

Lions tap new market

B.C. Lions are busting into the crowded energy-drink market with its own caffeinated serum simply called ROAR. The football club teamed with Central City Brewing Company to create the non-alcoholic elixir. ROAR can be found at IGA, Safeway and Co-op gas locations.

- QMI AGENCY



KFC bestseller

KFC thinks it's the cock of the walk in the fast food industry after predicting 350,000 of its controversial Double Down sandwiches will be sold by Halloween, making the poultry concoction the fried-chicken chain's most successful sandwich in history. The limited edition bun-less sandwich will be available in Canada until Nov. 14.

- QMI AGENCY

Fall means big flavour



Colin Jack
Justthereforthebeer.com

Craft breweries around the province have the unique ability to brew small batches of specialty beer. New beers excite connoisseurs and create a buzz in liquor stores.

These extraordinary beers are becoming extremely important to the reputation of the breweries.

Some beers attract a huge following and they become part of the regular lineup. Others only grace the shelf for mere moments before they disappear for another year.

Great big beers with great big flavours are what fall and winter are all about.

My Pick: Shipwreck Triple India Pale Ale has washed up on the shores of the Lower Mainland.

This is the first of the Small Brewery Big Flavour series from Lighthouse Brewing in Victoria.

At a whopping 10 per cent alcohol, this beer definitely packs a punch. Although the hop flavour is omnipresent, the use of additional pale malts provides very evident sweetness.

Pair Shipwreck IPA with strong cheeses, full flavoured curries and hearty beef stew with thick gravy.

Listen to Just Here For The Beer Radio live Mondays at 6 p.m. on AM 650, or visit justthereforthebeer.com

Taste testing Bordeaux



Sarah Rowland
Dining Chronicles

Are you a wine connoisseur or wino? There's a big difference, as I recently learned at a House Wine monthly tasting at Vintage Gallery in O'Doul's Restaurant & Bar (1300 Robson St.). A wine connoisseur retains information about grapes and regions. A wino just likes the taste of wine. I fall under the latter category.

For me, about 10 per cent of what I sample is out-of-this-world delicious. Another 10 per cent of what I pick up at the liquor store is rank and should be banned by Health Canada. But that middle 80 per cent? Highly drinkable and enjoyable. I guess what I'm saying is, my unrefined palate isn't great on picking up the subtle nuances of various grapes.



The House Wine ladies host a monthly tasting at O'Doul's. PHOTO SUBMITTED

So, as much as I enjoyed the different flavours our House Wine hosts Michelle Bouffard and Michaela Morris were introducing us to, I did feel like a bit of a fraud. After every tasting, my instinct was to say, "Yup, tastes good, just like the last one." But I knew better.

I was among a group of purple-lipped keepers, eager to

take in as much 411 on Bordeaux as possible. I was just eager to take in as much Bordeaux as possible.

We gathered in the intimate Vintage Gallery space, where there was a fine selection of cheese and bread waiting for us. We were given a list of a dozen or so Bordeaux blends from all over the world to taste.

The hospitable House Wine ladies gave us a brief breakdown of France's renowned recipe, and then positioned themselves at the tasting bar and let us have at'er.

The next Wine House tasting is on Tuesday, Nov. 9 at O'Doul's. The featured grape will be Grenache. For more info, visit www.housewine.ca.

100 days and counting ... then they're gone!



Raj Taneja
Urbanmixer.com

Raj and Angelina continue their slider quest, winding up in a place that looks to have been recently vandalized. Is the graffiti on the wall going to stay? According to the staff, nothing lasts forever, including this place. 100 days, they say. But who's counting...

Raj: We seem to be in the right place. I feel like a freaking celebrity here.

Angelina: We're in the restaurant at the OPUS Hotel, 350 Davie Street. Creativity, passion and hospitality percolate from the staff here. They're overjoyed that we've asked for the sliders. We also got sides and Champagne.

R: Did I go to heaven? The sliders truly are a knockout. Ground CAB strip loin steak — the pride of Canada — cooked medium rare, a smoky BBQ sauce made with peaty Ardbeg Scotch, caramelized onions, a sesame seed bun...



A: And the sides were just as remarkable! The best truffle oil macaroni and cheese I've ever had, Burrata Caprese salad,

home-cut fries with parmesan and more truffle oil!

R: Maybe I'll see you dressed up for their special '80s themed Halloween brunch...

A: In the raddest costume, EVER!

Editor: You heard right, 100 days is hosting an '80s Halloween costume brunch on the 31st. Now, let's not forget the poor Chinese pork bun that got singled out at Goldfish Pacific Kitchen. Help save it! Tweet at @GoldFishKitchen and use the hashtag #savetheporkbun.

HOT OFF THE BLOGS

cheapappetite.com

Yummy Sushi

Yummy Sushi is best known for its North American Breakfast special.

Once inside this shabby restaurant, I was greeted by the most genuinely happy lady I've ever met. (I can't be that happy even if the doctor put me on the double dose of Prozac.)

Her eyes lit up as she described the breakfast: "You get two eggs with a pile of hash browns, two pieces of toast and your choice of five pieces of bacon, five sausage links, or ham. All for just \$2.99."

As for the taste test, the sunny-side-up eggs were beautifully cooked. The orange yolks oozed out as soon as I broke into them with a piece of crispy bacon.

Oh, my delicious piece of heaven. The hash browns had a crunchy crust on the outside. Once I bit into one, I realized just how soft they are on the inside.

After the delicious meal, I then understood why the lady is always smiling.

Yummy Sushi
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