

from scratch

Unique Eateries of Rural Manitoba





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fresh. flavourful. food.

For social gatherings or simply a place to treat yourself, cafes and eating out have been very much a part of life in the Prairie provinces. Sometimes, in very small communities, cafes were the only public meeting places other than churches.

In the late 1800s, many small eateries, some in tents, existed in settlements along the railway lines across Canada. With the completion of the railways, many Chinese labourers began working in service industries where speaking English was not an absolute requirement. Many opened restaurants in the early 1900s, worked long hard 12-hour days and saved to bring their families to Canada.

Dishes were adapted to Canadian tastes. In reality, the ethnicity of the owner, not the menu was behind the term “Chinese restaurant.” Across the prairie provinces, in hundreds of small towns, the Chinese restaurant was and still is a friendly gathering place for the community.

However, about 25 years ago, a new emphasis emerged and the quest began for food that was local, fresh, natural, and/or organic. That meant less salt, less sugar, no MSG and no GMOs. Now many restaurant menus have fewer fried items, use more products fresh from local suppliers, and make and bake from scratch. Many menus indicate which farms supply the meat, eggs and produce. In some rural areas, a wood-fired oven is added to the attraction. Other expectations are specialty coffees, teas, fruit drinks, fresh baked desserts, internet connections and perhaps even a local craft beer. This trend in its entirety is the perfect fit for many small towns and over the past few years, trendy “city” eateries have been appearing even in the smallest of rural towns.

From Scratch – Unique Eateries of Rural Manitoba brings to you an assortment of fascinating rural eateries that are unique in some way, serve fresh flavourful food and are a pleasure to visit. In addition to many small town locations, there are fabulous lodges, bird watching sites, wonderful gift shops, tea rooms, and places that serve ethnic specialties. Some can feature a national park as a backdrop.

Plan a route, work up an appetite and hit the road in search of the tasty culinary surprises waiting in rural Manitoba.



Over 50 rural manitoba eateries for you to discover & savour

northern manitoba

1. Sasagiu Rapids Lodge
2. The Balance Bar at Mo Tus Nua Wellness
3. Chillax Foods
4. Lazy Bear Café & Lodge
5. Dutch Drive In
6. Popeye's
7. Miss The Pas Restaurant

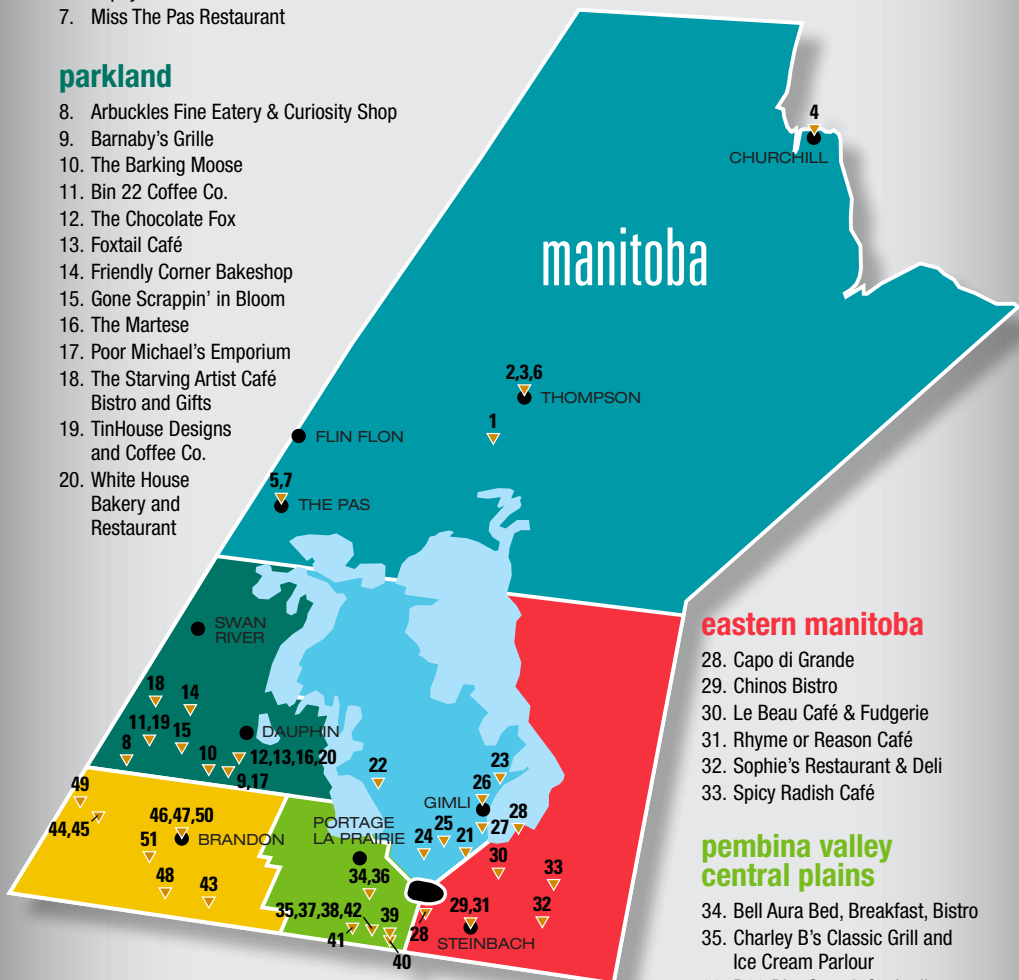
interlake

21. Half Moon Drive In
22. Healthy Chef – Eriksdale Inn
23. Integrity Foods

parkland

8. Arbuckles Fine Eatery & Curiosity Shop
9. Barnaby's Grille
10. The Barking Moose
11. Bin 22 Coffee Co.
12. The Chocolate Fox
13. Foxtail Café
14. Friendly Corner Bakeshop
15. Gone Scrappin' in Bloom
16. The Martese
17. Poor Michael's Emporium
18. The Starving Artist Café Bistro and Gifts
19. TinHouse Designs and Coffee Co.
20. White House Bakery and Restaurant

24. McLeod House Tearoom and Gift Shop
25. Oak Hammock Café
26. Ship & Plough Tavern
27. Whytewold Emporium



western manitoba

43. Divinitea Gift & Tea House
44. Farmhouse Bistro and Tavern
45. Gopher Creek Coffee Company
46. Hansel and Gretel's Schnitzel House

47. Lady of the Lake Shop, Café & Pub
48. Sawmill Tea & Coffee Co.
49. The Gardens
50. Wildflower Café
51. Woodfire Deli

eastern manitoba

28. Capo di Grande
29. Chinos Bistro
30. Le Beau Café & Fudgerie
31. Rhyme or Reason Café
32. Sophie's Restaurant & Deli
33. Spicy Radish Café

pembina valley central plains

34. Bell Aura Bed, Breakfast, Bistro
35. Charley B's Classic Grill and Ice Cream Parlour
36. D23 Dim Sum & Cocktails
37. Del Rios Family Restaurant
38. Gingerwood Lane
39. The Jasmine Tea Room
40. Nora's Diner
41. Oldies & Goodies
42. Ralph's German Restaurant & Café



SASAGIU RAPIDS LODGE

THOMPSON AREA

Two full menus are offered at this fantastically beautiful northern lodge—tasty traditional Canadian *and* exciting authentic Thai prepared by Thai chef Thiti Grandbois. A few of the eighteen Thai selections are: Pad Thai, Pad Ka Pow, Som Tam, Tom Yung Kung or the restaurant's famous Thai spring rolls served mild, spicy or super spicy. The Lodge, situated between Setting and

Bostrom Lakes, overlooks the beautiful Sasagiu Rapids and is minutes from Pisew Falls. Fishing, snowmobiling, and ATVing are within easy access from the 20-room lodge and 80-site campground.

📍 *Highway 6, between Thompson and Wabowden*

🕒 *Open Monday, Wednesday, Thursday and Friday, 12 - 8 p.m.; Saturday and Sunday, 10 a.m. - 8 p.m. Closed Tuesday.*

☎ *204-679-0450*

WWW.SASAGIURAPIDS.COM

Sasagiu Rapids Lodge



THE BALANCE BAR AT MO TUS NUA WELLNESS



THOMPSON

Northern Manitoba's first alternative wellness centre offers multiple types of yoga, holistic nutrition consulting, yoga therapy and a real-food-based health bar! Delicious smoothies, fresh squeezed juice, protein shakes, detox programs, and lunchbox program are supplemented by a catering service. Clients can choose from organic, gluten-free, and dairy-free menu items. Blueberry Green Tea, Grapeberry Slush, Chia Aloha and Very Berry smoothies are favourites. Seasonal menu sensations are added often.

📍 40 Seal Road, Thompson

🕒 Monday - Friday, 3 - 9 p.m.; Saturday 10 a.m. - 2: p.m.; Sunday 12 - 5 p.m.

☎ 204-677-9642

[Facebook.com/motusnuawellness](https://www.facebook.com/motusnuawellness)

CHILLAX FOODS



THOMPSON

Chillax Foods in Thompson operates a summer food service from a mobile food trailer usually set up at the Westwood Mall parking lot. The menu at this very popular venue is East Indian. Vegetable Pakora, Samosas, Butter Chicken, Chicken Curry and Basmati Rice and Tandoori Chicken are the favourites of many fans. As well, Chillax offers catering year round and free delivery. Prices range from \$5 appetizers to \$26 family-size supper platters.

📍 Westwood Mall Parking Lot, Thompson

🕒 Delivery on Wednesday - Saturday, 4:30 - 9 p.m. during the summer; call for catering during the winter.

☎ 204-679-7145

[Facebook.com/groups/chillaxfoods](https://www.facebook.com/groups/chillaxfoods)

LAZY BEAR CAFÉ & LODGE

CHURCHILL

Located in Churchill, on the edge of Hudson Bay, the Lazy Bear Lodge offers a unique and magnificent northern experience. This is the largest custom handcrafted log building in Manitoba. Enjoy watching polar bears or beluga whales...then...fine dining with a regional flair. Indigenous foods such as Braised Peppered Elk, Dill Roasted Arctic Char, and Slow Roasted Manitoba Bison are a culinary adventure. Lunch and dinner menus are made from scratch. Enjoy an espresso coffee and relax in front of Churchill's only stone fireplace. The friendly staff and experienced guides add to the "at home" feeling here in the heart of Polar Bear country.

📍 313 Kelsey Blvd., Churchill

🕒 Summer (June 25 - Sept. 1), 7 a.m. - 9 p.m.
Fall (Oct. & Nov.), 6 a.m. - 9 p.m.

☎ 1-866-687-2327

www.lazybearlodge.com

DUTCH DRIVE IN

THE PAS

Dutch Drive In is a summertime 'must-stop' in The Pas! For more than 60 years, this real life, old-fashioned "Drive-In" has been serving homemade cheeseburgers and a Dutch Drive In specialty—hand-peeled, deep-fried potato slices, called "Dutch Fries," of course! Ice-cream, footlongs, milkshakes and soft drinks are all on the menu. Have the order brought to your car—just roll down the window for the tray like in the old days—or taken to one of the nearby picnic tables so you can

Right: Healthy choices are on the menu at The Balance Bar at Mo Tus Nua Wellness in Thompson. **Below (left and right):** For food-on-the-go, catch up with the Chillax Foods food truck in Thompson.



Above (left and right) and Right: The tone is rustic and inviting at the Lazy Bear Café & Lodge in Churchill. Warm up by the stone fireplace in this unique log structure, while you treat yourself to delicious food and drinks.



enjoy the sunshine. The Dutch Drive In promises scrumptious food and fast, friendly service!

📍 1445 Gordon Avenue, The Pas

🕒 Mid-March until Thanksgiving,
10 a.m. - 9:00 p.m. everyday

☎ 204-623-3721

POPEYE'S

THOMPSON

For 43 years, it has been a sure sign of spring every April when Alice and her crew open Popeye's! Most popular on the menu are the fresh homemade burgers and fries. Will it be a Popeye cheeseburger or a Whimpy double cheeseburger or a Brutus smokie? Nothing disappoints! Next stop is the Sweet Pea for a sweet treat. Ice cream cones, sundaes, slushies and milkshakes are all on the menu. Fast, friendly service and amazing food—how much better could it get?

📍 Mystery Lake Road / Hwy 391, just north of Thompson across Myles Hart Bridge

🕒 April to October, 11 a.m. - 11 p.m. everyday

☎ 204-677-5575

MISS THE PAS RESTAURANT

THE PAS

Memorabilia and dozens of photos telling the story of The Pas cover the walls at Miss The Pas, a traditional stop for everyone attending The Pas' annual Trappers' Festival.

Don't miss the hearty breakfast served with a smile and some truly local atmosphere. Come back later for steak, pasta and seafood. There are dine-in and takeout options, but dining-in provides the opportunity to gaze at all

the Aboriginal artwork, traps, antlers, snowshoes and so much more!

📍 158 Edwards Avenue, The Pas

🕒 Monday - Saturday, 7 a.m. - 8 p.m.;
Sunday, 8 a.m. to 4 p.m.

☎ 204-623-3130



Above: Visiting Miss The Pas Restaurant has become a tradition for regular travelers to The Pas. Discover this one-of-a-kind eatery on your next visit to The Pas.

Photos: Trent Allen



ARBUCKLES FINE EATERY & CURIOSITY SHOP



BINSCARTH

Enjoy fine dining in a homestyle family atmosphere. Add live local entertainment and premium touring talent every Friday and on special occasions. The décor has a music theme with antique and modern instruments on display.



Arbuckles Fine Eatery & Curiosity Shop

Most dishes are created and cooked on site with local meats and locally purchased produce. Look for the Blues Brothers Steak, Baby Back Ribs, Mac and Cheese, Pecan Pie. With sufficient notice, Arbuckles will provide gluten free and special dietary needs dishes.

Arbuckles can accommodate 100 people for special events. It is a popular spot, reservations are recommended.

📍 12 Russell Street, Binscarth

🕒 Thursday - Sunday

☎ 204-532-2099

THE BARKING MOOSE

SANDY LAKE

Sandy Lake's internet café serves Fair Trade organic specialty coffees and teas as well as European-style sandwiches, soup and on-site baking (cookies, tarts,

cinnamon buns and other treats). Enjoy this cozy little spot, relax, read, visit or sit on the patio and watch the world go by!

📍 *Corner of Railway Avenue and Main Street, Sandy Lake*

🕒 *Thursday - Sunday, spring until fall*

✉ *thebarkingmoose@mymts.net*

BARNABY'S GRILLE

ONANOLE

Remember kitchens from the 1960s, Al's Diner and Cheers? Mix together and voila, Barnaby's Grille—the look, the atmosphere and definitely the flavour! Try their steak with 21-day aged Black Angus beef from Trickle Creek Farms; fresh British Columbia salmon; Manitoba vegetables, greens and potatoes; gigantic racks of ribs; home fried chicken; poached salmon; fish and chips; homemade bread; Thai salads; burgers; and poutine. Finish with decadent pecan pie, fruit pies, sticky toffee pudding or sinful banana pudding... all with ice cream, all made on site! A must-visit when you are in the Clear Lake area, but if you live nearby, you will become a regular at Barnaby's...for sure!

📍 *392 Central Road (parallels PTH10), Onanole*

📞 *204-848-7451*

BIN 22 COFFEE CO.

RUSSELL

The main floor of an historic red brick bank building in Russell has been tastefully transformed into a clothing boutique and a specialty coffee house. Bin 22's warm and inviting atmosphere can be attributed to the friendly staff, the great coffees and sweet treats, and the pleasant combination of urban and rustic décor. Handcrafted tabletops, a reclaimed



Top and centre: The Barking Moose in Sandy Lake is a tasty destination—and your specialty coffee stop—along Highway 45 south of Riding Mountain National Park. **Bottom:** Barnaby's Grille sees many a visitor from the Park as well, with its convenient location along Highway 10 at Onanole near the Park's south entrance.



Top: An historic red brick bank building is home to the Bin 22 Coffee Co. in Russell, with its warm and inviting interior (**centre**).

Bottom: The Chocolate Fox in Wasagaming (Clear Lake) is a great place to beat the summer heat with housemade gelati and sorbet prominently featured on its menu of sweet treats.

barn beam coffee table, a comfy couch and armchair corner encourage relaxation and conversation. The tantalizing aroma of espresso, cappuccino, and caramel lattes will bring you back for sure!

📍 202 Main Street North, Russell

☎ 204-773-4328

THE CHOCOLATE FOX

WASAGAMING (CLEAR LAKE)

Since 2008, this family-run log cabin store has featured an eclectic selection of treats and treasures for all ages and tastes. It is unique in the Parkland due to its in-house gelati and sorbet made with fresh fruit. There is also a great selection of dairy-free choices. Add to that eight flavours of popcorn popped on site, eight kinds of creamy fudge, Thelma's Frozen Lemonade, Morden's Chocolates (a Manitoba family company for more than 40 years) and Turkish Delights.

Spend some time shopping in the other half of the store featuring products from Manitobah, Blundstone, Baggalini, and Kyber to name a few, and a selection of hats and cosy Clear lake clothing.

📍 112 Wasagaming Drive, Wasagaming

🕒 Daily from early spring until mid-fall

☎ 204-848-7578

WWW.CHOCOLATEFOX.CA

FOXTAIL CAFÉ



WASAGAMING (CLEAR LAKE) AND ONANOLE

With a passion for fresh produce and local producers, and a commitment to serving local farm-to-fork food, the Foxtail is a new and refreshing destination on the Parkland culinary scene. Wood-fired

stone ovens and the skills of the chefs produce pizzas featuring local chorizo sausage and goat cheese; paninis with caramelized onions, Bothwell smoked gouda and bison; vegetarian lasagna; and homemade soups, salads and sandwiches. The original Foxtail is on the corner of Highway 10 and Victor Avenue in Onanole, and the newest is in the lakeside village of Wasagaming at Riding Mountain National Park.

📍 *Victor Avenue, Onanole and 130 Wasagaming Drive in Wasagaming*

🕒 *The Foxtail in Clear Lake is open 8 a.m. - 9 p.m., May - Thanksgiving and 8 a.m. - 5 p.m. in May. The Onanole location is open early spring until Thanksgiving and at times, 8 a.m. - 9 p.m. Call for hours.*

📞 *204-848-2195*

WWW.THEFOXTAILCAFE.CA

FRIENDLY CORNER BAKESHOP

GRANDVIEW

This is a very special place. The food is down-home good, and the cinnamon buns and baked goods are exceptional. Fresh bread and buns daily, along with a variety of pastries and desserts, complement the soups, salads, sandwiches and other lunchtime favourites. A busy place indeed! The bakers reside at the local group home for people with intellectual disabilities. Everyone approaches the baking duties very seriously and patiently. Great care goes into preparation and every item is handmade. Arrive early as daily output of bakery items is limited and reputation is widespread!

📍 *431 Main Street, Grandview*

🕒 *8:30 a.m. to 4:30 p.m. weekdays*

📞 *204-546-3004*



Top and Centre: Wood-fired pizza and other specialties are on the menu at Foxtail Café in Onanole and Wasagaming. **Bottom:** At Friendly Corner Bakeshop in Grandview, the handcrafted baked goods, including breads and cookies, taste just like grandma makes!

Right: When you travel Route 45, be sure to stop by Gone Scrappin' in Bloom in Rosssburn.

Below: See Clear Lake from a different perspective while enjoying a dinner cruise on The Martese.



Above (left and right):

Books and art meet coffee culture at Poor Michael's Emporium in Onanole. **Right:**

Located along an active rail line in a former train station, The Starving Artist Café in Roblin evokes memories of the early days of rail travel.



GONE SCRAPPIN' IN BLOOM



ROSSBURN

This red brick 1939 general store has an all-wood interior, is heated by a furnace forcing warm air through a large steel floor grate and is "open concept" due to the truss structure for the roof. Regardless of its size, there is a cozy and inviting feel. The aroma of old wood and fresh Manitoba roasted coffee is so inviting. The store offers fresh flowers, an exceptional variety of scrapbooking supplies, gifts, Manitoba-made treats, as well as the café delights of specialty teas and coffees, homemade soup, sandwiches, desserts and ice cream.

📍 20 Victoria Ave. E., Rossburn

🕒 Open year-round.

📞 Phone 204-859-3334

WWW.GONESCRAIPPIN.CA

Facebook, Twitter, Instagram: gonescrapnbloom

THE MARTESE



WASAGAMING (CLEAR LAKE)

Experience fine dining aboard The Martese on picturesque Clear Lake in Riding Mountain National Park. The menu for the four-course supper cruise has been a "must do" experience for visitors to the Parkland region for many years now. Fresh breads and salads start the meal followed by a choice of beautifully prepared entrées. Dessert and coffee round out the meal, or indulge in a little something from the fully-stocked bar.

📍 The Marina on Clear Lake, Wasagaming

🕒 Seasonal. See website for departure times. Reservations are required.

📞 204-848-1770

📧 summer@clearlakemarina.ca

WWW.THECLEARLAKEMARINA.COM

POOR MICHAEL'S EMPORIUM BOOKS - ART - CAFÉ

ONANOLE

Poor Michael's is no ordinary bookshop. It offers a fine selection of quality used books, from first editions to vintage magazines, local histories, art, literature, kids and summer reading. Poor Michael's also features an eclectic mix of Manitoba artwork and global treasures, with an emphasis on handmade one-of-a-kind items. The café offers "really good coffee" and delicious homemade baking, desserts and light lunches, with a unique patio for relaxing. Music concerts are held on the patio throughout the summer.

📍 Hwy. 10, Onanole

🕒 Open early May to mid October

📞 204-848-0336

WWW.POORMICHAELSBOKS.CA

THE STARVING ARTIST CAFÉ BISTRO AND GIFTS



ROBLIN

The focus of this unique stop, housed in a 1902 CN train station, is the great taste of homemade dishes from natural and local foods. Bread and biscuits are some of the highlighted homemade items, along with specialty and Fair Trade coffees. Gifts are sourced locally, as well as from Manitoba and Canada. There are many works by local artists.

📍 126 1st Avenue N.W., Roblin

🕒 Monday - Wednesday, 10 a.m. - 4 p.m.; Thursday and Friday, 10 a.m. - 8 p.m.; Saturday, 10 a.m. - 4 p.m.

📞 204-937-2914

WWW.THESTARVINGARTIST.CA

Facebook.com/thestarvingartistroblin



Tinhouse Designs and Coffee Co.

TINHOUSE DESIGNS AND COFFEE CO.

RUSSELL

After travelling across Canada, two young artists returned home to create this unique eatery and gift shop. It has very successfully brought the look and feel of other “cool” city shops to a rural town. Enjoy the striking interior or sit on the sunny patio. Try homemade “from scratch” wraps, sandwiches, salads, specialty teas and coffees, ice cream and a variety of home-baked goodies. Many gift items are available including handmade Canadian works from baby items to framed tin ceiling tiles, stained glass art, wildlife photography and much more.

📍 161A Main Street, Russell

🕒 Open Monday - Friday, 8:30 a.m. - 9:00 p.m., and Sat., 10 a.m. - 5 p.m.

☎ 204-773-2291

WWW.TINHOUSEDESIGNS.CA

WHITE HOUSE BAKERY AND RESTAURANT



WASAGAMING (CLEAR LAKE)

The Whitehouse is famous for delicious cinnamon buns—original or topped with maple or cream cheese, also pecan, and whole wheat—all baked daily on site. These and other savoury and sweet items including gluten-free bread are available. Both traditional and unique menu items for breakfast and lunch include paninis, salads, wraps, burgers, sandwiches and much more. Vegetarian options and specialty coffees are also available.

📍 104 Buffalo Drive, Wasagaming

🕒 Licensed and open daily 8 a.m. - 5 p.m. for breakfast and lunch, table service and takeout from beginning of May to end of September

☎ 204-848-7700



Above: The White House Bakery and Restaurant at Wasagaming is known for its cinnamon buns—get ready to stand in line! They are that popular... and delicious, too!



Mural wall at the Half Moon Drive In, Lockport

HALF MOON DRIVE IN

LOCKPORT

Since 1938, the Half Moon diner, with its great food and retro Fifties atmosphere, has been a Manitoba tradition. Enjoy homemade fries and poutine made with local potatoes, European-style hot dogs also made locally, burgers, and a full menu of soft and hard ice cream, milkshakes, and banana splits. This is truly a fun, family-friendly place. An added bonus is the fantastic view of the historical St. Andrews Lock and Dam Bridge. Watch for the Half Moon on wheels foodtruck.

📍 6860 Henderson Hwy., Lockport

🕒 Daily 11 a.m. - 11 p.m., Feb. 1 - Dec. 15.
Wednesday - Sunday from Jan. 15 - Feb. 1.
Closed Dec. 15 - Jan 15.

📞 204-757-2517

📧 halfmoon@mts.net

WWW.HALFMOONDRIVEIN.COM

HEALTHY CHEF – ERIKSDALE INN

ERIKSDALE

Chef Syamal Patel, trained by award-winning executive chefs, learned to specifically create a healthy taste infused with many different ethnic styles of meal preparation.

Chef Syam offers healthy fusion cooking which takes favourite tastes and adds another dimension—a clean taste with fresh produce and low fat protein options. Although health is the center of attention, deep fried goodies and burgers are still available on the menu. Visit the website for a Canadian celebrity video review, and also to see the menu options that range from wraps and burgers to sandwiches, stir-fries, samosas and curry.

📍 On Hwy. 6 in the Eriksdale Inn,
30 seconds north of junction of
Hwys. 6 and 68

Right: Interior of Healthy Chef at the Eriksdale Inn, Eriksdale. **Below:** Wood-fired pizza is a specialty at Integrity Foods in Riverton.



Above: Saskatoon rhubarb crumble top pie is on the menu at McLeod House Tearoom and Gift Shop in Stonewall. **Right:** Dinner with a view on the rooftop terrace at Oak Hammock Café near Stonewall.



🕒 *Monday - Saturday, 8 a.m. - midnight;
Sunday, noon - midnight by reservation only.*

📞 204-739-2027

✉️ Syamal.patel@gmail.com

WWW.HEALTHY-CHEF.CA

INTEGRITY FOODS

RIVERTON

For the ultimate picnic experience, visit this outdoor, wood-fired pizza oven site. Order your customized pizza and enjoy the garden and the animals or relax at a picnic bench while you wait. Get creative with selections like local bison, pepperoni, fresh veggies from the garden, Bothwell cheese, and a bonus for vegans and those with dairy allergies—Daiya melt.

📍 10 km north of Riverton on Hwy. 8
at Road 141 N

🕒 *Bakery is open all day Monday - Saturday.
Pizza Nights are Friday and Saturday,
5 - 9 p.m., mid-June to mid-September*

📞 1-866-378-2887 or 204-378-2887

✉️ integrity_foods@mymts.net

WWW.INTEGRITYFOODS.CA

MCLEOD HOUSE TEAROOM AND GIFT SHOP

STONEWALL

Some temptations: Chicken salad with apricots and cranberries on alpine bread; cucumber and herbed cream cheese sandwiches; spinach with toasted pecans, granny smiths, and homemade raspberry vinaigrette; blue cheese pear and walnut salads; and Saskatoon rhubarb crumble top pie.

For High Tea or Teacup Readings, enjoy classic finger sandwiches, scones with preserves, Devonshire cream and dainties. The food here is fresh from

scratch and sourced locally as the seasons allow.

McLeod House is the ancestral home of Victoria Cross winner Alan McLeod and has been lovingly restored by its current owners.

📍 292 Main Street, Stonewall

🕒 *Tuesday - Friday, 10 a.m. - 5 p.m. and
Saturdays, 10 a.m. - 4 p.m. Open
year-round with the exception of a
short break at mid-January.*

📞 204-467-2303

✉️ mcleodhouse@mymts.net

WWW.MCLEODHOUSETEAROOM.COM

OAK HAMMOCK CAFÉ



OAK HAMMOCK MARSH (NEAR STONEWALL)

The café offers an unparalleled panoramic view of a world-renowned wetlands.

Table-side binoculars are provided. While the birds are the stars of the show, the food here is also exceptional. Meals are made fresh daily from scratch with food sourced locally from farmers markets. Fresh baked delights are complemented by exotic flavours of in-house ice cream—Earl Grey, saffron/pistachio, apple pie and mango, and more. Seasonal specials include wild rice and mushroom soup, and bison and elk stew. Special meals are created for Valentine's Day, Mother's Day, and during bird migration events.

📍 *Oak Hammock Marsh Interpretive Centre,
1 Snow Goose Bay at Hwy. 220
(on Hwy. 67 between Hwys. 7 and 8)*

🕒 *Daily 10 a.m. - 4 p.m. and later during
fall migration*

📞 204-467-3300

✉️ ohmic@ducks.ca

WWW.OAKHAMMOCKMARSH.CA/CAFE

Twitter: @OakHammockCafe



Ship & Plough Tavern


SHIP & PLOUGH TAVERN


GIMLI

Meals are prepared using the freshest ingredients and whenever possible, Manitoba products: Elman's pickles, Bothwell cheese, Peak of the Market vegetables, Lake Winnipeg pickerel, Manitoba poultry products, and Crown Royal whiskey distilled in Gimli. Examples of the Ship & Plough's culinary creativity include cheeseburger flatbread, dill pickle soup, a pub lunch of roast beef and gravy, and warm dark chocolate chip chili cookies with ice cream.

Enjoy the friendly staff, unique pub environment and at night, the live music from both local artists and touring acts. There are four distinct beers on tap and a great selection of import and craft brews.

 42 Centre Street, Gimli

 Hours vary by season – check Facebook or phone message

 204-642-5276

 info@shipandplough.ca


Facebook, Twitter and Instagram: [shipandplough](#)


WHYTEWOLD EMPORIUM


WHYTEWOLD

This is a true emporium with unique menu items in the restaurant, a shop with sterling silver jewelry, antiques, and leather goods, and a greenhouse and garden centre with bird feeders.

Some savoury crepes: Italian featuring Baron's sausage, Canadian with smoked ham, and the Drunken Whytewold Chicken—a must-try! Sweet crepes go made with berries, fruits, cream fillings, butterscotch, banana, pecans, caramel, maple syrup, cream cheese, and so on... Pizzas are oven-baked or wood-fired and there are more than eight specialties with toppings ranging from hemp hearts and garlic, to traditional, and once again, the Drunken Chicken. There are also burgers, wings, chili, poutine, salads, traditional breakfasts, ice creams and gluten-free choices.

 190 Gimli Road, Whytewold
(5 minutes south of Winnipeg Beach)

 Call or check website for hours

 204-389-4567

WWW.WWEMPORIUM.COM





© istockphoto.com by karissaa

CAPO DI GRANDE



GRAND MARAIS (SEASONAL) & ÎLE-DES-CHÊNES

Capo di grande offers fantastic coffee from locally roasted beans and a variety of fresh meal options. The Signature Muffuletta is made by smothering a ciabatta bun with an olive salad containing dozens of ingredients puréed and left to age for a week. Layers of Genoa salami, Provolone cheese, hot capicola and mozzarella are piled on and the Muffuletta is left overnight in the fridge. All of those flavours transfer into the bun creating a very unique taste experience.

Cinnamon buns are made in-house using a family recipe, as are the Italian pretzels and Tuscan bruschettas. A few of the other treats include Reubens, panini sandwiches, quiche, salads, waffles, and chicken pot pies. There are desserts, specialty coffees, teas, and wine.

See Facebook for menus, entertainment schedules and hours.

📍 *Grand Marais near Grand Beach (seasonal) and Île-des-Chênes*

🕒 *Monday - Saturday, 7 a.m. - 11 p.m., Sunday, 10 a.m. - 7 p.m.*

☎ *Grand Marais 204-754-2265
Île-des-Chênes 204-878-4004*



Capo di grande, Grand Marais location

Right: The Fire Grilled Caesar at Chinos Bistro in Steinbach.

Below: Just imagine! Le Beau Café & Fudgerie in Beausejour makes it possible to have a catered 10-course dinner at home.



Above: Coffee time at Le Beau Café & Fudgerie in Beausejour. **Left:** Come home to the Rhyme or Reason Café in Steinbach for homemade specialties including an incredible range of soups.

CHINOS BISTRO

STEINBACH

Chinos Bistro at Sunshine Greenhouse is known for its wood-fired pizza oven and their passion for fresh, creative food made in-house from scratch. Enjoy a comforting atmosphere that extends into a greenhouse and out to a garden patio complete with fireplace. Flavours of the world are featured on the pizzas... a breakfast Benedict with Hollandaise sauce and back bacon or for anytime, pizzas featuring bocconcini, provolone, pancetta, banana peppers, roasted garlic sauce, four varieties of mushrooms, or peanut sauce chicken. Try a dessert pizza made from favourites like chocolate, caramel, apples, bananas, cherries and goat cheese. Complete the experience with a specialty coffee, cold drinks or a quality wine or beer. The latest addition to the menu is house-made gelato.

📍 824 Main Street, Steinbach

🕒 Monday - Saturday, 9 a.m. - 10 p.m.

☎ Phone: 204-326-9053

WWW.CHINOSBISTRO.CA

LE BEAU CAFÉ & FUDGERIE



BEAUSEJOUR

Heaven on earth! Creamy old-fashioned fudge is made on site and usually 30 flavours are always available including strawberry cheesecake, chocolate caramel sea salt, ginger gem, raspberry lemonade, peanut butter chocolate, red velvet, and Canadian maple. At the same location, Chef Carmen Cole creates a constantly changing menu with superb made-from-scratch breakfast or lunch items complemented by gourmet

coffees and teas or a glass of wine.

Some soups: sweet potato, roasted red pepper, kale and chorizo. Some lunch items: chicken Alfredo lasagna, baked mac and cheese, corn fritter stack with guacamole, blueberry salad, and pumpkin scones.

📍 30 Third Street S., Beausejour
(eat-in and takeout)

🕒 Open Monday - Friday, 7 a.m. - 5:30 p.m.
Catering is available for lunches, weddings, and "at home" ten-course dinners.

☎ 204-268-4866

RHYME OR REASON CAFÉ



STEINBACH

Fabulous food from the kitchen of an historic two-storey home—homemade, from scratch, and also supporting local businesses. Come early for a homemade biscuit with bacon, egg and cheddar; a cinnamon bun; quiche; or fresh brown bread with homemade jam. Imagine a menu with 24 soups presented two per day in a four-week cycle along with sandwich and salad choices! Soups include chicken gnocchi, chicken wild rice, Hungarian mushroom, Italian wedding, pasta fagioli, potato leek, southwest bean, sweet potato peanut, and Tuscan tortellini. Try the cake, cheesecake, pie, bread pudding, crème brûlée and more.

📍 191 Reimer Avenue, Steinbach

🕒 Monday - Friday, 8 a.m. - 4 p.m.;
Saturday, 8 a.m. - Noon.

☎ 204-326-7523


✉ info@rhymeorreasoncafe.com


WWW.RHYMEORREASONCAFE.COM


SOPHIE'S RESTAURANT & DELI

HADASHVILLE

Chefs Anna and Voldymir Horbay present authentic Ukrainian food—sometimes updated and unique versions—but always Ukrainian! Here are a few menu items: for a barbeque—sauerkraut and kasha buns, wood-fired pork kabobs and kubassa, red cabbage salad, carrot relish, Ukrainian-style baked potato, and for a taste of Ukraine—borchst, knydli, dilly cucumber salad, fried sauerkraut, pork cutlet, nalysnyky for dessert or maybe blueberry perogies. For those without Ukrainian tastebuds, there is pizza and Chinese (Oriental Express Salad and Mandarin Orange Cake, to name only two items). A bakery and a Ukrainian food deli are also located on-site.

 44098 Hwy. 11, Hadashville

 Summer hours, 8 a.m. - 9 p.m.;
otherwise 8 a.m. - 8 p.m.

 204-426-2399

WWW.SOPHIES4FOOD.COM



International cabbage rolls at Sophie's Restaurant & Deli

Do we have your attention? You'll find this scrumptious dessert at Spicy Radish Café.



SPICY RADISH CAFÉ

WHITEMOUTH

Does Grandma Jessie's Strawberry Pie get your attention? Then The Spicy Radish in Whitemouth is your next flavour destination. The chef features an intriguing menu using as many locally grown and produced foods as possible. Some of the menu items: grilled cinnamon buns; homemade jam with toast; wild blueberry pancakes; edamame; poutine; sweet potato fries; quiche; ribs; baked penne Bolognese; grilled chicken with New Bothwell jalapeno jack cheese; pistachio crusted haddock; spinach salad with candied walnuts, cranberries, mandarins, and homemade creamy poppyseed dressing; also soups, wraps and burgers. Take home a jug of home-brewed lemon iced tea! By the way, Spicy Radish has been known to serve sticky toffee pudding and Key Lime pie, too.

 141 Railway Avenue, Whitemouth

 204-348-7504

WWW.SPICYRADISH.CA



BELL AURA BED, BREAKFAST, BISTRO



CARMAN

Every month the scene changes: a German Gasthaus, a Parisian sidewalk café, a Moroccan Kasbah or an Italian Ristorante. From bannock to Baklava, indulge in the culinary delights of various countries made with ingredients from the organic garden. Enjoy homemade bread and a variety of soups from carrot ginger, sweet red pepper, and green pea mint, to spinach yogurt and Portuguese sausage kale. Or try the Cool as a Cucumber Buttermilk cold soup. Deserts made with real butter include sour cream lemon, Dutch apple, and Saskatoon lemon.

The signature piece is French Toast Raphael made with eggs, cream, maple syrup, a touch of cinnamon and bread crumbs, then finished off with cream cheese and blueberries.



77- 2 Avenue S.W., Carman



11 a.m. - 2 p.m., Tuesday - Thursday



204-745-6787



Above: Bell Aura Bed, Breakfast, Bistro is the eastern Manitoba home of French Toast Raphael.



Above: You'll need an appetite to match the size of the burgers when you dine at Charley B's Classic Grill and Ice Cream Parlour in Winkler. **Below:** East meets West at D23 Dim Sum in Carman.



Above: Kielke with noodles made on site at Del Rios Family Restaurant in Winkler.

CHARLEY B'S CLASSIC GRILL AND ICE CREAM PARLOUR

WINKLER

Since 2004, Charlotte and Katelin have worked to create tantalizing tastes with local products. Burgers: Smokey and the Bandit – house made aioli and bacon, Big Bad Wolfe – Winkler Farmer Sausage, Ohana – smoked ham and pineapple, Slai Thai – Thai glaze and Asian slaw. Poutine comes in Classic, Mennonite or Mexican! There are shakes, quakes, puppies, floats and The King with peanut butter sauce and banana as a tribute to Elvis. A full menu is available on the website.

Ingredients are high quality, fresh, local, natural with no preservatives or hormones. Service is equally high quality.

📍 850 Main Street, Winkler

🕒 Open Monday - Friday, 11:30 a.m. - 10 p.m., and weekends, 12 - 10 p.m.

📞 204-331-3663

✉️ chaleysgipc@gmail.com

WWW.CHARLEYBSGRILL.CA

D23 DIM SUM & COCKTAILS



CARMAN

The first of its kind in southern Manitoba, this Filipino-Asian inspired restaurant is run by Kris, a registered chef and accomplished bartender from the Philippines with apprenticeships in Malaysia and Singapore.

Try some international tastes: Filipino-style spring rolls, adobo pulled pork sandwiches, "shark fin" dumplings (pork infused with vegetables and wrapped in rice paper to create the appearance of a shark fin) and the absolute D23 experience—banana jackfruit fritters

with ice cream and caramel sauce and a flaming shot cocktail!

📍 69-A Main Street in Carman.
In the summer, follow the D23 food truck in Morden.

🕒 Tuesday to Friday, 11 a.m. - 8 p.m., and
Saturday and Sunday, 5 p.m. - 8 p.m.

📞 204-892-0823 (call/text)

[Facebook.com/D23FoodTruckCanada](https://www.facebook.com/D23FoodTruckCanada)

DEL RIOS FAMILY RESTAURANT

WINKLER

For almost 100 years, Mennonites have lived in Mexico and enjoyed the cuisine of both cultures. Del Rios presents both authentic Mexican and homestyle Mennonite fare. A few items on their extensive menu: quesadillas, beefsteak burritos, taco salad, huevos rancheros, enchilada platters, and a Chimi platter, as well as Verenike (Mennonite perogy made with cottage cheese and topped with cream gravy), Kielke (flat noodles, cream gravy, farmer sausage and sometimes fried onions and rhubarb sauce), breaded pork chops, burgers, fish and of course, cream pies, cinnamon buns, and ice cream. See the full menu on Del Rios' website. Local produce and homemade dishes are the norm at Del Rios.

📍 644 Main Street N., Winkler

🕒 Monday - Saturday, 7:30 a.m. - 9 p.m.

📞 204-325-5273

www.delriosfamilyrestaurant.com

GINGERWOOD LANE



WINKLER

This beautiful teahouse and gift shop offers homemade comfort food at its best: cinnamon buns, tea biscuits with homemade strawberry jam, a specialty

bread fresh daily, homemade soups and salads, specialty coffees, smoothies, coolers, Italian sodas, cheesecake, carrot cake, ice cream and bienenstich—that feather light layer cake with a vanilla custard filling and topped with caramelized almonds. There is also a gluten-free menu. Reservations are recommended. Takeout and delivery are options. Banquet room available.

The gift shop features purses, lug bags, jewellery, clothing, “stuffies,” art, and décor for kitchen and garden.

📍 620 Centennial Street, Winkler

🕒 Monday - Saturday, 9 a.m. - 4:30 p.m.

📞 204-325-6341

www.gingerwoodlane.com



Above: GingerWood Lane in Winkler is the solution for every “sweet-tooth” craving.

pembina valley central plains

Below: The Jasmine Tea Room in Altona offers tasty dishes from tantalizing soups and entrées to mouthwatering cakes and crisps.



Middle: Visit Nora's Dinner in Gretna for tempting entrées such as an 8oz. New York Steak (shown) or scarlet snapper with mango chutney salsa.

Bottom: Head down to Oldies & Goodies in Morden on Saturday for Belgian waffles with white sauce, strawberries and whipped cream.

THE JASMINE TEA ROOM



ALTONA

Everything is made from scratch, even the bread for your sandwich, and local produce is used whenever possible. A few of the intriguing menu items: soups—southwest butternut, corn chowder, dill potato, split pea meatball, asparagus ham; roast beef with caramelized onions sandwich; salads—romaine with grapes, apple, and mandarins, and romaine with peach, cranberry, and feta. Then add mango lemonade, an iced latte, tea or specialty coffees and some fresh berries cake with lemon filling or a rhubarb strawberry crisp and ice cream. Don't miss this one!

📍 15-115 Fourth Avenue S.W., Altona

🕒 Monday - Saturday, 8 a.m. - 4 p.m.
Takeout, catering and special event services are available.

☎ 204-324-1847

NORA'S DINER

GREтна

A.C. Nickel's Tin-smith and Hardware Store became George's Coffee House when AC retired. It featured walls adorned with tapestries, served comfort foods and hot coffee, and welcomed cigar and pipe smoking. Many owners later, Chef Jeff Dyck returned to Gretna and began transforming the eighty year-old structure into Nora's Diner.

Just a few tempting menu items: Manitoba breakfast stax; Nora's breakwich; beer battered filet of sole; tacolapagos gourmet pizza; scarlet snapper with mango chutney salsa; French onion soup; Artemis salad with grilled chicken, mushrooms, peppers,

goat cheese and Greek dressing; steaks and crispy chips; caramel apple cheesecake.

📍 616 7th Street, Gretna

🕒 Open Wednesday thru Saturday, 8 a.m. to close. *Reservations recommended. Available for larger groups and private functions.*

☎ 204-327-5366

WWW.NORASDINER.CA

OLDIES & GOODIES

MORDEN

The food served here is deliciously homemade, simple and in-season: fresh baked bread for sandwiches, fresh biscuits daily, choice of three or four desserts daily including cakes and cookies, cinnamon buns on Friday, and Belgian waffles with white sauce, strawberries with whipped cream on Saturdays. "Mennonite" soups like borscht and varieties of chicken are favourites. Sandwiches are staples, including egg, tuna, BLT, wraps and other all-time favourites.

Next door is Parlour 363, a full hair salon with an oldtime functional barber shop using old-fashioned chairs and mirrors.

📍 363 Stephen Street, Morden

🕒 Wednesday - Saturday, 10 a.m. - 5 p.m.

☎ 204-822-1881

✉ bevanwiebe@hotmail.com

RALPH'S GERMAN RESTAURANT & CAFÉ



WINKLER

For great, authentic German food, visit Ralph's in Winkler. Known for their schnitzel, spaetzle with cream sauce, bacon and mushrooms, and chicken with a white wine demi-glace, Ralph's menu also includes beef stroganoff

with mushrooms, roasted duck, teriyaki striploin, pasta dishes, curried chicken with mango and much, much more. Generous portions and friendly, knowledgeable, and attentive family owners make this a comfort-food experience. See more on Facebook.

📍 551 Muirham Street, Winkler

🕒 Monday-Saturday 10 a.m. - 8 p.m.

☎ 204-325-9500

Below: Ralph's German Restaurant in Winkler offers beautifully plated dishes such as Pembina River Salad with celery, apples and shrimp (top) and Gypsy Stew (bottom).





Divinitea in Mather


DIVINITEA GIFT & TEA HOUSE

MATHER

Divinitea Gift & Tea House—breathing new life into a former village church—is a must-stop-shop-and-eat destination when you find yourself deep in crocus country. With delectables, collectibles, gifts and more, Divinitea Gift & Tea House has something for everyone. We showcase the talents of local crafters and artisans, and serve scrumptious home-cooked breakfasts, lunch specials and desserts. You are sure to satisfy any craving for good food, folk art and fun. Whether you are hungry, need some retail therapy or just want to share a “cuppa” with friends, we can’t wait to see you at Divinitea Gift & Tea House.

 Veterans Drive, Mather

 Tuesday/Friday/Saturday, 9 a.m. - 4:30 p.m.

 204-529-2560

GOPHER CREEK COFFEE COMPANY

VIRDEN

This small, licenced bistro coffeehouse presents an outstanding menu, from scratch, using locally produced fresh food. Enjoy breakfast biscuit muffins with smoked coho salmon, roasted beets, dill and goat cheese; lunch wraps of curry roasted chicken, greens and peach ginger chutney; a hot dish with in-house pork sausage, balsamic red onions, roasted herb potato and grainy dijon. There are also specialty coffees from organic, fair trade, locally roasted beans and an assortment of loose teas. Try the in-house prepared cakes and other classic and specialty baking (vegan and gluten-free). Chefs Amanda and Paul provide themed cooking classes (e.g. curry, tapas, Italian,

holidays). Enjoy live music and game nights. Also offered are catering and bistro rentals.

📍 143 Nelson Street West, Virden

☎ 204-707-2233

✉ gophercreekcoffeecompany@gmail.com

WWW.GOPHERCREEKCOFFEECOMPANY.COM



FARMHOUSE BISTRO AND TAVERN

VIRDEN

People are beginning to recognize the importance of sustainable agriculture with its fundamental concept of supporting those farmers and ranchers who ensure healthy and sustainable food production. This is important to Chef Aron Thiessen and The Farmhouse. Although the extensive menu changes somewhat with the seasons, you will always find something special to you. Look for Arctic char, calamari, bison, steaks with Yorkshire pudding, perogies and sausage, chili chicken, ginger beef,

classic pasta, poutine with Bothwell cheese curds, focaccia, quesadillas and more. Desserts include pumpkin pie and carrot cake. The Farmhouse offers wines from around the world, and some are organic.

📍 558 Frame Street E., Virden

🕒 Monday - Friday, 11 a.m. - 2 p.m.;
Monday - Saturday, 5 - 9 p.m. and
Sundays, 4:30 - 9 p.m.

☎ 204-748-6959

✉ guest@farmhouse-bistro.com

WWW.FARMHOUSE-BISTRO.COM



Above: Are you ready for arctic char, poutine with Bothwell curds, and organic wine? Visit the Farmhouse Bistro and Tavern in Virden.

HANSEL AND GRETEL'S SCHNITZEL HOUSE

BRANDON

Enjoy authentic German schnitzels, homemade German bratwurst sausage, spaetzle, sauerkraut, veggies with Hollandaise sauce, Hunter sauce gravy and salads with a very tasty in-house dressing. Or choose from perogies and many other Canadian favourites. Black Forest cake



Top: A traditional German buffet awaits you at Hansel and Gretel's Schnitzel House in Brandon.

Centre and Bottom: Enjoy a decadent dessert and live music at Lady of the Lake Shop, Café and Pub in Brandon.

is one of the desserts. All are homemade and fresh daily. Add traditional German music, a glass of wine or a pint of beer and you will understand why reservations are recommended. Full menu and buffet.

📍 363 First Street, Brandon

🕒 Monday - Friday, 11a.m. - 9 p.m.;
Saturday - Sunday, 4 p.m. - 9 p.m.

☎ 204-725-4400

✉ hanselandgretels2010@hotmail.com

WWW.HANSELANDGRETELS.NET

LADY OF THE LAKE SHOP, CAFÉ & PUB

BRANDON

Presenting: a sunny café and delicious locally sourced, seasonal fare (organic when possible). Recommended: quiche with one of several tasty fresh salads. A favourite is the wine and cheese—fresh greens with goat cheese, grapes, pecans and in-house balsamic vinaigrette. Prefer soup and sandwich? Try the Hungarian mushroom soup with a biscuit, and a sweet curried chicken salad sandwich, or the huge meatloaf sandwich. If possible, indulge in a slice of New York style cheesecake or Saskatoon pie and sip a steaming cup of gourmet tea.

Make time to wander through the award-winning gift shop with its artful displays filled with vintage furnishings, trendy home décor and vibrant personal accessories.

📍 135B 17th Street N., Brandon

☎ 204-726-8785 for information and reservations. See the website for Crimson Pub menu and entertainment schedule.

✉ ladyofthelake.brandon@yahoo.ca

WWW.LADYOFTHELAKE.CA

Below: Exceptional food is on the menu at Sawmill Tea & Coffee Co. in Boissevain.



SAWMILL TEA & COFFEE CO.



BOISSEVAIN

Although the menu varies daily, you may find pulled pork sandwiches, apple walnut salad, Thai salad, quiche, flat bread pizza, pastas, bagels, souvlaki, and, of course, the fresh Tommy Turtle sticky buns, maple bacon cheddar buns or classic cinnamon and pecan. Try the exceptional cheesecake and enjoy organic coffee and tea or Manitoba beers.

The Sawmill is a special place with a special purpose. Prairie Partners (a not-for-profit agency) owns and operates The Sawmill, which has been created to develop social connections in the community and social and food service skills for people with intellectual disabilities. Two staff and many volunteers are involved and local people donated furnishings and set-up or redecorating work.

📍 296 South Railway, Boissevain

📞 204-534-2232

✉️ sawmill@prairiepartners.ca

[Facebook.com/thesawmill](https://www.facebook.com/thesawmill)



Above: Creative menu, great service and the “Best Damn Denver Sandwich” await you at The Gardens in Elkhorn.

THE GARDENS

ELKHORN

The Gardens is a small town diner with a home-style menu and homemade food. Just a few of the choices: burgers, taco fries, perogies and sausage, a superb clubhouse and their signature “Best Damn Denver Sandwich” which is endorsed worldwide on their giant Denver Lovers Poster. Salads include Waldorf, strawberries and greens, Caesar, and taco. The kids will like the Diggety Dogs and the Chicken Little. Everyone will like the desserts: Cabana Sundae, maple walnut sundae, and apple and rhubarb crisps. “Friendly service, good food and excellent value” is the motto at The Gardens.

📍 *The first Manitoba restaurant east of the Saskatchewan border on Hwy. 1, 10 km from border, at the west end of the service road in Elkhorn.*

🕒 11 a.m. - 9 p.m., but closed Mondays; all-day breakfast

📞 204-845-2552



Top: Sweet Curry Chicken Salad Sandwich at Wildflower Café
(right) in Brandon.



WILDFLOWER CAFÉ

BRANDON

The Wildflower is a welcoming downtown breakfast and lunch spot in a charming historical building with an outdoor summer patio. The focus here is locally-sourced, wholesome ingredients including organic and fair-trade products. Beet, carrot and apple juices are made fresh. The breakfast menu includes biscuits, wraps and cinnamon buns. At lunch there are hearty homemade soups, crunchy salads (some with beets or pecans or cranberries), and savoury sandwiches including chipotle chicken, Reuben, meatloaf, hummus, and turkey. There are healthy desserts and a few decadent ones, too. Specialty coffees and teas, smoothies and some special alcoholic drinks complete the food experience.

📍 908 Rosser Avenue, Brandon

☎ 204-726-8552

WWW.THEWILDFLOWERCAFE.CA

WOODFIRE DELI



SOURIS

Woodfire Deli is a full-service restaurant, a specialty grocery market and a café created to provide fresh and healthy food options. Enjoy rosemary and sea salt focaccia baked daily, sandwiches using local roast beef, local bacon, white bean hummus, artichoke tapenade, poached pears, and salt water brined roast chicken. Try the family-style Caesar with grilled romaine and fried capers or an authentic Italian pizza using handmade no-sugar dough and baked only minutes in the 700°F wood-fired oven. Two “must tries” are the gelato and sorbet. For the adventurous, enjoy a rhubarb or cucumber soda! Catering and workshops are available.

📍 39 Crescent Avenue, Souris

🕒 Monday - Saturday, 10 a.m. - 8 p.m.,
and Sunday, 12 - 8 p.m.

☎ 204-483-2795

✉ info@woodfiredeli.com

WWW.WOODFIREDELI.COM

[Instagram.com/woodfiredeli](https://www.instagram.com/woodfiredeli)



Woodfire Deli

restaurant finder

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To access these listings online, please visit www.traveltomanitoba.ca/fromscratchmanitoba

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..... thebarkingmoose@mymts.net

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OFFICIAL CONTEST RULES: NO PURCHASE NECESSARY. Contest is open to residents of Canada (except residents of Quebec) over the age of majority in the province in which they reside. Employees and directors of Manitoba Regional Tourism Network (MRTN) member associations, their agents and/or members of their immediate families residing in the same household are not eligible to participate in the contest or win prizes. Contest opens December 15, 2015 and ends November 30, 2016. **TO ENTER BY MAIL:** Complete the official entry form which can be obtained at participating businesses contained in the 2016 edition of *From Scratch — Unique Eateries of Rural Manitoba*, and at select tourist information offices throughout rural Manitoba. Mail the official entry form to Parkland Tourism Association, Box 515, Rosburn, Manitoba, R0J 1V0. Entries must be postmarked by November 30, 2016 and received by December 15, 2016. Limit of one entry per envelope. MRTN will not be responsible for missing or misdirected mail. **TO ENTER ONLINE:** Visit www.fromscratchmanitoba.ca during the contest period and complete the entry form. Online entries will be accepted until 11:59:59 PM CST on November 30, 2016. **PRIZES:** Six prizes consisting of one \$50 gift certificate redeemable at a participating business contained in the 2016 edition of *From Scratch — Unique Eateries of Rural Manitoba* will be awarded randomly from all entries received. Odds of winning are dependent on the total number of entries received. Prize draw will take place January 5, 2017 and winners will be contacted by mail or phone. Prizes must be accepted as awarded with no substitutions (cash or otherwise). Potential winners will be judged and prizes awarded based on correctly answering, unaided, a mathematical skill-testing question. Potential winners who do not meet the eligibility conditions will not be eligible to receive a prize. Entry into this contest constitutes acceptance of these contest rules.

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