

# top 5

## places for some breakfast love

Breakfast is the most important meal of the day, so it's time we stopped skipping it and embrace the world of toast, eggs and hashbrowns. Here are the top five places to start the day off right:

### SLICKITY JIM'S CHAT AND CHEW

2513 Main St.  
When you step into this hip, retro eatery, you'll find huge portions of reasonably priced – and yummy – fare. The perfect place to go when hung over and short on cash.

### THE ELBOW ROOM

560 Davie St.  
Sickly sweet servers are often too much to stomach. So the staff here have no qualms about heaping verbal abuse on its patrons – all for a good laugh. Plus, the food's awesome.

### SOILY'S BAGELS, BAKERY, AND DELI

Various locations  
The best place to get a breakfast bagel. Period.

### STELLA'S

Cambie and Commerical Drive locations  
Sure they've got beers from across the globe, but it's their brunch menu that's truly impressive. The blueberry and poppy seed pancakes are a fine cut above the chain restaurants.

### PAUL'S OMELETTERY

2211 Granville St.  
Try one of their signature omelet creations, or make your own. Either way, you'll have an egg-cellent time.

# Shopping smart

**DHARM MAKWANA** – Natural, organic and, whenever possible, local is no longer a trend – it's a way of life.

A growing number of folks who want to green their diet are often dropping more dollars at the cash register.

But it doesn't have to be that way.

Heather Collinson, Whole Foods store team-leader at the Cambie and West 8th Avenue location, says smart shoppers can stretch their budgets with good food choices.

"There are a lot of people who watch their pocketbook," Collinson said. "We have value tours, we have a concierge and we can offer one-on-ones."

Educated shoppers do see the difference in quality when buying items at grocery stores that specialize in natural and organic food.

For example, a single sausage from a Whole Foods butcher's counter doesn't shrink when cooked the same



Whole Foods store team-leader Heather Collinson makes eating natural and organic affordable and easy by offering a series of services to help people find the right product at the right price point.

way a typical tube would.

By impressing quality on discriminating shoppers it becomes easier to see where the money is going.

"Price is a piece of the puzzle but when you talk about value, it is price plus everything else you're getting," Collinson said.

## Searching for the famous Bacon (not Kevin)

**RAJ TANEJA** – Walking down the street in Vancouver, you're likely to spot someone famous.

Step onto the red carpet with a camera and it's possible to make even Henry Winkler go "aaaay!"

In my days as a photo-journalist, I've met many famous people, but I've never met famous bacon before.

Or, at least, until now.

I discovered the region's most famous bacon is on the North Shore at a place called Tomahawk Barbeque.

This restaurant serves

up Yukon-style bacon.

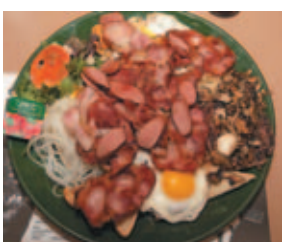
Tomahawk, famous not because Bryan Adams was once a dishwasher there, but because its bacon is THAT good.

It's double smoked in an old European wood smoke-house setting and sold exclusively to the restaurant.

The result?

Such menu items as:

- The Yukon-style bacon and eggs featuring five generous slices of Yukon-style bacon, two country-style eggs served fried or scrambled, a heaping portion of



Yukon-style bacon

golden-griddled hash brown potatoes, and two thick slices of Klondike toast

- Or the mixed grill that I enjoyed that day with nine

### Smart shop

Stretching your dollar with organic is a skill.

■ Base your grocery list on the weekly flyer, which often tag pantry staples at competitive prices. Grocers, such as Whole Foods, are web savvy and advertise deals on social networking sites like Twitter and Facebook.

■ Shop seasonal. This tip is based on the old principle of supply and demand. Natural and organic farmers are harvesting heaps of root vegetables now, which makes them a good buy.

■ Buy store-brand items. Private label suppliers of natural and organic foods often cost \$1 or more than store brands. Store brands exist for almost any item.

## Chocolate and beer – does it get any better?

**COLIN JACK** – Beer and chocolate offers a unique pairing and always creates a pleasurable, although surprising, response from people trying the combination for the first time.

For beginners who would like to try pairing beer and chocolate, start with something straightforward.

Select dark chocolates and pair them with stouts or porters. These beers have flavours that combine coffee, espresso, caramel and toffee.

Darker beers use blend of malts that have roasted and toasted characteristics.

Sample the beer first and then try the chocolate.



Colin Jack

For those with a sense of adventure, try chocolate truffles with fruit ales, called lambics, or dark lagers with mint chocolate.

Beer also has the unique ability to cleanse and prepare the palate because of natural carbonation.

Tonight, I have the opportunity to co-host a special event for The West Coast Chocolate Festival.

We will be pairing several different beers with gourmet chocolate provided by CocoaNymph at Alma and 10th Avenue. Life is good!

COLIN JACK IS AN OFFICIAL BEER AFICIANADO. CHECK OUT HIS WEBSITE JUSTHEREFORHBEER.COM. SEND QUESTIONS TO COLIN@JUSTHEREFORHBEER.COM

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