



A Tempting Tour

Attention, epicures: the talented folks at the Pacific Institute of Culinary Arts (PICA) have created an excursion just for you. Until Oct. 13, The West Coast Culinary Experience (page 94) lets you explore the bounty of British Columbia's food-and-wine scene, all without leaving Granville Island. First, a foodie leads you on a walking tour to sample mouth-watering morsels from local butchers, bakers and chocolatiers. Then, a sommelier guides you through a tasting of four Okanagan wines and talks about BC's different wine regions and grape varieties. Next, it's time to get hands-on in the kitchen as a chef teaches you about selecting and cooking local ingredients such as salmon. And finally, the students of PICA create an over-the-top three-course lunch or dinner for you. We guarantee you'll discover why Vancouver is one of the world's top culinary destinations. Just don't forget to wear your stretchy pants.—*Sheri Radford*

or cashew mylks include flavours like salted caramel and drunken cherry. Choose from 16 rotating flavours, most of which are vegan. \$. L/D (daily). 235 E. Pender St. 604-559-5862. www.umaluma.com & **Map 1: C8**

Winery VANCOUVER URBAN WINERY
Popular warehouse-turned-wine-bar features glasses and tasting flights of

wines made in-house using BC grapes. Shares a space with Postmark Brewery and the Belgard Kitchen. Open daily. 55 Dunlevy Ave. 604-566-9463. www.vancouverurbanwinery.com Partial & **Map 1: C8**

COAL HARBOUR
Regional: Upscale BOTANIST Contemporary cuisine inspired by the diverse

ecology of the Pacific Northwest. Four unique spaces include the champagne lounge, cocktail lab, dining room—which often features live music—and a welcoming glass-walled garden with more than 50 different plant species. \$\$\$ B/L/D (daily). Fairmont Pacific Rim, 1038 Canada Pl. 604-695-5300. www.botanistrestaurant.com &

Map 1: B6

Seafood CARDERO'S RESTAURANT

Not far from Stanley Park, the creative kitchen line-up at this restaurant includes the popular Cardero's salmon, baked on a cedar plank in a wood-burning oven. Live music nightly in the adjacent Live Bait Marine Pub. \$\$ L/D (daily). 1583 Coal Harbour Quay. 604-669-7666. www.vancouverine.com & **Map 1: A4**

Brunch DE DUTCH PANNEKOEK

HOUSE Smiles are as generous as the portions. Dig into omelettes, scrambles and thicker-than-crepes pannekoeken. \$ B/L (daily). Vancouver Convention Centre West, 60-1055 Canada Place. 604-647-7530. & **Map 1: B6** 410 W. 2nd Ave. 604-569-0477. & **Map 1: F6** 3192 Oak St. 604-732-1915. www.dedutch.com **Map 1: E3**

Casual H TASTING LOUNGE This art-deco eatery features global flavours, including dim sum and certified Angus strip loin. Craft cocktails, rare wines and cognacs, and daily afternoon tea, too. Live entertainment nightly. Seasonal patio. \$\$ L/D (daily). The Westin Bayshore, 1601 Bayshore Dr. 604-691-6962. www.htastinglounge.com & **Map 1: A4**

Mediterranean HYDRA ESTIATORIO

Escape to Greece in this lofty space, which features a raw bar, private dining cabana, and white spiral staircase leading up to a luxe dining room. The downstairs space transforms from daytime cafe to evening mezze bar. Valet parking around the corner at 725 Howe St. \$\$-\$\$\$ D (daily), brunch (Sa-Su). 825 W. Pender St. 604-416-0880. www.hydravancouver.com & **Map 1: B6**

Regional: Upscale LIFT BAR-GRILL-VIEW Vanishing glass walls reveal spectacular views of the water and



PAMPERED PERCH On the patio at The Sandbar (page 110)—which offers a seagull's-eye view of False Creek—enjoy Dungeness crab cakes, alderwood-grilled sablefish and more.