

FOOD FUN

“Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold.” - Judith Olney



MANY FOOD OPTIONS HELP TO UNWIND IN THE FALL



Chris Bohren

September offers parents time to relax when the kids go to bed at a reasonable time (for the first time in months).

This free time could be spent with a loved one, a movie or a book to help unwind after a hectic schedule.

A good cup of tea, coffee or a small treat of baked goods or pastries can also help you unravel.

If you're looking for ideas to explore, Canada's Baking & Sweets Show is coming to the International Centre from September 30 to October 2.

This show will host various exhibitors and baking competitions, which are open to the public. There will also be several celebrity appearances.

Here's another option, learn to pick up a small treat from the grocery store, when rushing with a shopping list or planning lunch orders made at the last minute. It's easy to forget to do things for yourself.

You can also go to a local pastry shop for something special. Some local shops are listed below this feature:

► Nova Pastry & Bakery, located at the Bank of Montreal Plaza, just south of Burnhamthorpe and Cawthra, has plenty of goodies.

► Panera Bread, located in the Square One parking lot, just north of Wal-mart, will also be happy to serve you.

You can also find various flavoured coffees and teas at each of these places.

In regards to teas and coffees there have been a number of specialty shops which can allow you to explore a large selection of different scents, flavours and experiences.

I prefer coffee and have experimented with a wide range of spices to create my own custom blends, including cin-

namon, allspice and ginger.

When it comes to tea I have found adding some star anise adds a pleasant black licorice flavour to a regular cup of Earl Grey.

Hot chocolate can also be more interesting if you explore the spice isle at the supermarket.

If you want to try other foods in a sit-down atmosphere, visit:

► Twin Fish Thai Restaurant on Hurontario, just south of Courtney Park Drive. They are also listed below.

► Osmow's Mediterranean Food, on the south side of Lakeshore, west of Cawthra, will also be glad to serve you.

► Gospel Cafe & Restaurant also provides a relaxing atmosphere and great service. They are found just north of Eglinton on the west side of Dixie.

Relaxation is the key to survival these days. Everyone needs to let their stress melt away as they unwind.

Take some time for yourself. It pays dividends in productivity and personal sanity.

Chris Bohren is a food fun feature writer.



Twin Fish Thai Restaurant 80 Courtney Park Dr E, Unit K-2 (905) 670-2395

Panera Bread 55 Square One Drive (905) 897-5505

Osmow's Mediterranean Food 600 Lakeshore Road East (905) 990-1086

Nova Pastry & Bakery 3635 Cawthra Road (905) 279-3206

Mississauga Seniors' Centre 1389 Cawthra Road (905) 615-4810

Gospel Cafe & Restaurant 5120 Dixie Road, Unit 9 (905) 282-9007