

# DoNE2007

a Guide to Toronto for "Libraries Without Borders"



**Toronto**  
October. 17 - 20. 2007

## Welcome to Toronto!

The Toronto Association of Law Libraries is pleased to present *Do NorthEast: Guide to Toronto for NE2007: Libraries Without Borders II, October 17-20, 2007*.

We hope you will make this your personal, all-in-one, guide to our fabulous city. We want your stay to be as interesting and entertaining as possible. We have included all kinds of useful information and tips for your convenience:

- *Toronto Eh to Zed: A Survival Guide*, written by Jacqueline Halupka; adapted and updated by Barbara Fingerote
- *Restaurants: Reviews of Our Favourite Restaurants* by some SLA Toronto Chapter members; adapted and updated by Maria Cece

We thank the SLA Toronto members who contributed to the guide for their generosity and permission to share their information with us. Please enjoy the conference and the city.

All the best,

Toronto Association of Law Libraries, Local Arrangements Committee

With permission, based upon *Do North: Guide to Toronto*, originally created and compiled by “the members of the Local Arrangements Committee and all of the SLA Toronto Chapter volunteers who helped to make the SLA 2005 Annual Conference such a great success.”

*Do NorthEast 2007; a Guide to Toronto for Libraries Without Borders II* was adapted, edited, and compiled by Maria Cece and Barbara Fingerote

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## Toronto Eh to Zed

### Airport Transportation

Getting to and from Pearson International Airport

- Airport Express:  
<http://www.torontoairportexpress.com/>  
This bus picks up from many downtown hotels. This is a very efficient and inexpensive way to get to the airport if you don't have much luggage. It takes 30 – 40 minutes to get to the airport. Ask your concierge or call Pacific Western Airport Express at (905) 564-6333 or visit the web site.

The closest stop to the Marriott Eaton Centre is the Metropolitan Hotel on Chestnut Street about 5 minute walk. Service runs every 30 minutes starting at 4am. The cost is \$16.95 one way trip or \$29.25 for a round trip.

- Taxis and Limousines: From downtown to Pearson, taxis cost \$46.00 and Airport Limos are \$50.00, plus tip. You can pay by credit card.

### Breakfast

Hotels are your best bet for breakfast; Bagel Stop, Cultures, Druxys, Pickle barrel, Starbucks, Second Cup, Timothy's, and Tim Hortons are all good places to pick up a bagel or muffin. See Coffee below.

### Buses

See Public Transit.

### Casa Loma

"The former home of Canadian financier Sir Henry Pellatt, Canada's foremost castle is complete with decorated suites, secret passages, an 800-foot tunnel, towers, stables, and beautiful 5-acre estate gardens (open May through October)."

<http://www.casaloma.org/Main/MainDyn.asp>

### Cellular telephones

There are several cell phone carriers in Toronto:

- Bell Mobility [www.bell.ca](http://www.bell.ca)
- Fido [www.fido.ca](http://www.fido.ca)

- Rogers Wireless [www.rogers.com](http://www.rogers.com)
- Telus [www.telus.com](http://www.telus.com)
- Virgin Mobile [www.virginmobile.ca](http://www.virginmobile.ca)

Most U.S. carriers have partnerships with Canadian carriers and will operate in roaming mode. It is advisable to check with your carrier on coverage and rates. In addition, if you expect to use a 1-800 number to contact your carrier, please inquire as to whether their number will work from Canada.

### Climate

October ranges from mild to chilly. Temperatures usually range from 7°C (45°F) to 14°C (57°F) but have been known to go below zero (32°F) and as high as 30°C (86°F). Precipitation also varies in October; it can be rainy or dry with an average of eleven days of measurable precipitation. The current long range forecast shows below seasonal temperatures and rain during the time of the conference (we shall see whether or not they are correct).

Guidelines:

- At 10° you need a sweater or jacket.
- 15° is still sweater weather.
- Room temperature is 17° -20°
- 30° is hot. That usually comes with humidity in Toronto.
- 30° -35° is considered a heat wave.

### Coffee

We have Starbucks as well as Canadian favourites, Second Cup, Timothy's, and Tim Hortons. A regular coffee will cost from \$1.55 , with a latte or cappuccino at \$2.95 or so. Tim Hortons has millions of die-hard coffee fans, and is good for breakfast and lunch too (as well as doughnuts of course). Tea is frequently cheaper than coffee, sometimes the same price for all sizes. The regular cream is halfand- half, at 10% butterfat. Table cream is 18%. Skim milk is non-fat, and 1% or 2% are low fat.

## Churches (Houses of Worship) of Historical Interest

The religion of old Toronto's ruling class was Anglican (Episcopalian), so that many of the fine historical churches are Anglican. This is a smattering of noteworthy places of worship.

- **St. Anne's Anglican Church:** Near Dufferin and College Streets in the Parkdale area, was constructed in the Byzantine style in 1907-08. In 1923 the interior was decorated by members of the Group of Seven, Canada's most famous group of artists. It now houses Equity Showcase Theatre, a training centre plus performance areas for rent.
- **St. Stephen-in-the-Fields Anglican Church:** Near Bathurst and College at the north end of Kensington Market, it is a good example of Gothic Revival architecture. Built in 1858.
- **St. Michael's Cathedral (Roman Catholic):** At Bond and Shuter Streets, it was built in 1845 in the 14th century English Gothic style. This is the principal church of Canada's largest English-speaking Catholic archdiocese.
- **St. James' Cathedral (Anglican):** At the northeast corner of King and Church Streets. York's first church was built here in 1803-07. The original frame building was enlarged in 1818-19 and replaced by a larger one in 1831. The present cathedral was completed in 1874.
- **Kiever Synagogue:** Located in Kensington Market at the corner of Denison Square and Bellvue Avenue, this synagogue was established in 1913 by Ukrainian Jews who had come to Canada to escape persecution in Czarist Russia

Source: Stillwater Productions

## Directions

Yonge Street is the dividing line between east and west. The Marriott Eaton Centre is one block west of Yonge. Further west is Stratford. Lake Ontario is south. Further south is Niagara Falls, Niagara-on-the-lake (Shaw Festival), and wine country. Cottage country (the Muskoka, the Kawarthas, etc.) is further north.

Our streets are all named, not numbered, except for a small neighbourhood area in west Etobicoke (pronounced E-toe-bi-coe). Streets

sometimes change names. For instance, Avenue Road continues as Queen's Park, then Queens Park Crescent, and then University Avenue. And Bloor becomes Danforth in the east, once it crosses the Don Valley. College Street becomes Carlton east of Yonge. In the original city of Toronto, odd-numbered buildings are always on the south and east sides of the street, while even-numbered buildings are always on the north and west sides of the street.

## Distillery District

Toronto's vibrant historical district contains theatres, art galleries, retail stores, restaurants, and offices for many in the arts community. The former Gooderham & Worts distillery buildings house them.

<http://www.thedistillerydistrict.com/frameset.html>

## Driving

If you can, avoid driving during rush hour(s) between 6:30 to 9:00 am and 3:30 to 7:00 pm as traffic can snarl up in the downtown core and on the highways. Subways and buses are also crowded at these times. During rush hour, expect bumper-to-bumper on highways, especially the Don Valley Parkway, (a.k.a. the Don Valley Parking Lot), the Gardiner Expressway, the 401 and the Queen Elizabeth Way (QEW).

Seat belts are mandatory, as are infant seats for small children. Right turns are generally permitted on red signals. Be aware that there are many one-way streets in the older part of Toronto.

Possession of a radar-detection device in a car, even if it's not in operation, is illegal in Ontario. Speed limits and distances are posted in kilometers. The limit is usually 40 to 50 km per hour in the city (25 mph to 30 mph approximately) and 100 km (60 mph) on highways. Gasoline is sold in litres (one US gallon = 3.8 litres). Gas prices can fluctuate wildly: one litre can cost anywhere from 95¢ or more.

## Eaton Centre

Connected to the Marriott is one of Toronto's largest shopping and office complexes.

Mall hours: Monday-Friday, 10:00 a.m. to 9:00 p.m.; Saturday, 9:30 a.m. to 7:00 p.m. and Sunday, 12:00 noon to 6:00 p.m.  
If you can't find it there, you probably can't find it anywhere else in Toronto.

<http://www.torontoeatoncentre.com/home/index.ch2>

## Emergencies

Call 911 for police, fire department, and ambulance assistance. There is no charge for a 911 call from a pay phone, so your quarter will drop back down.

## GTA

GTA means "Greater Toronto Area". The current City of Toronto is the 1998 amalgamation of six municipalities – (old) Toronto, North York, East York, Etobicoke, York and Scarborough. The term GTA indicates inclusion of all those former Metropolitan Toronto municipalities, plus the outlying regions of Peel, York and Durham for a GTA population of 5.4 million in 2004. The City of Toronto accounts for 49% of that total.

## Internet Cafés

These are not common downtown, but if you walk north on Yonge, you will find several located between King and College, ranging from Ground Zero Network at 211Yonge to Webstation at 575 Yonge. See also: Wireless networks.

## Islands

There are two islands in Lake Ontario within 15 minutes of the city. You can take a ferry over to the Toronto Islands from the ferry docks. Take the the southbound Bay bus to Queen's Quay. Just head to the Westin Harbour Castle and walk around the west side and south to the lake side. The ferry costs \$6.00 return. The ferry runs every half hour starting at 8:00 am on weekends. The schedule varies during the week but is never more than 45 minutes. You can take the ferry to Centre Island, Ward's Island, or Hanlan's Point. All are good for biking and walking and all have public washrooms scattered throughout.

Centre Island has Centreville, which is a small theme park with rides for kids, a petting zoo, wading pool, canoes and bicycles to rent. Unfortunately they close for the winter at the beginning of October.

Ward's Island is home to yacht clubs and the island residents, who live in a cottage-like neighbourhood. Hanlan's Point is near the Toronto Island Airport.  
<http://www.toronto.ca/parks/island/fallschedule.htm>

## Kids Love Toronto, Too

Theatre for kids:  
Solar Stage (100 Upper Madison Avenue , just north of Sheppard Avenue on the West side of Yonge Street) is offering The Lion who roared Meow weekends from October 6-21, 2007.  
<http://www.solarstage.on.ca>

The Lorraine Kimsa Theatre for Young People is offering Raven Stole the Sun from October 9-21, 2007.  
<http://www.lktyp.ca/en/current/raven.cfm>

## Language

English is Toronto's dominant language. Although we all study French in school and many schools offer French immersion programs for our kids, it is not widely spoken in Toronto. However we do use French pronunciation of French names and expressions, and all know some French even if not bilingual. Virtually all languages are represented here, and we even have translated street signs in some ethnic neighbourhoods.

How does Canadian English vary from other forms of English?

- First of all, Z is Zed.
- College = Post-secondary community college or technical school
- University = Post-secondary four year degree-granting educational institution
- Library technicians = graduates of library arts or library techniques college courses, 2 year diplomas. Technicians may or may not also have university degrees.
- We don't use the terms freshman, sophomore, junior and senior; high school (or secondary school) is grades 9 to 12 and university is First Year to Fourth Year.

Some random translations/definitions:

- 1% or 2% milk = Low-fat milk (we buy it in 1-litre bags at home)
- Blue box = Container for recyclables such as pop cans and glass bottles
- Bob's your uncle = You're good to go, or, everything's fine
- Canada Day = July 1, our national holiday commemorating Canada's confederation in 1867
- CBC = Canadian Broadcasting Corporation (see Media, below)
- Cheque = Check (negotiable instrument)
- Concourse = basement level of office towers, usually in the PATH system (see PATH below)
- Dog's breakfast = a random mix
- Double double = Coffee with double cream and double sugar
- Garbage or litter = Trash
- GO Trains (or, The GO) = Local commuter trains going to and from Union Station
- Homo milk = Whole milk (homogenized)
- LCBO = Liquor Control Board of Ontario: the government-owned and -operated liquor monopoly, which operates The Liquor Stores (see Liquor below).
- LLBO (posted in a restaurant) = This means that the restaurant serves liquor, licenced by the above government agency
- Pop = Soda
- Washroom = Restroom
- Purse = Pocketbook
- ROM = Royal Ontario Museum – at University Avenue and Bloor Street W. (Museum subway)
- Skim milk = Non-fat milk
- Tea = Hot tea, with lemon or milk [tea bag in first, boiling water after]. Don't ask for "hot tea" in a Toronto restaurant; they'll think you're weird. "Tea" is always hot; iced tea is cold.
- TTC = Toronto Transit Commission operates subway, streetcars and buses
- Victoria Day = the May long weekend closest to May 24. Originally Queen Victoria's birthday, now the unofficial beginning of the summer and the first of our four summer long weekends Also known as May 2-4 (a 2-4 being a case of 24 beer) or The May Run
- York = Toronto's original name; now a university at the north edge of the city. City nicknames include Muddy York, Hogtown, T.O.

## Liquor

The retail sale of alcohol in Canada is a provincial government monopoly, controlled in Ontario by the Liquor Control Board of Ontario (LCBO). Outside of restaurants and bars, liquor and most wines can only be purchased in an LCBO-owned "Liquor Store". (Yes, that's what they're all called; and don't laugh – they offer excellent selection and price. The LCBO is largest purchase or alcoholic beverages in the world.) The Liquor Store nearest to the conference hotel is located in the Atrium on Bay at Dundas Street West, 595 Bay Street, Lower Concourse (<http://www.lcbo.com/lcbo-ear/jsp/storeInfoPrinterFriendly.jsp?STORE=568&language=EN>).

The retail sale of beer is also a provincial monopoly, governed by the Brewer's Retail. Though Liquor Stores sell some domestic and imported beers, for a full beer selection, you must go to Brewer's Retail-owned store known as The Beer Store (Ontarians believe in plain language). Some grocery stores have Canadian wine boutiques within or close to their stores. Canadian wines generally come from either the Niagara region or the Okanagan valley in British Columbia. Some well-known Ontario vintners are Inniskillen, Jackson-Triggs, Peller Estates and Pelee Island.

## Lunch

Apart from hotels and restaurants (many with outdoor patios in the front or back), fast food courts are everywhere in the PATH (see PATH below) under the office buildings and the Eaton Centre and offer every kind of cuisine you can think of – Japanese, Indian, Thai, deli, salads, Greek, etc. plus the ubiquitous Subway and other U.S.-based chains. Canadian chains include Druxy's, Select Sandwich, Swiss Chalet, Cultures, and so on. Expect to pay about \$6 - \$15 for a quick lunch. A sandwich costs about \$6.00 these days.

Tipping: A minimum of 15%.

See our restaurant guide for lunch and dinner suggestions.

## Media

- Newspapers: You will be able to get a daily new York times , Wall Street Journal or USA Today but other US papers have only weekend delivery. Papers from other Canadian cities are available at Presse Internationale or Sheffield's newsstands. Torontonians read the Globe and Mail, the National Post, the Toronto Star, and the tabloid Toronto Sun. All are dailies.
- Radio: For a reliably intelligent (commercial-free) wake-up show, listen to Andy Barrie on CBC Radio One, at 99.1 FM. CBC Radio Two, at 94.1 FM offers the same news broadcast on the hour and half hour, but concentrates on classical music instead of talk shows.
- TV: Your hotel will probably have satellite service, Star Choice or Bell Expressvu. The major Canadian networks are CBC (Star 304, Bell 210), Global and CTV. The CBC also has a news network, CBC newsworld.

## Medical Care

Hospitals: 24-Hour Emergency Room Service is available at:

- Mount Sinai Hospital, 600 University Avenue 416/ 596-4200
- St. Michael's Hospital, 30 Bond Street 416/ 360-4000
- Toronto Hospital General Division, 200 Elizabeth Street 416/ 340-3111
- Toronto Hospital Western Division, 399 Bathurst Street 416/ 368-2581

Doctors & dentists: If you are in need of a doctor for non-emergency needs, ask your hotel to contact one on your behalf. After hours walk-in clinics are available around the city. For dental care contact the Dental Emergency Service at 1650 Yonge St. 416/ 485-7121 from 8 am to midnight.

Telehealth Ontario provides access to registered nurses twenty-four hours a day, seven days a week:

[http://www.health.gov.on.ca/english/public/program/telehealth/telehealth\\_mn.html](http://www.health.gov.on.ca/english/public/program/telehealth/telehealth_mn.html)

**Mobile Telephones** – see Cellular Telephones

## Money

Currency: The Canadian dollar is stronger than it used to be, and is currently at par with the US dollar. If you want to pay with American dollars, the exchange rate offered from store to store varies.

ATMs: There are Automated Teller Machines (ATMs) all over Toronto, at most banks, in shopping malls and often in convenience stores and gas stations. Most are linked to international banking networks such as Cirrus or Plus and are the easiest way to withdraw cash as you need it. Be prepared to pay withdrawal fees of \$1 to \$3. Paying with Interac (your bank card) is very popular in Canada. Although bankcards from some foreign financial institutions will allow this, some won't.

Taxes: The GST (goods and services tax) is 6% and applies to virtually every transaction in Canada. There is no GST on basic groceries, but restaurant meals and snack foods are taxable. There is also an 8% Ontario provincial sales tax (PST). Like the GST, it applies to most purchases with the exception of groceries and reading materials. The PST is also not charged on children's clothing.

Tax refunds for international visitors: For more information, see the Canada Customs web site, <http://www.cca-adrc.gc.ca/visitors/>

## Movie Theatres

The closest downtown movie theatre is the Cineplex Odeon Carlton Cinemas, 20 Carlton Street. The Scotiabank Theatre (formerly the Paramount) is at Richmond and John Streets. The Varsity is in the Manulife Centre at Bay and Bloor. The Cumberland 4 on Cumberland Ave., beside the Four Seasons Hotel in Yorkville, often shows less mainstream films in old-style theatres.

## Nightlife

Clubs, theatre, music: Check out Now or Eye Now – free, weekly tabloids – for the most complete listings of what's on in Toronto. Pick one up at our Information booth in the Marriott. Also, the Toronto Life magazine and the Saturday Toronto Star are good sources for current entertainment. There are various online sites for

tickets sales, or you can visit the T.O Tix booth at the Yonge Dundas Square.

## **Parks**

Toronto has plenty of green space. for strolling, walking or running.

Queen's Park: Not only the home of the Ontario Provincial Legislature, it is also a lovely park with gardens, walking paths and big trees. Queen's Park is a subway stop on University Avenue, and is just south of the ROM (Royal Ontario Museum), which also has a subway stop (Museum). The University of Toronto is just to the west.

Centre Island: Another large park for walking, biking and picnicking. (see: Islands)

Allan Gardens Conservatory: (College and Sherbourne) Take the Carlton streetcar east from College station on the Yonge St. subway line; or take the Sherbourne bus south from Sherbourne station on the Bloor line and get off at Carlton St.

Other parks: The enormous High Park, Kew Gardens and the Beach boardwalk (south of Queen St. East) are all accessible by TTC. High Park is in the west side of the city, and has a subway stop on the Bloor Line. For the Beach, take the eastbound Queen streetcar.

## **PATH (underground pedestrian concourse)**

The PATH concourse system runs through the downtown business area east to Yonge Street and west to University Avenue, south to Front Street (Union Station), and north to Dundas (Eaton Centre). The PATH connects the major office towers in the core, and encompasses the subway stops of Union Station, King, Queen, Dundas, St. Andrew, and Osgoode. There is shopping, food courts, restaurants and many other services under the street. You can get onto the PATH at the Marriott Hotel's connection to the Eaton Centre. Go down to the lowest level and walk south to the Hudson's Bay store.

Torontonians particularly like using the PATH during the winter to avoid donning outdoor garb to get coffee, get lunch, or do errands. The PATH is great when it's hot out, too. There are

some posted maps in the PATH, and you can also get a map online at <http://www.toronto.ca/path/index.htm>

## **Post Office**

Although your hotel will usually mail anything for you, there are Canada Post outlets in most office complexes, such as the Royal Trust Tower of the TD Centre, First Canadian Place and Commerce Court at concourse (aka PATH) level. Post office outlets are also located in various stores, such as Shopper's Drug Mart in the Eaton Centre. The standard rate is \$0.93 to mail to the U.S. and \$1.55 overseas.

## **Public Transit (TTC)**

The Toronto Transit Commission operates subway trains, streetcars, light rail transit and buses all over the GTA. The regular adult cash fare for any ride is \$2.75, exact fare only. (Drivers do not carry change). Five tokens (or tickets) are available for \$10.50 and ten for \$21.00. A single Day Pass may be purchased on any day for \$8.50. Family passes are available only on weekends for \$8.50. Not all station entrances have attendants, so tokens are more practical than tickets for automated turnstiles. Tickets, tokens and passes must be purchased at subway stations. Transfers are available on trains, buses or streetcars, so pick one up when you pay your fare. 24 hour TTC Information line: 416/393- 4636 for transit information in 20 languages.

## **Restaurants**

Toronto cuisine is the most ethnically diverse in Canada. There are good eateries and restaurants all over the downtown core and throughout the Toronto neighbourhoods. See the restaurant section of this guide for recommendations from TALL and SLA Toronto members.

Toronto has a Dine Safe inspection policy. Every restaurant must have have an inspection certificate (Pass, Conditional Pass or Closed) near the door, visible from outside. You can check the status of any restaurant online at <http://app.toronto.ca/food2/DineSafeMain>.

## Safety

Toronto is generally still a safe and secure place to be. You just need to use common sense. Don't wear your name tag on the street. Watch your purse, avoid dark alleys, etc. The subway and ground transportation are also reasonably safe. You will probably also see the Toronto police, who sometimes ride around during the summer in shorts on bicycles (or even on horses) in the downtown area.

## Shopping

**Downtown:** The PATH is full of stores, all the way up to Queen Street, where the Eaton Centre begins with its anchor department store, The Bay. At the north end of the Eaton Centre is Sears, at Dundas Street. Alas, the old and venerable Eaton's department store met its demise only a few years ago.

For more chic shopping: If you head north to **Yorkville**, between University Avenue and Yonge Street, Bloor Street and northwards, you will find many of the same chains you would find anywhere else, with a few local additions such as Holt Renfrew, Roots and The Bay. Spadina Avenue, in the Fashion District south of Dundas, has many discount factory outlets for housewares and clothing.

Neighbourhoods: **Queen Street West** (west of University Avenue) is the trendiest place to shop, especially if you are looking for things like vintage clothing. **The Beach** shopping area is a great place to wander around, too; take the Queen streetcar going East past Kingston Road. Walking a block south will take you to the boardwalk on the beach itself. And **Bloor West Village** is also a strolling and shopping neighbourhood. Yonge and Eglinton/North Toronto area also has some great stores and restaurants.

Malls: The suburbs have malls, of course. Yorkdale and Fairview are on the subway line; Sherway Gardens is another large one. Most stores are chains, and all have food courts. Most also have movie theatres.

## Smoking

You may not smoke in public places in Toronto, including restaurants, bars, food courts, malls, or

building lobbies. Hotels have usually non-smoking and smoking floors, but smoking is not allowed in meeting rooms or hallways.

## Telephones

Pay phones cost \$0.50 and also take credit cards. The two main area codes for the GTA are 416 and 905, so the area code must be dialed even for a local call. The 905 code was introduced a few years ago to accommodate telecommunications demand in the fast-growing suburban areas around Toronto. This area quickly became known as "The 905". The Toronto phone book is divided into Residence (front section) and Business, with Government in the centre "blue" section. The Yellow Pages has its own book.

## Thanksgiving

In Canada, Thanksgiving always falls on the second Monday in October; this year it is October 8th (if you know when Columbus Day is in the States, you will know when Canadians celebrate Thanksgiving.)

## Theatre

Toronto is the New York City of the North for theatre. One of the most knowledgeable people about Toronto theatre is TALL member, Barbara Fingerote, Harold Award Winner (independent theatre) and former Dora Mavor Moore Awards juror. See her article and recommendations elsewhere on this site.

## Time Zone

Toronto and Southern Ontario follow Eastern Standard Time (EST), and participate in Daylight Savings Time (DST). We will still be on DST during the conference.

## Tipping

As in most cities, taxi drivers, hotel personnel and waiters expect tips. 15% is the norm for taxis and restaurants. Keep some loonies (\$1 coins) and toonies (\$2 coins) handy.

## **Toilets**

Public facilities are called washrooms, and can be hard to find. The Marriott has facilities near the meeting rooms and restaurants, as do food courts along the PATH and in malls. Other hotel washrooms are also an option but are often well hidden. Department stores like The Bay (basement level, near linens) and Sears have washrooms.

## **TTC (Toronto Transit Commission)**

See Public transit

## **Wireless networks**

Toronto Hydro Telecom provides wireless service in the downtown core in the area bounded by Jarvis Street west to Spadina Avenue, and from Front Street north to Bloor Street:

[http://www.thtelecom.ca/THTI\\_WiFi%20Zone.pdf](http://www.thtelecom.ca/THTI_WiFi%20Zone.pdf)

Also, your hotel will likely provide high speed internet access.

## **X-rays**

X-rays are available in various medical centres in Toronto, but we hope you won't need this service during your stay. (We just needed to cover the letter X in our guide!)

## **You**

You will find out more at our Information Desk in the Marriott. We will do our very best to assist you to make your stay here as enjoyable as possible.

## **Zoo**

The Toronto Zoo is one of the largest in North America with 710 acres in a lovely setting. Mammals, birds, reptiles and fish are in their natural habitats. Great for both kids and adults, with at least 10 km. of walking trails through the zoo property and lots to see, too. It's a 30-minute drive from downtown, or take Bus 86A from Kennedy subway station.

For more links to Toronto attractions and information:

<http://www.torontotourism.com/visitor>

The Visitor Guide is available here:

<http://www.torontotourism.com/VisitorGuide/>

# Restaurants

## Reviews of Our Favourite Restaurants

### 360 Restaurant

Cuisine: Eclectic, Vegetarian friendly  
Price range: \$100  
[http://www.cntower.ca/restaurants/l3\\_restaurants\\_360.htm](http://www.cntower.ca/restaurants/l3_restaurants_360.htm)  
Top of the CN Tower  
416-362-5411

The 360 Restaurant is the world's largest revolving restaurant with the world's tallest wine cellar, plus the best view of Toronto and Lake Ontario. The food and service are both excellent. If you do nothing else while you are in Toronto, dine on top of the world at the 360 Restaurant. The best time to go is for sunset. Since the restaurant makes one full rotation every 72 minutes you can watch the sunset while you eat your appetizer and then later watch the city light up during your entree. If you purchase an entree at 360 Restaurant, your ticket to the top of the CN Tower is complimentary, so why not stay up a while and make an evening out of it? Daniel Lee

### 7 Numbers

Cuisine: Italian, Vegetarian friendly  
Price range: \$100  
307 Danforth Avenue  
416-469-5183

Delicious and typical Italian food. You order a series of small dishes - appetizer, pasta, main dish, vegetables, dessert – accompanied by a lovely Italian wine. Darkly lit, intimate, yet vibrant, and very popular. This is 7 Numbers second location, which opened to rave reviews in summer 2004. Erika Steffer

### 93 Harbord

Cuisine: Middle Eastern  
Vegetarian friendly  
Price range: \$100  
93 Harbord Street  
416-922-5914

Relaxed modern atmosphere with an eclectic menu; friendly service.

### Atlas One Cafe

Cuisine: North African, Vegetarian friendly  
Price range: \$100  
820 St Clair Ave West  
416-656-4817

Salads (Tabouleh, Cous-Cous, Fava Bean) are good as are fish and seafood dishes. Quiet and intimate. Tom McGreevy

### Bar Italia

Cuisine: Italian  
Vegetarian friendly  
Price range: \$100  
<http://www.bar-italia.ca/>  
582 College Street  
416-535-3621

Great food and ambiance.

### Babur

Cuisine: Indian, Vegetarian friendly  
Price range: \$35  
273 Queen St. W.  
416-599-7720  
Price range:  
<http://www.babur.ca/>

Very tasty Indian.

### Barberian's Steak House

Cuisine: Steak  
Price range: \$150  
<http://www.toronto.com/profile/146534/>  
7 Elm Street  
416-597-0335

I love Barberian's for many reasons. They age the meat on premises. The steaks are juicy and filling. The service is attentive. The ambience is cozy, old school steak house. Feta cheese is offered for baked potatoes. They have a 20+ paged wine list. A little stuffy, but that is traditional for the type of steak house that it is. Better value for your money than Ruth Chris', Morton's, or Harbour Sixty. Mark Rose

### **Beerbistro**

Cuisine: Belgian

Price range: \$100

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

18 King Street East

416-861-9872

If you're a beer lover, definitely head to beerbistro while you are in Toronto. To quote the owners, 'beerbistro's mission is to celebrate fresh market beer cuisine elevating it to a new level of sophistication and flavour.' Without a doubt, beerbistro has one of (if not the) most extensive beer lists in Toronto. If you are totally overwhelmed by the 20 beers on tap (and hundreds in bottles), then go for a taster, any 3 draught samples for \$6. As for food, the Belgian Frites (\$5) as a snack always hit the spot. Daniel Lee

### **Biryani House**

Cuisine: Indian, Vegetarian friendly

Price range: \$100

25 Wellesley Street East

416-927-9340

This is the very best Indian restaurant in Toronto and very conveniently located at Wellesley and Yonge. There is a wide choice in vegetarian and non-vegetarian dishes, all delicately flavoured and beautifully presented. Chef is Debu Saha. Price is reasonable especially if you order the Kingfisher Indian beer. Friendly service. Gwen Harris

### **Bombay Bhel**

Cuisine: Indian, Vegetarian friendly

Price range: \$50

<http://www.bombaybhelrestaurant.com/eng/index.asp?lp=locationscom>

164 Eglinton Avenue

416-486-6644

Provides delicious Indian food. I recommend the butter chicken. Great place for a group as you can order several different dishes and share them. Also good for vegetarians. The restaurant is not that big but it can accommodate a large group and it can be reached very easily by subway or bus.

### **Boulevard Café**

Cuisine: Latin American

Vegetarian friendly

Price range: \$100

<http://www.toronto.com/infosite/146963/6.shtml>

161 Harbord Street

416-961-7676

The fish & seafood are a specialty. The patio is wonderful on a warm day. Harbord Street is a pleasant area to browse, walking from the restaurant to Spadina Ave. Tom McGreevy

### **Buddha's Cuisine: Vegetarian Foods**

Cuisine: Vegetarian

Price range: \$25

666 Dundas Street West

416-603-3811

Don't be fooled by the lack of ambience - Buddha's is the city's best value in vegetarian food. Frequented by Buddhist monks and university students, this little spot has amazingly low prices and obscenely huge portions. Try vegetarian chicken, duck or pork, all made from soy and other proteins. Try the huge bowls of hot and sour soup and scrumptious spring rolls. Warning: one bowl of soup will feed many people. Jo-Ann McQuillan

### **Bymark**

Cuisine: Eclectic

Vegetarian friendly

Price range: \$15

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

66 Wellington Street West

416-777-1144

Bymark is EXPENSIVE. But, Bymark has the BEST patio in the downtown area for drinks. A lemon ginger cosmopolitan or apple or lichi martini (all \$15) will certainly whet your whistle - and may just break the bank, but go ahead and splurge - it's worth it. Bymark is also home to the \$33 hamburger. Yes, \$33. Well, it's a grilled prime U.S. Burger, 8 oz. With Molten Brie de Meaux Cheese, Grilled Porcini Mushrooms, Crisp Rosemary Onion Rings & Truffle Mustard Aioli. Daniel Lee

### **Café Du Marche Restaurant & Take Out**

Cuisine: French

Vegetarian friendly

Price range: \$50

45 Colborne Street

416-368-0371

Very nice French cafe food, quiches, omlettes & salads. If you like sandwiches, their breads are wonderful. The desserts are always good.

In and out in an hour & you feel as if you've been gone from the office for much longer!  
Patricia Petruca

### **C'est What**

Cuisine: Pub Fare/Sandwiches, Vegetarian friendly  
Price range: \$50  
<http://www.cestwhat.com/>  
67 Front Street East  
416-867-9499

Very good selection of beers, good bar food. Nice atmosphere to bring folks & play a game of pool. Patricia Petruca

### **Ci Vediamo**

Cuisine: Italian  
Vegetarian friendly  
Price range: \$100  
<http://www.thebeaches.ca/Ci%20Vediamo%20Ristorante>  
1910 Queen Street East  
416-694-5966  
The daily specials are what brings me to Ci Vediamo. They are inventive, flavourful & fresh, always a treat.  
Patricia Petruca

### **Crush**

Cuisine: French, Vegetarian friendly  
Price range: \$150  
<http://www.crushwinebar.com/>  
455 King Street West  
416-977-1234

Crush is an excellent wine bar with a very knowledgeable staff. The restaurant has a bistro atmosphere with lots of space for groups of people. Menu is available on the web site.  
Heather Wilson

### **Dhaba**

Cuisine: Indian, Vegetarian friendly  
Price range: \$100  
<http://www.dhaba.ca/>  
309 King Street West  
416-740-6622

This is a superb North Indian-influenced restaurant. The food is taste-intensive. I love also going for the 50 item lunch buffet. I find that the food is not overly spicy here and the flavors are more clear and defined. Melanie Browne

Excellent Indian cuisine. The Samosas are unique and the best item on the menu! I stick to the vegetarian fare which is very tasty. And its close by! Gayle Kiss

### **Dimmi Trattoria and Bar Inc.**

Cuisine: Italian, Vegetarian friendly  
Price range: \$100  
140 Cumberland Avenue  
416-975-1100

Dimmi's is a great restaurant in the heart of Yorkville. It is a wonderful place to people watch while eating delicious food and sipping on lovely wine. The oven roasted pizzas and the fresh sandwiches come highly recommended.

### **Embrujo Flamenco Tapas Bar**

Cuisine: Spanish, Vegetarian friendly  
Price range: \$100  
<http://www.embrujoflamenco.com>  
97 Danforth Avenue  
416-778-0007

Great authentic Spanish Tapas and the best Sangria in the city with a Flamenco show at no extra cost.

### **Ferro Bar & Cafe**

Cuisine: Italian, Vegetarian friendly  
Price range: \$100  
769 St Clair Ave West  
416-654-9119

Good food, high-energy, can be crowded. Tom McGreevy

### **Five Doors North**

Cuisine: Italian, Vegetarian friendly  
Price range: \$50  
2070 Yonge Street  
416-480-6234

A trendy yet relaxing, unpretentious restaurant. Only open for dinner, the menu is broken down into several sections (e.g. antipasti, primi (pasta), secondi (meat), pesce (fish) & contorni (veggies). Portions are tapas sized and diners are encouraged to pick items from each section. Risottos and seafood are excellent and the ribs are highly recommended. Janet MacLachlan

### **Fresh by Juice for Life**

Cuisine: Vegetarian, Vegan

Price range: \$100

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

147 Spadina Ave.

416-531-2635

For those who like veggies (whether or not you are vegetarian). "Whether you are a seasoned vegan or merely interested in more adventurous and healthier food, Fresh will fulfil your every desire. With a good array of delicious and healthy food, coupled with reasonable pricing." Review by Chris Whitmore.

Best juices in the city! Wonderful vegetarian food that goes beyond tofu and sprouts. Delicious and conscientious foods prepared by interesting and beautiful people. Big portions. Reservation recommended. Bring along your carnivore friends - Fresh even sells free-range organic meat dishes! Jo-Ann McQuillan

### **Fressen**

Cuisine: Vegetarian--Vegan

Price range: \$50

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

478 Queen Street West

416-504-5127

Excellent and creative vegan cuisine. Organic wines. Friendly staff and cozy atmosphere. Gayle Kiss

A lacto-ovo vegetarian delight. Freshly pressed root vegetables in a variety of blends, a nice selection of wines by the glass and just-baked purple buns infused with beet juice and are all must-haves, including the rustic carrot cornmeal pizza crust. Highly recommend the gluten roast.

### **Ginga Sushi Restaurant**

Cuisine: Japanese, Vegetarian friendly

Price range: \$100

51 Colbourne Street

416-366-2722

Great sushi at a reasonable price. The fish is excellent quality. If you aren't a sushi fan, Ginga Sushi also has very nice teriyaki, noodle, and other traditional Japanese dishes. The service is very friendly and efficient. Mary Hum

Nice Japanese restaurant with a good sushi chef. Lots of reasonably priced bento box lunch & dinner specials. Patricia Petruca

### **Golden Cuisine: Thai**

Cuisine: Thai, Vegetarian friendly

Price range: \$100

105 Church Street

416-868-6668

The food here is marvellous and consistent. It has good cheap lunch specials but the dinner menu is really terrific. The mixed appetizer plate is wonderful and the soups are great. The service is professional but friendly and fast if you want it to be fast but they never rush you. Frances Davidson-Arnott

### **Hair of the Dog**

Cuisine: Eclectic, Vegetarian friendly

Price range: \$100

425 Church Street

416-964-2708

By far the best pub in the Gay Village. A comfortable setting with a menu many notches above standard pub fare, and excellent staff. Great for dinner, weekend brunch or just to relax and have a few drinks with friends. Frank van Kalmthout

Great name and great pub. This cozy spot in the heart of the city's Gay Village has an excellent selection of beers on tap and a wide choice of martinis. Food is pub fare with flair. The nachos, burgers, sandwiches and curries are good choices. Greg Barber

### **Henry's Hunan Place**

Cuisine: Chinese, Vegetarian friendly

Price range: \$50

414 College Street

416-962-8888

Excellent variety of Chinese dishes that are reasonably priced. The decor is kinda tacky but the food is awesome. Really great Singapore noodles.

### **Hot House Café**

Cuisine: International, Vegetarian friendly

Price range: \$50

<http://www.hothousecafe.com>

35 Church Street

416-366-7800

Lots of good choices at the Hot House, specialities are their summer salads, pizzas & jumbalaya. Very nice place for a group to go. Patricia Petruca

### **Irish Embassy Pub**

Cuisine: Pub Fare/Sandwiches

Price range: \$50

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

49 Yonge Street

416-866-8282

Great atmosphere. Food is very good and reasonably priced. Heather Wilson

### **JK Wine Bar**

Cuisine: Funky fusion, Vegetarian friendly

Price range: \$100

<http://www.jkkitchens.com>

9 Church Street

416-362-1957

Funky, delicious - down sized servings to allow sampling.

### **Joso's**

Cuisine: Italian

Price range: \$150

<http://www.josos.com>

202 Davenport Road

416-925-1903

This is an excellent restaurant for seafood lovers. The fish are flown in fresh daily from the Mediterranean. The selection of seafood items is great as is their risotto and desserts. It's pricey but well worth it. The restaurant's artwork is interesting! Radikha Jaggernauth

### **Kei's**

Cuisine: Malaysian, Vegetarian friendly

Price range: \$100

<http://www.toronto.com/profile/430394>

936 Queen West

416-534-7449

This restaurant is run by its owner and has tasty food. The size of the place makes it awkward to have more than 6 people in your group but the fresh food is worth it! The Mee Goreng is my favourite and the tempura vegetable appetizer is a great way to start the meal. Gayle Kiss

### **Kensington Kitchen**

Cuisine: Middle Eastern, Vegetarian friendly

Price range: \$100

124 Harbord Street

416-961-3404

Great casual food. This is the most beautiful patio in the city. It is on the second floor and in the middle of the trees. Groups will not be seated there, but for individuals it is great. The food is simple and very good. There are vegetarian dishes and there is enough variety in appetizers to just eat them. Although the wine list does not rival most high-level restaurants, it is adequate, and the beer list is not bad either. The desserts list follows the middle-Eastern motif, with baklava and fruit. Some of the main dishes can be ordered with or without meat. But the patio is the reason I think this restaurant is a dining pleasure and the fact that the food is good is a bonus.

### **Korean Grill House**

Cuisine: Korean

Price range: \$50

<http://www.toronto.com/infosite/832383/1.shtml>

214 Queen Street West

416-263-9850

Korean Grill House's unique cook-it-yourself food is major fun. It is a great place to get together and enjoy the ALL-YOU-CAN-EAT BARBECUE menu which features Pork, Beef, Chicken, Beef Ribs, Ox Tongue, Ox Liver, Salmon, Squid, and Fish Filets for only \$12.95. This barbecue is done on a gas-powered grill by you, the guest. Terrific entertainment value that's cheap and includes the free fun factor with every dish. Melanie Browne

### **Le Paradis**

Cuisine: French Bistro

Price Range: \$50

166 Bedford Ave.

416-921-0995

For great French cuisine at budget prices, it's worth walking a couple of block north of Bloor in the Annex.

### **Lotus Garden**

Cuisine: Eclectic, Vegetarian friendly

Price range: \$100

393 Dundas Street West

416-598-1883

The best organic apple pie in the world.  
Anonymous

### **Lucky Dragon**

Cuisine: Chinese, Vegetarian friendly  
Price range: \$25  
418 Spadina Avenue  
416-598-7823

Great Chinese food at a fabulous price of \$13/lunch for 2 and \$16/dinner for 2. I think this is one of the best places in the city for Hot & Sour soup. The Kung Pao chicken is nice & hot. The Buddha's Delight of vegetables & tofu is very flavourful with lots of different vegetables. A great place! Patricia Petruca

### **Marcello's Pizzeria**

Cuisine: Italian, Vegetarian friendly  
Price range: \$50  
1163 Street Clair West (at Dufferin)  
416-656-6159

Absolutely fantastic Family run restaurant.

### **Marcel's**

Cuisine: French  
Price range: \$100  
<http://www.marcel.com>  
315 King Street West  
416-591-8600

Marcel's is classic southern- French cuisine served in a \*\*\*quiet\*\*\*, intimate setting in the heart of the Theatre District. And the staff actually speak French! Juanita Richardson

### **Massimo Pizza & Pasta**

Cuisine: Italian—Pizza, Vegetarian friendly  
Price range: \$25  
302 College Street  
416-967-0527

Great pizza by the slice, lots of really nice selections. The veal, sausage or meatball sandwiches are wonderfully tender & flavourful. Your choice of peppers or hot peppers. A special place for University of Toronto folks in the know. Patricia Petruca

### **Mercatto**

Cuisine: Italian, Vegetarian friendly  
Price range: \$50  
330 Bay Street  
416-306-0467  
15 Toronto Street  
416-366-4567

Mercatto is one of my favourite lunch spots. The business folks definitely pack this place at lunchtime, but the tables turn over very quickly. I recommend the grilled chicken or calamari on fresh greens (\$14). The sandwiches, served on ciabatta rolls, are delicious too - try the chicken pesto. Daniel Lee

### **Mill Street Brew Pub**

Cusines:  
Price range: \$35  
55 Mill Street, Building 63 (The Distillery District)  
416-681-0338

Best burger in town. I understand they also make a mighty fine beer or three – their Coffee Porter has won several awards (they also have a good wine list for those of us who never learned to like beer).

### **Mitzi's Sister**

Cuisine: Eclectic, Vegetarian friendly  
Price range: \$100  
1554 Queen Street West  
416-532-2570

Mitzi's Sister is located on west Queen West, in Parkdale. Get a sense of the real Toronto in this funky neighbourhood of art galleries, antique stores and unique independent retailers. Live music every night, and no cover charge. A favourite with local artists, film people and journalists.

### **Motimahal**

Cuisine: Indian, Vegetarian friendly  
Price range: \$25  
1422 Gerrard Street East  
416-461-3111

Motimahal is the place to go in Little India - always busy with repeat customers. The ambience is a little lacking - think of a rundown fast food joint. However, the food is worth the trip and is easily the favourite in the area. Try a thali for under \$7 and you will have more food than you will need. Friendly and helpful staff complete the experience.

### **Nataraj**

Cuisine: Indian  
394 Bloor Street West  
416-928-2925  
Price Range: \$30

A good Indian place in the Annex.

### **Nectar Restaurant**

Cuisine: Canadian, Vegetarian friendly  
Price range: \$150  
<http://www.toronto.com/profile/800554>  
488 Wellington Street West, Suite 102  
416-979-1666

For a special evening out, this chef visits the local markets daily for his food to be cooked that evening. Excellent wine and atmosphere. Great service. Gayle Kiss

### **Nevada Restaurant**

Cuisine: Italian, Vegetarian friendly  
Price range: \$100  
1963 Queen Street East  
416-691-8462

While I look forward to discovering what the daily specials are, I really enjoy eating my favourite dishes from the menu. Lots of variety, with lots of flavourful dishes. Patricia Petruca

### **P.J. Mellons' Wine Bar and Restaurant**

Cuisine: Canadian, Vegetarian friendly  
Price range: \$100  
<http://www.pjmellons.com/>  
489 Church Street  
416-966-3241

P.J. Mellon's is a long-established institution in the Church-Wellesley Village. This restaurant/wine bar serves a variety of dishes and daily specials in a relaxed, welcoming atmosphere. Dinner selections include salads, pasta, seafood, meat and vegetarian dishes, as well as brunch and lunch items. Food proportions are generous and prices are reasonable. An excellent wine list is available. Brian H. Morrison

### **Penelope Restaurant**

Cuisine: Greek, Vegetarian friendly  
Price range: \$50  
<http://www.peneloperestaurant.com/home.html>  
6 Front Street East  
416-947-1159

The food here is reasonably priced, always very fresh & flavourful. The shrimp with feta is heavenly. Good wine list & nice desserts - leave room, you won't be sorry.

Second location at 255 King Street West across from the Princess of Wales Theatre. Patricia Petruca

### **Petit Déjeuner**

Cuisine:  
Price Range: \$50  
191 King Street East  
416-703-1560

For funky surroundings and the best eggs bennie in town.

### **Pho Hung Restaurant**

Cuisine: Vietnamese, Vegetarian friendly  
Price range: \$50  
<http://www.toronto.com/profile/146987/>  
200 Bloor West  
416-963-5080

The restaurant is upstairs with a wall of windows overlooking the ROM. The food is traditional Vietnamese pho (a meal of soup, noodles and meat, seafood or vegetables). They also have a WIDE selection of other entrees and traditional drinks. There is a second restaurant on Spadina but it is not as attractive. I have been taking people here for over 10 years and they have won several awards in that time. Take the Bedford exit at St. George subway station. Gillian Clinton

### **Pizza Banfi**

Cuisine: Italian, Vegetarian friendly  
Price range: \$50  
333B Lonsdale Road  
416-322-5231

Excellent service and wonderful pizza and pasta with very generous portions. A hidden gem right in Forest Hill Village, open for lunch and dinner. Always a busy spot, but the maitre d' will usually provide bruschetta to encourage you to wait for a table. Very cosy atmosphere - we always bring our out-of-town guests here. Caroline Lonsdale

### **Purple Pig**

Cuisine: Southern/Soul

Price range: \$50

<http://www.thepurplepig.com/contact.html>

1 Richmond Street West

416-366-6465

Purple Pig serves wonderful burgers, heavenly pulled pork sandwiches & just right ribs. Enjoy with a cold beer. 'Nuff said. Patricia Petruca

### **Queen Mother Cafe**

Cuisine: Thai, Vegetarian friendly

Price range: \$25

<http://www.toronto.com/infosite/147307/1.shtml>

208 Queen Street West

416-598-4719

The food selection is Asian based (my favorite is the Pad Thai) with some more traditional Canadian selections. Amazing desserts. Friday is a popular lunch time and reservations would be needed. Seating is primarily booth-based in the main area and tables on the patio.

### **Remys Restaurant**

Cuisine: Italian, Vegetarian friendly

Price range: \$100

<http://www.toronto.com/infosite/146808/>

115 Yorkville Ave

416-968-9429

Remys is located in Yorkville, interesting at all times of day. It has a large roof patio, great for groups and for watching people. The restaurant on the street level can accommodate most needs - quiet spots where you can hear what your dinner companion says, party areas for groups, and a lively bar. Pizza is excellent. Prices are reasonable. Gwen Harris

### **Reuben Schwartz Steakhouse & Smokehouse**

Cuisine: Jewish--non-Kosher

Price range: \$25

327 King Street West

416-596-9201

Fabulous smoked meat sandwiches, wonderful Yukon gold fries & of course cream soda to drink. Get one sandwich & a large fries, this will suit two people for lunch - really! The best place in Toronto for smoked meat. Patricia Petruca

### **Rex Saigon**

Cuisine: Vietnamese, Vegetarian friendly

Price range: \$50

90 Eglinton Avenue East

416-489-0306

The food is wonderful, and spiced just right so your tongue is left intact but happily intrigued. The staff are friendly and more than happy to help with choices or modifications to menu items to make them meet your special needs. The ambiance is very relaxing and mellow, look at the walls for lizards and other reptile friends. Anonymous

### **Ristorante Pinocchio**

Cuisine: Italian, Vegetarian friendly

Price range: \$150

<http://www.ristorantepinocchio.com/index.htm>

4800 Dundas Street West

416-231-6701

This is the finest Italian food there is other than from home. The cannelloni, caesar salad, dover sole and frog legs are the best ever. I have grown up eating at this restaurant and have been spoiled to not eat anywhere else. Sandra Kendall

### **Romagna Mia**

Cuisine: Italian, Vegetarian friendly

Price range: \$100

<http://www.romagna-mia.com/>

106 Front Street East

416-363-8370

Fabulous and spacious dining, often accompanied by traditional Italian live music. The risotto, flambéed in a Parmesan cheese wheel, is a delight for both the eyes and the palate. Great for groups. Erika Steffer

### **Salad King**

Cuisine: Thai, Vegetarian friendly

Price range: \$15

<http://www.saladking.com>

335 Yonge Street

416-971-7041

This is, by far, the best Thai restaurant in the city! Salad King can be very busy at lunch, but it's worth it. Linda, which is upstairs and more upscale, is only open for dinner. Try any of the golden curries. Daniel Lee

You can't swing a fork in Toronto these days without hitting a Thai Restaurant. I have a personal fondness for Salad King, which is very close to the Eaton centre. Lunchtimes are very crowded and noisy because it's also a student favorite, but evenings (especially after six) are quieter. Food is well prepared and inexpensive. Service is fast. Anonymous

### **San Korean Restaurant**

Cuisine: Korean, Vegetarian friendly  
Price range: \$50  
<http://www.sankoreanrestaurant.com/San.html>  
676 Queen Street West  
416-214-9429

Ultra-cool zen decor and vibe in this small space. Local art on the walls changes every so often. Prices are very cheap. The sushi is as good as any Japanese and the tempura dishes are yummy. They do wonderful things with tofu and the presentation of every dish is very pretty. A shot of ginger concoction is included after meals for digestion. A large selection of teas but not that many wines. Maureen Cusack

### **Scaramouche Pasta Bar & Grill**

Cuisine: Eclectic, Vegetarian friendly  
Price range: \$100  
<http://www.scaramoucherestaurant.com/>  
1 Benvenuto Place  
416-961-8011

Consistently one of Toronto's best restaurants. The Pasta Bar & Grill offers a 'bistro' type menu with cheaper prices than the main restaurant. Great food, and a wonderful view over the city. Tom McGreevy

### **Serra Restaurant**

Cuisine: Italian, Vegetarian friendly  
Price range: \$100  
378 Bloor Street West  
416-922-6999

Great food in a nice setting.

### **Soul of the Vine**

Cuisine: Californian, Vegetarian friendly  
Price range: \$100  
<http://www.soulofthevine.com/>  
187 Bay Street  
416-368-1444

Wonderful weekly specials and friendly staff. The food is always amazing and they cater to allergies and food preferences. Kay Samuels

This restaurant is a blend of California and Italian cuisine. It has a selection of wines to complement the menu. The food is excellent and the service is great. I highly recommend this restaurant. Pam Casey

### **Southern Accent**

Cuisine: Cajun/Creole  
Price range: \$50  
<http://www.southernaccent.com/>  
595 Markham Street  
416-536-3211

This is a fabulous restaurant, an old Victorian home transformed into a Cajun treat. The rooms upstairs are very quaint, intimate and uniquely outfitted. For example, one of the old bedrooms is now a small dining room, with a comical ghost theme. I can only say it is a fabulous unique setting with great, great food. This place is the first time my tastebuds came to life!! Enjoy! Erin MacIntyre

### **Spring Rolls**

Cuisine: Thai, Vegetarian friendly  
Price range: \$50  
<http://www.springrollsonline.com/>  
40 Dundas St. West (at Yonge) and other locations  
416-585-2929

Spring Rolls is a chain of Thai places that has grown up over the past couple of years. Aiming at the office crowd, the restaurants are beautifully designed and elegant. Service is slower at lunch, so I'd recommend going in the evening and reservations are a good idea.

Every guest I have ever taken to either location has been impressed by the ambiance and the food. The service can be a little inconsistent at Dundas, but the Front St. staff really know what they're doing. The soups are a meal in themselves, and the mango salad is a treat.

### **St. Lawrence Market**

Cuisine: Eclectic, Vegetarian friendly  
Price range: \$25  
<http://www.stlawrencemarket.com/shopping/locsouth>.  
92 Front Street East  
416-392-7120

St. Lawrence Market is one of the best places to eat lunch in the downtown area because you can find virtually anything you want! I highly recommend the BBQ chicken sandwich from Churrasco's Chicken on the upper level or the chicken/veal/eggplant parmigiana sandwiches as 'big as your head' at Pasta Mia on the lower level. The power sprout salads at Uncle George's Place on the lower level are superb too! Daniel Lee

### **Stork on the Roof**

Cuisine: Dutch-Indonesian, Vegetarian friendly  
Price range: \$100  
<http://www.storkontheroof.com/>  
2009 Yonge Street  
416-483-3747

Stork on the Roof is a gem. Whether it be a large gathering or an intimate evening, Stork on the Roof combines excellent service with equally delicious and eclectic food.

### **Sushman**

Cuisine: Japanese, Vegetarian friendly  
Price range: \$50  
20 Richmond Street East  
416-362-8793

Very good sushi chef, pleasant atmosphere, kind servants, free green tea with your lunch/dinner, excellent green tea and ginger ice cream; tables for 2,4,6,8 people. Amra Porobic

Lovely Japanese restaurant, reasonably priced, lovely sushi bar. Ginger pork dumplings are seasoned with just the right amount of ginger & scallions - yummy! Quick service, but if you want to relax & take your time, you can. Patricia Petruca

### **Terroni**

Cuisine: Italian, Vegetarian friendly  
Price range: \$100  
<http://www.terrioni.com/>  
106 Victoria Street  
416-955-0258

Near the Eaton Centre, just south of Queen St, on Victoria St (one block west of Yonge St.), visit Terroni for great, reasonably priced Italian food and a relaxed, slightly bohemian atmosphere.

Excellent thin crust pizza, with lots of choices for toppings, great pasta. Small tables, a bit crowded and noisy. Amra Porobic

### **Tim Horton's**

Cuisine: Canadian, Vegetarian friendly  
Price range: \$25  
<http://www.timhortons.com/en/index.html>  
55 York Street  
416-363-1055

If you are looking for a quick bite of good nutritious food at low prices, you can't do better than at Canada's own Tim Hortons. There are 81 locations in Toronto - you're never far away from one. Outlets are usually clean and have ample sitting room. Lunch can be a soup or chili, or a sandwich on freshly baked whole wheat bun for under \$5. Donuts are excellent and the coffee's not bad either. Gwen Harris

### **Town Grill**

Cuisine: American-Continental, Vegetarian friendly  
Price range: \$100  
243 Carlton Street  
416-963-9433

A short streetcar ride from college subway, or a 20 minute walk. Very good with accommodations for dietary restrictions. A dinner there is always a success! Susanne Floresco

### **Trimurti Indian Cuisine**

Cuisine: Indian, Vegetarian friendly  
Price range: \$50  
<http://www.trimurti.ca/>  
265 Queen Street West  
416-645-0286

Fabulous tandoori, including a whole cauliflower head that is delicious. Excellent vegetarian options in a lovely room. Anonymous

**Trinity Square Café**

Cuisine: Continental  
Price Range: \$15  
10 Trinity Square  
4160598-4521

A must visit. It's just outside the Eaton centre (west side) near City Grill. Open 9:30-2:30 Monday to Friday. Steps, even seconds from the Marriott Conference Hotel. Cheap and cheerful, all proceeds go to a good cause. A bowl of Moroccan tomato soup, an egg salad sandwich, a brownie and you're good!! Once you're hooked, you'll want to buy their recipe book (\$12).

**United Bakers Dairy Restaurant**

Cuisine: Vegetarian  
Price range: \$25  
506 Lawrence Avenue West  
416-789-0519

Jewish Dairy at its finest. Soup, salads, bagels and blintzes. Comfort food with a little zetz.  
Shelly Shapero

**Yumei Sushi**

Cuisine: Japanese  
Price range: \$50  
2116 Queen Street East  
416-698-7705

Yumei's is my favorite restaurant. The sushi is always top-notch, fresh, tasty and beautiful. Each piece is just the right size, not too big, not too small. They will never rush you. The box lunches are a delight. When you are finished, take a walk on the Boardwalk. Remember, Toronto is on Lake Ontario! Linda Fair