

The Chef

Jackie Kai Ellis is the founder of Beaucoup Bakery & Café, a boutique patisserie in Vancouver, and the owner of Paris Tours, a pastry tour company in France. A travel writer, she is also working on a memoir for Random House.

Favourite restaurants

Cinara, for its seasonal menu. Yuji's, for sushi. Yew, for amazing steak.

Favourite places for a drink

Yew, because Lauren Mote overhauled their whole cocktail menu. Grapes & Soda, because Satoshi Yonemori is doing some of the most interesting stuff.

Favourite places for sweets

Thomas Haas. Chez Christophe. Beta 5. And Yew, for the chocolate layer cake.

Favourite stores

Boboli. Max Mara. Gravitypop.

Style mantra

You're beautiful when you believe you are.

Essential tour of Vancouver

Willow Stream Spa has to be part of it, because that's my happy place on Earth. Visit Granville Island, because it's one of the places where the local food scene started. Hike out to Lighthouse Park. Walk on the beach somewhere. Eat oysters. Have cocktails at Grapes & Soda and dinner at West.

Best view of Vancouver

When you walk around Stanley Park, there are places where you can stand right on the waterline and look out onto Vancouver, with Canada Place on your right and the North Shore mountains on your left, and you are part of the scenery. **E**



The Man About Town

Fred Lee is a professional social butterfly. By day, he works as the Director of Alumni Engagement for the University of British Columbia. By night, he writes for various publications, talks on the radio and hosts red-carpet galas and fundraisers.

Favourite restaurants

Joshua [McVeity, Lee's husband] and I do not cook, so we eat out a lot. Whenever there's a birthday or anniversary, we celebrate at Hawksworth. The food is always outstanding. We also like Nightingale. It's much more casual. And we love Bacchus. And Tableau — we go there for brunch all the time. Cactus Club is a go-to for casual fine dining. And Homer St. Cafe. For seafood, Joe Fortes. In terms of Asian, we love Bao Bei, Torafuku, Miku. And of course Maenam and Vij's.

Favourite places for a drink

Bacchus, because the room is stunning. Nearby is also Yew. Lauren Mote designed the cocktail list there. And we like Notch8.

Favourite clothing store

For me, it's a one-stop shop at Harry Rosen, because everything is there. I also find the service outstanding.

Favourite shoe store

I will go everywhere for shoes — Harry Rosen, or the men's department at Nordstrom. There are also some neat boutique shops in Gastown, but please don't ask me the names, because I never remember!

Style mantra

Invest in timeless pieces. Invest wisely, in the quality and the tailoring. They will last you forever. Disposable income goes towards the accessories.

Essential tour of Vancouver

Stanley Park is a must. And a walk along English Bay. Granville Island is a special place. Deer Lake is a great spot to pack a picnic in the summer. You'll be blown away by Gastown: do a walking tour, get a perspective on the city's history, and grab a cocktail.

Best view of Vancouver

Walk the seawall. **E**



The PR Maven

Shannon Heth owns her own PR company, Milk Creative Communications, which represents lifestyle clients. Her impeccable personal style has landed her on the best-dressed list for *Vancouver Magazine* and *The Globe and Mail*.

Favourite restaurants

La Mezcaleria or La Taqueria, for Mexican food. Chickpea Truck, for quick take-out. I like to take my parents to Maenam. Homer St. Cafe is great for kids. For out-of-town guests, Nightingale. For an anniversary dinner, Cioppino's — if I could eat there every day, I would.

Favourite places for a drink

The Diamond. L'Abattoir. At the bar in Kissa Tanto — I just love that room. You walk up the stairs and you're in this other world.

Favourite clothing stores

Oak + Fort. LYNNSteven. One of a Few. Nordstrom. The Room in Hudson's Bay.

Favourite shoe store

I have a shoe guy at Holt Renfrew. He'll text me pictures of shoes. It's really dangerous.

Style mantra

Wear what makes you feel good. Have fun with it.

Personal mantra

Say yes and figure it out later.

Essential tour of Vancouver

Ride on the Aquabus to Granville Island. Eat fish 'n' chips at Go Fish. Visit Southlands — it's like being in the country even though you're still in the city. Stop for pizza at Bufala. Maybe walk up and down Commercial Drive, and get a coffee from an Italian place. And visit all the interesting galleries in the Flats.

Best view of Vancouver

From the top of Grouse Mountain. On a clear day, take the gondola up, walk around and have lunch. **E**

