

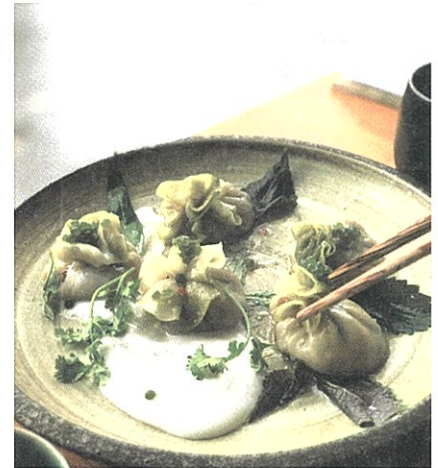
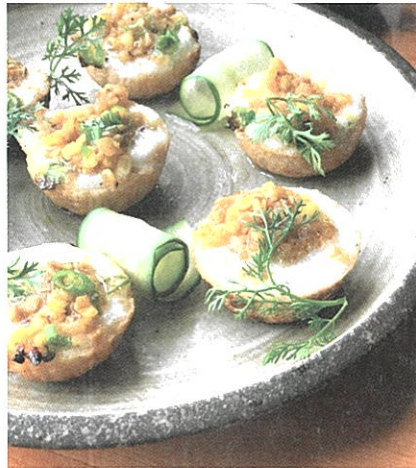
Noshes

WHERE AND WHAT TO EAT THIS MONTH



DO CHAY SAIGON VEGETARIAN

Vegans and gluten-free dieters, rejoice: **Do Chay Saigon Vegetarian** serves an array of appetizing dishes just for you. The petite plant-based spot on Kingsway whips up tasty Vietnamese street food, noodle bowls and rice bowls, and most of the options are vegan and gluten free. The coconut rice cakes with cabbage and green onions have been known to convert even the most committed of carnivores, while the hand-wrapped XO potstickers have prompted many return visits. Other tempting tastes include the vegan pho with avocado, lemongrass tofu rice bowl, seitan calamari lotus salad, and black garlic eggplant rice bowl. When Patrick Do opened the restaurant with his partner, Amanda Clark, and his mom, Yen Do, his goal was to create a plant-focused menu filled with mouthwatering Vietnamese fare that remains true to his family's roots. Our taste buds all agree he's achieved that goal. And the fact that everything is served in charming little room with a Zen vibe? Delightful indeed. *1392 Kingsway, 604-225-8349. Dochay.ca* SHERI RADFORD



ery—Fanny Lam has been busy! Her recently **Day**, just off Commercial Drive, means insta-worthy goodies fresh from the oven. On any features 10 flavours of her trademark light and ch; lemon and espresso are best-sellers, and the (delish). Shortbread cookies come in six editions and Lam recently launched a new decadent cake sandwiches. A selection of teas, coffees and ; as well as local products made by artisans Lam sold her treats at farmers' markets. *1706 E. Sweetday.com* NOA NICHOL



SPREZZATURA

Some say pizza's not quite right if it's not Neapolitan authentic (à la Julia Roberts' scene in *Eat Pray Love*)—and we agree. **Sprezzatura** brings the real deal to Mount Pleasant, with certified Verace Pizza Napoletana dough baked in a custom wood-and-stone oven that churns out mouthwatering margheritas in mere seconds (pie aside, the roast chicken boasts the crispiest skin possible without frying). So stop by this effortlessly chic casual eatery, roll up your sleeves and be prepared to eat folded-up slices with your bare hands—how molto Italiano! *265 Kingsway, 604-876-6333. Sprezzatura.ca.* MIRANDA SAY