

Outdoor patio at Granville Island



## TRIP IDEAS

# VANCOUVER CUISINE

Vancouver cuisine combines succulent seafood from the Pacific Ocean and local produce with different cultures and talented chefs. Explore Granville Island, ethnic neighbourhoods, farmers markets and award-winning restaurants to discover what makes Vancouver a city for foodies.

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## Granville Island

For the authentic taste of the West Coast, head straight to Granville Island. This former industrial area in False Creek has been transformed into a food-lover's haven of cafés and restaurants. There's also an artisan sake maker, a craft brewery and boutiques selling cookbooks, wine and gourmet gadgets.

The highlight is bustling Granville Island Market. Wander past stacks of seafood, local produce, meat, cheese and baked goods, such as the artisanal loaves at Terra Breads, as well as the pâté and prosciutto at Oyama Sausage. Be sure to try the fish 'n' chips at Go Fish, the lively takeout seafood shack at nearby Fisherman's Wharf.

## Chinatown and Commercial Drive

Visit historic Chinatown's Asian markets for crisp barbecue pork, fragrant steamed buns and exotic produce. For a modern take on an ancient tradition, try The Keefer Bar's cocktails made with Chinese medicinal herbs. The city of Richmond, just south of Vancouver, is also known for its outstanding Asian cuisine.

Commercial Drive's Mediterranean delis and bakeries are still the best place for a sweet pastry or fresh pasta made the way it was made in the old country. Be sure to drop by Caffe Calabria for authentic Italian espresso amid the gleaming white statues.

## Farmers Market

For the freshest local tomatoes, berries and other produce, bring a shopping bag to one of the weekly summertime farmers' markets. Try the Trout Lake Farmers' Market held Saturday mornings in East Vancouver or the Sunday morning Kitsilano Farmers' Market.

## Cooking Classes

Learn how to cook seafood and produce in the light, fresh Vancouver way. At downtown cooking schools like the professional Pacific Institute of Culinary Arts or the funky Dirty Apron Cooking School, local chefs offer lively one-day classes.

## Vancouver Restaurants

Quietly luxurious Bishop's in Kitsilano defines Vancouver cuisine: owner/chef John Bishop was among the first in the city to focus on using only the freshest local ingredients.

Seafood lovers should head to Blue Water Café + Raw Bar in Yaletown for miso-glazed sablefish and pink swimming scallops, all as ethical as they are delicious. Tojo's serves iconic sushi, including the Golden Roll: tender seafood wrapped in a paper-thin egg crêpe.

Vancouver is also a terrific place for Asian dishes. Try delicate dim sum at Kirin Restaurant, or Indian lamb popsicles in fenugreek curry at Vij's restaurant.

For traditional European flavours, savour the exceptional risotto at the Yaletown Italian eatery Lupo, the Belgian beer and mussels at Chambar near Gastown, or the Spanish tapas at Judas Goat Taberna in Gastown.

Craving a really great burger? Visit the Cactus Club Café chain of restaurants helmed by Canada's first Iron Chef, Rob Feenie. For a sidewalk snack, stop at one of the many downtown food carts for a variety of cuisines, ranging from Japadog (a hot dog topped with dried seaweed and special sauces) to pulled pork sandwiches to Quadra Island chantrelle mushroom poutine.

## Gourmet Shopping

Discover regional specialties at Edible Canada on Granville Island, like Fraser Valley preserves from Vista d'Oro Farm or Indian spice mixtures from Vij's.

Pick up a bottle of BC wine at Vintners' Quality Alliance (VQA) stores including Swirl Wine Store in Yaletown. Gourmet Warehouse on East Hastings Street sells unique spices and kitchen gadgets. Chocoholics: don't miss local chocolatiers like the legendary Thomas Haas Patisserie in Kitsilano or North Vancouver, or ChocolaTas on Granville Island.

## Vancouver Accommodation

Indulge in the sumptuous Chocoholic Buffet at the Sutton Place Hotel, featuring cakes, sorbets, crepes and pastries, or, at Fairmont hotels, peruse the Lifestyle Cuisine Plus menu, catering to restricted dietary needs including diabetes, heart disease and gluten-free options.

Moda Hotel was originally built in 1908 – extensive renovations offer an upscale boutique experience. Try rustic Italian fare at Cibo Trattoria or stop in for a glass of wine at Uva Wine Bar.

## Vancouver Transportation

Vancouver's downtown core is compact and most sites are linked by public transport. The SkyTrain, Vancouver's rapid transit system, travels in and around the city, with buses and cabs filling in the gaps. A fun way to travel is via Aquabus and False Creek Ferries, little foot-passenger boats that criss-cross False Creek between downtown, Granville Island and Kitsilano every few minutes. SkyTrain's Canada Line whisks visitors from the airport to downtown in just 25 minutes.



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