

Going nuts with Foodster

Online guide Vancouver Foodster is hosting its fall flavours event Go Nuts at Bella Gelateria on Nov. 24. The event features sorbeto and gelato made by the shop. For the adventurous a Mexican mole gelato will be available. Tickets start at \$9.50 and are available at vancouverfoodster.com.

— QMI AGENCY



Sushi lovers' haven

B.C. diners love their sushi. A survey released by Bento Sushi found 58 per cent of people think sushi is healthy, the most in any province. Not surprising considering British Columbians eat more sushi than any other province, said the report. Bento Sushi this week became Canada's first sustainable sushi company. — QMI AGENCY

Bring on vegan



Raj Taneja
Urbanmixer.com

There's a war going on: A war for your wallet, your mind, your heart and soul.

Big business fights to own every last bit of you. Fortunately for you, there is a resistance.

I've been captured and shackled by the raw vegans. Their intent is completely unknown to me but given that I'm the purveyor of all things fine, whether it be a rib eye steak or a bottle of the finest champagne, I can only guess this abduction is targeted.

Organic, vegan, and raw is

their mantra and it looks like for the next little while, I better get used to it. I go places and eat whatever they want me to eat.

It's not always fancy – I would rather die than eat another raw asparagus, for example. One shining light in my routine is this place called Gorilla Food, located on Richards Street just below Pender Street.

Gorilla Food has helped me keep sane during my short captivity. Their menu holds an impressive 50 plus items.

They have raw vegan smoothies, burgers, pizza, sweets and more.

The pizzas are dehydrated, wheat-free and gluten-free.

They feature a sprouted sunflower seed, buckwheat, carrot and flax seed crust topped with a savoury sundried tomato herb sauce and your choice of flavours.

Interestingly enough, although almost completely raw vegan for the last week, I'm not feeling sluggish, tired or near death at all.

To the contrary, my body is flexible, I'm alert and sleeping quite well at night, dreaming only of when I'll see my next strip of bacon.

Raj Taneja is part technologist, part entrepreneur, part social media thought leader and part foodie. Has he lost his mind? Find out more on twitter, his username is @tinhead.



Vegan dishes aren't all tofu and raw asparagus. Some can come with an impressive display like this one. PHOTO SUBMITTED

Plenty of good to be had in consuming a delicious pint



Colin Jack
Justthereforthebeer.com

Most breweries support several charity events throughout the year.

The contribution the beer community provides to grassroots events is amazing.

In addition, these causes are extremely important to brewery staff and their loyal customers.

My Pick - Lions Winter Ale

This Movember is a great time to get a little lazy with the razor and support

Prostate Cancer Canada. Nothing is more "manly" than a little stubble underneath the nose.

Granville Island Brewing hopes to raise \$25,000 by donating 25 cents from every six pack and 10 cents from every pint sold. Mo money!

This winter ale reveals a sweet aroma that follows through in the taste with a strong vanilla flavour.



For a good time, flip the page!

I enjoy cooking with this style of beer because of the cuteness.

Try substituting beer for water or milk when cooking pancakes.

Lions Winter Ale also works well as the liquid base for icing to top cupcakes or cookies.

Just Here For the Beer Radio airs on CISL 650 Nov. 16 at 6 p.m.

Heaven for garlic lovers



Sarah Rowland
Dining Chronicles

When it comes to Italian fine dining, Q4 is pretty much king in Kits. You'd be seriously hard-pressed to find better pasta dishes West of Burrard, and there's some pretty stiff competition in that hood these days.

The Spaghetti Quattro, for example, is perfection. According to the Q4 menu, this authentic chicken, olive oil and black bean specialty is "for Italians only" (but don't worry – they're pretty lax on this rule). So long as you can hold your chili flakes, you're good to go.

Word to the wise though: if you do order a plate of the Spag Q (\$17.95), make sure your companion for the evening, partakes as well. This dish is out of this world garlicky, but worth every delicious, vampire-repelling, flu-fighting bite.

And it's not just their pasta – everything on the Q4 menu is noteworthy. The mozzarella and prosciutto wrapped in radicchio with a cherry vinaigrette (\$12.95) is a great



Pasta dishes at Q4 in Kitsilano come with a generous dose of olive oil and garlic. PHOTO SUBMITTED

starter. As for fish, you can't go wrong with the restaurant's signature pistachio encrusted Alaskan black cod dish that comes with fire roasted pepper sauce (\$32.95). To top off your elegant, mammamia meal, ask for the black cherry dessert – trust me, you'll be glad you did. As for the ambiance, the ma-

hogany tables, red walls and wrought iron chandeliers, make Q4 feel like a warm and rustic piece of Central Italy paradise.

In fact, Q4 might just be the tastiest form of escapism in the city ... if not, definitely the most garlicky. And that's a good thing!

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