the great Canadian Rockies. Our new restaurant "table; food + drink" is delectABLE for breakfast, lunch and dinners. Free wireless internet in all guest rooms and public spaces. Indoor Pool and hot tub. 1-800-716-6199. www.coastcanmore.ca **\$99-299**

Copperstone Resort 250 2nd Ave, Deadman's Flats, AB. Whether you are looking for a great vacation getaway or a family weekend in the Canadian Rockies; the Copperstone Resort Hotel is your best choice for a memorable stay. Located 8 minutes outside of Canmore Alberta, in beautiful Dead Man's Flats, our four star 62 condominium units, feature full gourmet kitchens, one and two bedroom units, as well as family size one and two bedroom bunk bed units that accommodate up to 8 people. 10 person Jacuzzi, underground heated parking, pet friendly rooms, value packages. 1-866-571-0303. www.copperstoneresort.ca **\$139-914**

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.canmoremountainlodge.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. Newly renovated property. All suites and rooms have been upgraded with new appliances, high-end Napoleon BBQ's, high speed wireless internet, 48" LED smart TV's with blue tooth and Netflix. Kitchens and kitchenettes. 1 & 2 bedroom suites with washer and dryer. 24-hr concierge, two outdoor hot tubs, workout room, meeting room and business services. 403-678-6150. 866-609-3222. www.falconcrestlodge.ca **\$149-\$700**

Georgetown Inn 1101 Bow Valley Trail. The

Canadian Rockies Old World Country Inn. 20 elegant guest rooms, 5 with jetted tubs, and 4 soaker tubs, all with fireplaces. Georgetown Pub on site, with one of the best patio in the valley. Smoke Free. 403-678-3439. www.georgetowninn.ca **\$89-399**

The Grande Rockies Resort 901 Mountain Street Features boutique rooms, one and two bedroom luxury suites, most complete with fully-featured kitchens, spa-inspired bathrooms and designer décor & amenities. Amenities include: Pool with waterslide, indoor-outdoor hot tub, kids play area, fitness centre, Wi-Fi, business centre, underground parkade, onsite spa and Habitat Restaurant & Bar. Reservations 1-877-223-3398. www.granderockies.com Rates subject to availability at time of request. **\$116-559**

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 and business centre. 403- 609-4422 • 888-609-4422. www.hicanmore.com. **\$89-450**

Lady Macdonald Country Inn 1201 Bow Valley Trail. Come home to the Lady Macdonald. 11 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. **\$150-350**

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.chateauucanmore.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**

BANFF

Banff Caribou Lodge & Spa 521 Banff Ave. Impressive hand-hewn logs accent the building's exterior & lobby to create the spectacular ambiance of this mountain lodge. The lodge boasts 190 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 Ave.. 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. 57 Luxuriously appointed rooms, six Jacuzzi suites, two family suites, indoor pool & whirlpool, high speed Internet, heated underground parking, & complimentary hot breakfast buffet. 403-762-5575 • 800-528-1234. www.bestwesternsiding29.com. **\$119-499**

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, with an extensive wine list. 403-762-2400 • 800-661-1367. www.crmr.com/bml/buffalo.html. **\$240-355**

Fox Hotel & Suites 461 Banff Ave.. 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 **\$110-769**

Hidden Ridge Resort 901 Hidden Ridge Way. Tucked away on Tunnel Mountain, Hidden Ridge Resort is quiet & secluded with some of the most spectacular views in Banff. The modern condos feature wood burning fireplaces, full kitchens & patios or balconies. Soak in the giant outdoor hot pools overlooking the Bow River Valley & the Banff townsite or gather in

the barbeque area. Some pets are accepted. 403-762-3544 • 800-563-8764. www.bestofbanff.com. **\$110-550**

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

Inns of Banff 600 Banff Ave.. 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.rimrockresort.com. Seasonal Rates **\$160-750**

Rundlestone Lodge Banff 537 Banff Ave. The lodge offers a choice of 11 room styles, many with two-person jetted tubs & 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 **\$125-345**. Suites **\$195-515**

Samesun Backpackers Lodge 433 Banff Ave.. 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**

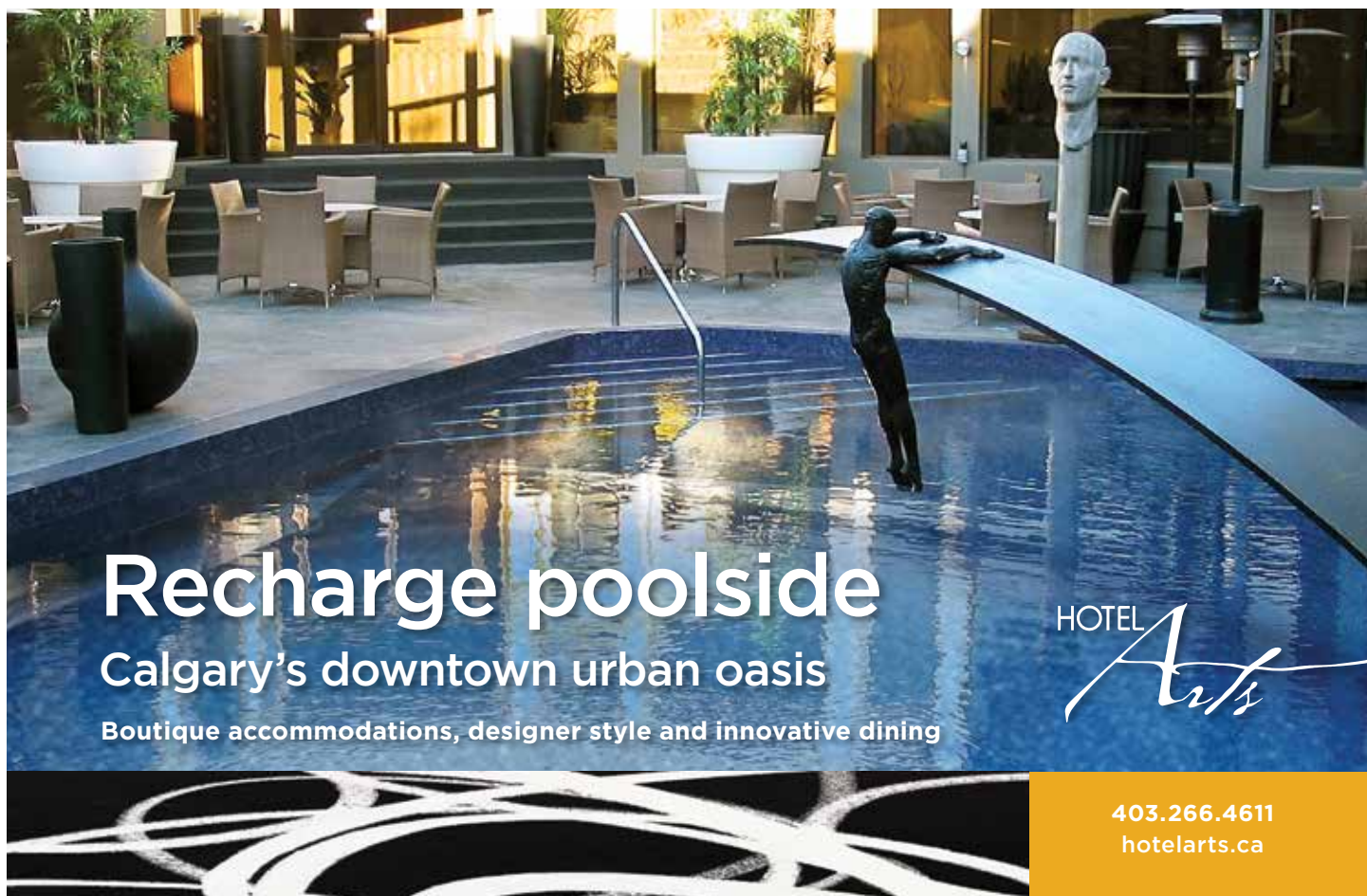
Spruce Grove Inn 545 Banff Ave. Affordable luxury with 120 rooms featuring individual air conditioning & heat, coffee & tea makers, & hairdryers in every room. All amenities available at Voyager Inn next door. 403-762-3301 • 800-879-1991. www.banffvoyagerinn.com. **\$120-275**

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**

If you would like to be listed in this Hotel Directory or Entertainment Listing please contact:

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Shrimp Salad Rolls

by Bernice Hill

Serves 4

Ingredients

Shrimp Salad Rolls

- 1 package rice paper round rolls.
- 6-8 large shrimp; cooked and split in half
- 6-8 fresh Thai basil (mint) leaves
- 6 butter lettuce leaves
- ½ package vermicelli noodles; cooked to package direction and drained
- 1 cup fresh sprouts
- Spring onions
- 4 carrots or other root vegetable such as daikon.

Hoisin Peanut Butter Dipping Sauce

- ½ cup boiling water
- 4 tbsp smooth peanut butter
- 4 tbsp Hoisin Sauce
- 2 tbsp lime juice

Method

Shrimp Salad Rolls

1. For the carrots, peel them then cut into matchsticks. Place in a small bowl or jar with 2 teaspoons salt, 2 tablespoons white sugar, ¼ cup rice wine vinegar, 1 tablespoon lime juice, ¾ cup boiling water. Allow salt and sugar to dissolve. Let carrots pickle for at least an hour, preferably overnight and up to one week.
2. Prep all your ingredients BEFORE you start assembling your salad rolls.
3. To assemble salad rolls begin by filling a shallow tray with warm water. Carefully dip one rice paper round in the water until it is just softened. Focus on keeping the rice paper from crumpling or tearing and lay on a slightly moistened counter top or smooth surface.
4. Place shrimp halves and basil in a pattern on the lower half of the rice paper, then lay a lettuce leaf over top. Ensure there is enough rice paper peeking out so that you can fold it over the fresh fillings.
5. Place a small amount of vermicelli noodles, sprouts, pickled carrots and a spring onion over top the lettuce leaf.
6. Curl the bottom of the rice paper round over the lettuce leaf, tuck the sides over and roll in an upward direction until the entire rice paper round has been rolled over the fillings.
7. Place on a platter and repeat until the rest are rolled. If not eating immediately, cover tightly with cling wrap before refrigeration.
8. Serve with Hoisin Peanut Butter Dipping Sauce.

Hoisin Peanut Butter Dipping Sauce

1. Add all ingredients to a bowl and mix well. Add chili sauce (or chili flakes) to taste.

Lemongrass Chili Grilled Pork Chops

by **Bernice Hill**

Serves 4

Ingredients

2 stalks lemongrass
1 shallot; finely minced
5 cloves garlic; finely minced
1 red Thai chili pepper;
de-seeded and finely chopped
4 tbsp brown sugar
3 tbsp fish sauce
2 tbsp canola oil
2 tbsp rice wine vinegar
1 tbsp fresh lime juice
1 tbsp dark soy sauce
Fresh ground pepper
4 bone-in pork chops

Method

1. Cut off the top half of the lemongrass and save for use at a later date. Slice the bottom in half lengthwise, then peel away layers that seem woody keeping the tender inner layers. Finely mince the tender lemongrass portions (you should have at least ¼ cup of minced lemongrass).
2. Combine all ingredients together in a large Ziploc bag or glass bowl. Add pork chops and seal, releasing as much air as you can from the bag.
3. Marinate pork chops in refrigerator at least overnight and up to 2 days.
4. Before grilling remove pork chops from the refrigerator and rinse off marinade. Grill on a pre-heated grill until the meat reaches 160 °F (71°C). Serve with rice.



These Ain't no Army MREs

Prepared dishes have come a long way since the Army introduced Meal, Ready to Eat in 1981

— Fred Holliss

Calgarians have been becoming a lot more heart smart and health aware over the last few years, and new meal options have arisen to match that change. If you are too busy to shop or cook, but still want to eat a healthy meal, you now have myriad choices. From personal chefs who will cook in your kitchen, through a service that delivers meals ready to cook, to companies offering ready-to-eat or ready-to-heat meals in a convenient package, we are now awash in options. We profile a few of them for you here.

Selina's Cooking (selinascooking@yahoo.com)

Selina Stevens goes to her clients' homes and prepares meals in their kitchens, and she's very proud of the service she offers. Trained in food safety and bondable, she has clients that she cooks for on a daily, weekly or monthly basis. Cooking family meals since she was ten years old, she ended up opening her own restaurant in Jamaica where she catered primarily to North American tastes. Moving back to Canada she got a catering Diploma and in 2014 started cooking for clients in their homes. Her business has grown through word of mouth, and she is now well established as a Personal Chef. She is sensitive to the reality that she goes into her clients' homes when they are not there, and has access to the entire home and will not go into private areas unless asked to. She also makes a point of leaving the kitchen cleaner than she finds it.



For a daily client she goes to their house three or four times a week and prepares an evening meal using whatever proteins the client has in the fridge or freezer. For weekly clients she will prepare several days worth of meals for three or four people, package them in glass containers, put them in the fridge and label them so that when the family comes home they know what's what and they can pick and choose what they want to eat. And finally for the monthly clients she does batch cooking, and prepares several casseroles or a big batch of pasta sauce, maybe some energy balls or muffins. She will do grocery shopping as well. For her clients she can cook anything, and has clients who have extreme dietary restrictions. She can cater to gluten or dairy free diets, or paleo, families with mixed requirements, and even has one client who is Halal. She has a really personal touch and people even feel comfortable leaving



their kids alone with her. If a stay at home mum has to pop out she's been known to entertain their kids while cooking. This is meal preparation at the most personal level.

Dashing Dishes (www.dashingdishes.com)

Nydia and her husband Brad were customers of Dashing Dishes, and they liked the company so much they bought



it in July of 2009. Their service is unique in that they cater to those who still wish to cook their own meals, by assembling all the ingredients needed into a neat package complete with preparation instructions. Their menu changes every month, and is based on what's fresh and available locally. They offer a variety of cuts of meat, vegetarian options, and will tailor their products to a customer's specific needs, since each package is assembled individually to order. It provides busy families, couples, single parents, or even the elderly, a way to still have a home cooked meal, but they do the prep, the planning and the grocery shopping for you. You register for a date and the meals are prepared and delivered fresh that day. You then put them in your freezer then take them out, thaw them and cook them as needed.

They work with a local butcher who's been in Calgary for over 30 years and supplies all the top restaurants and they focus on Alberta producers for their beef, chicken and pork. They work with North Sea Fish for seafood, and they try to stay as local as possible working with local farmers and suppliers so they can often offer high quality product at a lower price. They believe that when you're working it's hard to be constantly planning your grocery shopping and setting up meals, so they do that for you. A parent might want to make pistachio-crusted pork tenderloin on a Tuesday, and they can help you do that. It's easy to fall into the rut of providing kids the meals that you know they'll eat all the time, like macaroni and cheese, but kids have taste buds too, and it's just a matter of exposing them to different ingredients. Dashing Dishes also want to encourage families to eat together, but their focus and their passion is really serving the busy parent because that's where good nutrition and good health starts.

Fit Kitchen (www.fitkitchen.ca)

Fit Kitchen came about through customer demand, people were asking for portion controlled meals and meal plans. customers wanted healthy food, but they didn't know how to





plan it or prepare it. They wanted something structured to try to help them on their way. Fit Kitchen opened in Mackenzie Town two and half years ago, and offer meals in two categories. Lean meals, are weight-management, with lower

calories but still a good protein, and lower carbs, for people that are looking to lose or maintain weight. Then there are performance meals for active lifestyles. You don't have to be an athlete, but if you're working a busy job, running around, going to the gym a lot, or doing sports, the core performance meals will be a higher carb, higher protein, higher calorie meal, but still healthy. They also suit people that don't want to cook for themselves but want to eat healthy. Meals are pre-cooked and just have to be heated up - or not.

They have a set menu with about 50 or 60 items, split between the two categories. They're separated into different coolers and everything's labeled so you can see all the nutrition information. They also have gluten free and dairy free options, and they're working on vegetarian items, but they have such a variety there's usually something for most people. They also have two sizes of meals - small and large. With portion control many people have no idea, they look at the meal and say this is so small, but you're getting your proper portion of protein, proper portion of vegetables, and proper portion of carbs. People's perception is that meals should be Texas sized, so there's a lot of education for our customers too, and their staff tries to teach people as much as they can. They work with a registered dietician and a nutritionist, who also do regular seminars with the staff to train them. Their mission statement is "we make healthy food taste great," and while you might think you can't have enchiladas or spaghetti and meatballs on a weight loss diet, they make those kinds of foods too.



Main Dish (www.tmdish.com)

Main Dish has been in business for 11 years. It started as just takeaway then evolved into more of a restaurant since people wanted to sit down and eat there. They make everything in house and try to source everything



locally, not so much organic, but local. They work with GFS, their food supplier, to help in finding farmers they can work with, and literally have something for everyone. They have all kinds of gluten free options, and are nearly always able to find something or make something for their customers that works for them. Their customers are quite varied, from the old grandma and grandpas to young skateboarders, and everyone in between.

A distinguishing feature of the Main Dish is that they are known for sponsoring a lot of athletes, including Olympians. Because of

that they get a lot of Flames players and Stampeders as customers, and we have a roster of athletes we sponsor every year. They get a food budget where they load up a gift card and they



can come and get whatever they want. Main Dish have one location in Bridgeland with dine in or takeaway and offer a healthy eating alternative to most other restaurants. They have a lot of healthy options, with lots of lean choices, kind of like a regular restaurant but with healthy twists. They don't do delivery, but are available for catering, especially when people are looking for something healthy for their office, or have dietary restrictions.

Made Foods (www.madefoods.com)

Made Foods firmly believe in using local, natural and properly sourced ingredients. They have close relationships with a number of different farmers that Executive Chef Andrea Harling has been working with for many years. They believe in using natural ingredients with no GMOs, no preservatives or additives, that have been farmed humanely and grown the natural way. Their prepared meals offer a selection of items from various categories - breakfast, lunch, dinner, and snacks. Customers are able to come in and grab a lunch or dinner for the day, or meals for the week, prepared fresh daily. The concept is that you don't have to shop, prep, cook, or clean. It's a one-stop option.



They have seven locations plus a food truck and are proactive about working within the community. They support local vendors where possible, and offer a number of different meals that would be considered gluten-aware or dairy-aware. You will find dishes that are low in sodium, or portion correct, but not nutritionally specific past that.

Made Foods have a home delivery service and can also be found on SkipTheDishes and UberEATS. In addition, they've partnered with Spud.ca to service Canmore and Banff. They just launched a kids line, individually packaged meals suitable for going out for a day of activity, so you know that what you're feeding your children is of the highest nutritional value. Made Foods aims to be a lifestyle, not a diet or fad. They believe by choosing to eat the right foods to fuel your body in the best way possible, by giving it the right nutrients and proteins and fibers, you can continue to help develop your body and mind throughout your life.



So there you have it, a variety of choice alternatives to roadside fast food. Or Army MREs for that matter. Sharing a focus on local produce and healthy options for all dietary styles, Calgary's prepared meals scene is vibrant, healthy and growing. As are we!

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.commonwealthbbar.ca

Dickens Pub. 1000 9 Ave SW. Dedicated live music venue bringing local and international acts to Calgary 7 days a week. Entertainment ranges from rock, metal and punk to folk, indie and electronic. Fun and warm atmosphere. Gamer Sundays every week: board games, video games and more. 403-233-7550. www.dickenspub.ca

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

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

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

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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 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

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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 The Mike Clark Band. 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 genre's. 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

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.oakreetavern.ca

The Palomino Smokehouse and Social Club 109 7 Ave SW. Annually recognized as one of Calgary's Best Live Music Venues and one of the Top 50 Live Music Venues in Canada according to the CBC. Featuring original, independent live music varying from local to national bands and international touring acts. Genres range from country, folk and rockabilly to rock and punk. Every Fri - Sat 10 pm. Free Show every Fri 5pm - 9pm. Occasional weekday show. Call or check website for full listings. 403-532-1911. www.thepalomino.ca, www.myspace.com/thepalomino, www.twitter.com/ThePalomino

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. www.ranchmans.com

Raw Bar 119 12 Ave. SW. Located in Hotel Arts, award-winning restaurant, featuring Late Night Saturdays with DJ Nathan Hedley until midnight. Poolside patio with DJ on weekend afternoons (weather permitting). 403-206-9565 www.rawbaryyc.ca

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.

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.roseandcrownalcalgary.ca

The Smith 13200 Macleod Tr. SE. Live Entertainment Fri-Sat 9:30 pm - 1:30am. All genres of music... listen while your on the upstairs Patio!! No cover. 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

The Trop 1501 34 Ave SW. . In the heart of Marda Loop a relaxed upscale location featuring every weekend some of the city's hottest local talent on

their corner stage. 403-457-6227. www.thetrop.ca

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

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

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

Arts and Culture

Alberta Ballet 341 17 Ave SW. One of the country's leading ballet companies with a repertoire consisting of traditional ballets and commissioned works performed in a contemporary way each season. Performances in Calgary, Edmonton and tour performances abroad. Season: Sep to May. 403-245-4549. www.albertaballet.com

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

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

Epcor Centre For The Performing Arts 205-8 Ave SE. Five theatres World-class concert hall Over 1800 performances and events yearly: live

theatre, dance, children's events, experimental theatre, meetings, weddings, sports events/competitions, award ceremonies and concerts. 403-294-9494. www.epcorcentre.org

Jubilations Dinner Theatre Calgary Westbrook Mall, 1002-37 St. SW. 3 act musical comedies and non-stop laughs! *Flashdance* an 80's Flashback, Jun 23 - Aug 27; *Greased* 2 Sep 1 - Oct 29; *Downtown Abbey Road* Nov 3, 2017 - Feb 4, 2018. 403-249-7799. www.jubilations.ca

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

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

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

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

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

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

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Canmore

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

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

Banff

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

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

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

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

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

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

Rose & Crown Pub 202 Banff Ave. Live music 7 nights, 364 days a year! Acts go from grassroots local favourites to international, major label stars & 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. Thursday is Irish Night from 9 pm. Friday and Saturday is Celtic, rock and cover, entertainment from 9:30pm to close. 403-762-9355. www.stjamesgatebanff.com

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

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



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