

Canada Milton Seminar XIII

20–21 April 2018

Food Guide

BREAKFAST & BRUNCH

Over Easy \$\$

208 Bloor St. W. 416-922-2345

<http://www.overeasyrestaurants.com/>

Classic breakfasts (with a renowned eggs Benedict) & lunch in a comfortable, bright location.

BURGERS

Slab Burgers \$

47 Charles St. W. 647-350-5883

<http://www.slabburgers.com/>

No-frills, modern joint for freshly ground beef burgers with free toppings & sauces, plus poutine.

CANADIAN

The One Eighty \$\$\$

55 Bloor St. W. 416- 967-0000

<http://www.the51stfloor.com/menu.html>

Relaunched venue offers city views from the 51st floor, plus a bar cart, cocktails & eclectic fare.

One Restaurant \$\$\$\$

116 Yorkville Ave. 416-961-9600

<http://mcewangroup.ca/>

Trendy dining room at the Hazelton Hotel with Mark McEwan's eclectic dishes & a tree-lined patio.

Signatures Restaurant \$\$\$

220 Bloor St. W. 416-32405885

<http://www.toronto.intercontinental.com/dining/signatures-restaurant.aspx>

Posh, light-filled spot, decorated with pictures of Toronto's neighbourhoods, serving Canadian fare.

CHINESE

Crown Princess Fine Dining \$\$

1033 Bay St. 416-923-8784

<http://crown-princess.ca/english/index.asp>

Refined Chinese restaurant presenting dinners & dim sum against a luxurious backdrop.

Dynasty Chinese Cuisine \$\$\$

69 Yorkville Ave. 416-923-3323

<http://dynastyorkville.com/>

Many duck & live seafood dishes grace this upscale spot's long menu of traditional fare & dim sum.

Register online at: <https://crrs.ca/CMS2018>

COFFEE & TEA

Aroma Espresso Bar \$\$

1110 Bay St. 416-792-7662

<https://aroma.ca/>

Nutritious Mediterranean-inspired menu features made-to-order salads and sandwiches, bread and pastries baked fresh in-store.

b espresso bar \$\$

273 Bloor St. W. 416-506-0001

<http://bespressobar.ca/>

Trendy cafe with an elegant vibe, serving Italian-inspired coffee drinks, snacks & small plates.

Coco Espresso Bar \$\$

29 Bellair St. 416-934-9292

<https://cocoexpressobar.com/>

When luxury meets authentic Italian coffee.

L'Espresso Bar Mercurio \$\$

321 Bloor St. W. 416-585-2233

<http://lespressobarmercurio.com/>

Bright cafe with a terrace serving pastries & Italian fare at lunch, with discounts for students.

Ned's Cafe \$\$

150 Charles St. W. 416-585-4521

http://www.vicu.utoronto.ca/hospitality/food_services/ned_s_cafe.htm

Custom made sandwiches, wraps, salads, sushi, and soup of the day.

Second Cup \$

170 Bloor St. W. 416-975-1723

<http://www.secondcup.com/>

More than 30 premium coffees, specialty beverages, complimentary foods and merchandise items.

Starbucks \$\$

150 Bloor St. W. 416-925-4626

1 Bedford Rd. 416-926-0166

<http://www.starbucks.ca/>

Seattle-based coffeehouse chain known for its signature roasts, light bites & WiFi availability.

Tim Hortons \$

246 Bloor St. W. 416-924-8188

1170 Bay St. 647-346-3047

<http://www.timhortons.com/>

Canadian chain selling signature premium-blend coffee, plus light fare like pastries, panini & soup.

DESSERTS

Carole's Cheesecake Cafe \$\$

114 Cumberland St. 416-849-1499

<http://carolescheesecakecafeYorkville.com/>

Stylish eatery with an upscale feel serving all-day breakfast, salads & a variety of cheesecakes.

MoRoCo Chocolat \$\$\$

99 Yorkville Ave. 416-961-2202

<http://www.morocochocolat.com/>

Posh chocolatier & lounge offering a French-inspired menu, with high tea & weekend brunch.

Prairie Girl Bakery \$\$

150 Bloor St. W. #14A 416-504-2253

<https://www.prairiegirlbakery.com/>

Baking from scratch the old fashioned way, Prairie Girl Bakery serves up a crave-worthy menu of cupcakes.

DINER

Flo's Diner \$\$

70 Yorkville Ave. 416-961-4333

<http://flosdiner.ca/>

Old-school spot with a vintage feel serving all-day breakfast, salads & comfort food.

EUROPEAN

Amber Restaurant and Bar \$\$

119 Yorkville Ave. 416-926-9037

<http://www.amberinyorkville.com/>

Minimalist club with a white interior & heated patio, plus a martini bar & contemporary dining.

Annona \$\$\$

4 Avenue Rd. 416-324-1567

<http://www.hyatt.com/>

Elegant mainstay within the Park Hyatt, offering a global menu, 400+ wines & a posh afternoon tea.

Harvest Kitchen \$\$

124 Harbord St. 416-901-5901

<http://harvestkitchen.ca/>

Relaxed restaurant serving carefully sourced vegetarian comfort food, plus burgers, wine & brunch.

Opus Restaurant \$\$\$\$

37 Prince Arthur Ave. 416-921-3105

<http://opusrestaurant.com/>

High-end destination for creative Continental dining, with a wine list of over 2,500 labels.

FRENCH

Jacques Bistro du Parc \$\$\$

126 Cumberland St. 416-961-1893

<http://jacquesbistro.com/>

Cozy, family-run spot with Parisian decor, known for its French onion soup & signature omelets.

La Société \$\$\$

131 Bloor St. W. Unit 211 416-551-9929

<http://lasociete.ca/>

Posh space with a huge stained-glass ceiling offering French bistro fare, plus a fixed-price menu.

Sassafras Restaurant \$\$\$

100 Cumberland St. 416-964-2222

<http://sassafraz.ca/>

Fashionable corner dining room with a popular patio, serving French-inspired Canadian cuisine.

GROCERY STORE

Pusateri's Fine Foods \$\$\$

57 Yorkville Ave. 416-785-9100

<http://pusateris.com/>

Outpost of local gourmet grocer for farm-fresh produce & international olive oils, meats & cheeses.

Whole Foods Market \$\$

87 Avenue Rd. 416-944-0500

<http://www.wholefoodsmarket.com/>

Specializing in natural and organic foods.

INDIAN

Utsav \$\$

69 Yorkville Ave. 416-961-8349

<http://utsav.ca/>

Cozy spot tucked down a half-flight of stairs, serving traditional Indian fare with deals at lunch.

The Host Fine Indian Cuisine \$\$\$

14 Prince Arthur Ave. 416-962-4678

<http://www.welcometohost.com/>

Traditional Indian cuisine featuring tandoori dishes, with white-linen table service.

ITALIAN

7 West Cafe \$\$

7 Charles St. W. 416-928-9041

http://www.7westrestaurant.ca/?utm_source=google&utm_medium=organic&utm_campaign=google%20places

Romantic multilevel cafe with a rooftop patio, plus pastas, sandwiches & drinks served 24/7.

Bar Mercurio \$\$\$

270 Bloor St. W. 416-960-3877

<http://barmercurio.com/>

Italian fare, including thin-crust pizzas, & espressos in a cozy mainstay with a streetside patio.

Cibo Wine Bar \$\$\$

133 Yorkville Ave. 416-925-2143

<http://ciaowinebar.com/>

Offering popular Italian fare & a lengthy wine list in a 3-level venue with modern rustic decor.

Dimmi Bar & Trattoria \$\$\$

140 Cumberland St. 416-975-1100

<http://dimmibar.com/>

Italian spot for simply prepared light fare & a varied wine list, plus comfortable rooms & a patio.

Fieramosca Trattoria \$\$\$

36A Prince Arthur Ave. 416-323-0636

<http://www.fieramoscatoronto.com/>

Intimate, upscale restaurant with plush seating & Southern Italian cuisine, including pizza & pasta.

Il Posto \$\$\$\$

148 Yorkville Ave. 416-968-0469

<http://ilposto.ca/>

Long-running Italian option with a refined dining room & spacious patio, serving traditional dishes.

Pi Co. \$\$

1200 Bay St. #4. 647-346-7428

<http://www.pi-co.ca/>

Quality, made-to-order, Neapolitan-style pizzas in a unique quick-serve experience.

Scaccia Restaurant \$\$

55 Bloor St. W. 416-963-9864

<http://scaccia.ca/>

Relaxed Italian bistro in the Manulife Centre offering counter-serve takeaway & a cozy seating area.

Trattoria Nervosa \$\$\$

75 Yorkville Ave. 416-961-4642

<http://eatnervosa.com/>

House with a rooftop patio offering a chic & chill setting for classic Italian dishes & drinks.

Vaticano Italian Restaurant \$\$\$

25 Bellair St. 416-924-4967

<http://vaticano.ca/>

Ristorante with a traditional Italian menu & opulent decor that occasionally hosts visiting stars.

JAPANESE

Avocado Sushi \$\$

1105 Bay St. 416-323-9770

Bright, basic Japanese eatery offering rolls & combos, plus a few teriyaki & tempura options.

Okonomi House Restaurant \$

23 Charles St. W. 416-925-6176

<http://www.blogto.com/restaurants/okonomi-house/>

Japanese option with a traditional atmosphere & a variety of famed savoury pancakes.

Sushi Club \$

41 Charles St. W. 416-967-3388

<http://www.sushiclubtoronto.ca/> - Compact, contemporary place serving a diversity of rolls & Japanese classics with spicy choices.

Sushi Inn \$\$

120 Cumberland St. 416-923-9992

<http://sushiinn.net/> - 2-level sushi house with lunch specials & bento boxes plus takeout & delivery.

Tokyo Sushi \$\$

33 St. Joseph St. 416-513-0002

Easygoing option, one of a local chain, known for choice sushi, plus Korean & Japanese cooking.

Wow Sushi \$\$

11 Charles St. W. 416-923-1888

<http://www.wowsushitoronto.com/>

Japanese spot with a modern feel, serving traditional sushi, maki & sashimi in a snug setting.

Yamato Japanese Restaurant \$\$\$

24 Bellair St. 416-927-0077

<http://yamato.sites.toronto.com/>

Entertaining chefs prepare food on a Teppanyaki grill, plus a sushi bar for diners who like it raw.

KOREAN

KOKO Share Bar \$\$\$

81 Yorkville Ave. 416-850-6135

<http://www.kokosharebar.com>

Snug spot offering Japanese-Korean dishes intended for sharing, plus sake & homemade soju infusions.

LOUNGE

Proof The Vodka Bar \$\$\$

220 Bloor St. W. 416-324-6645

<http://proofvodka.com>

White couches & a secluded patio in a hotel hangout that offers tapas & 50+ varieties of vodka.

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MEDITERRANEAN

Reyna: Yorkville Restaurant & Cocktail Bar \$\$\$

158 Cumberland St. 647-748-4464

<https://www.barreyna.com/>

Mediterranean snacks & signature cocktails served in a sophisticated space with an all-season patio.

MIDDLE EASTERN

Paramount Fine Foods \$\$

1250 Bay St. 416-960-3434

<http://www.paramountfinefoods.com/>

Authentic Lebanese recipes using the freshest and finest ingredients.

PUB

The Bedford Academy \$\$

36 Prince Arthur Ave. 416-921-4600

<http://thebedfordacademy.com/>

Set in a converted mansion, this casual gastropub with a patio offers local & imported draft beer.

Duke Of York \$\$

39 Prince Arthur Ave. 416-964-2441

<http://dukepubs.ca/york/>

Long-time neighbourhood alehouse serving standard pub fare on 3 levels & 2 patios.

Gabby's \$\$

192 Bloor St. W. 416-967-5550

<http://gabbys.ca/>

Main stream casual dining restaurant with an integrated sports bar area.

Hemingway's Restaurant \$\$

142 Cumberland St. 416-968-2828

<http://hemingways.to/>

Lively New Zealand-style pub with an all-year rooftop patio, 24 draft beers & pub eats.

Museum Tavern \$\$\$

208 Bloor St. W. 416-920-0110

<http://museumtavern.ca/>

American-style taproom with craft beers, single malts, gaslight chandeliers & elevated comfort food.

The Oxley Public House \$\$

121 Yorkville Ave. 647-348-1300

<http://theoxley.com/>

Traditional watering hole in a homelike space with classic British dishes & decor, plus 2 patios.

SANDWICHES

New Yorker Deli \$\$

1140 Bay St. 416-923-3354

<http://www.newyorkerdeli.ca/>

Easygoing, New York-themed joint offering all-day breakfast, plus soups, salads & hearty sandwiches.

Potbelly Sandwich Shop \$\$

180 Bloor St. W. Suite 107 416-923-2222

<http://www.potbelly.ca/>

Retro-style counter-serve chain known for made-to-order toasted sandwiches, salads & baked goods.

Sandwich Box \$\$

1200 Bay St. 416-913-4444

<http://sandwichbox.ca/>

Quick stop for craft-your-own sandwiches & salads, with artisanal breads, gourmet spreads & soup.

STEAKHOUSE

Morton's The Steakhouse \$\$\$\$

4 Avenue Rd. 416-925-0648

<http://mortons.com/>

Upscale chain for aged prime beef, seafood & other traditional steakhouse fare in a clubby space.

STK Toronto \$\$\$\$

153 Yorkville Ave. 416-613-9660

<http://togrp.com/venue/stk-toronto/>

Hip, lively restaurant & lounge serving steaks, seafood & cocktails in a sleek, ultramodern setting.

VEGETARIAN

Fresh \$\$

326 Bloor St. W. 416-599-4442

<http://freshrestaurants.ca/>

A large menu of modern vegetarian & vegan dishes plus made-to-order juices in a lively eatery.

Freshii \$\$

55 Avenue Rd. 647-794-4545

1250 Bay St. 416-921-2300

<https://freshii.com/ca>

Health-minded, counter-serve chain offering tossed-to-order salads plus soups, burritos & more.

Rawlicious \$\$

20 Cumberland St. 416-646-0705

<http://rawlicious.ca/canada/> - The menu spans the globe, with everything from pizza to tacos to pad Thai, in this raw vegan eatery.