



CINNAMON BUN TRAIL

*In search of sweet treats
across rural Manitoba*



2012/13



CINNAMON BUN TRAIL

Join us on a journey across rural
Manitoba as we share great
places to find sweet treats and
delicious homemade foods.



Northern Manitoba

Gypsy's Restaurant & Bakery (Churchill)

This is the place to be in Churchill! From
charbroiled burgers and gourmet meals to
fabulous cinnamon buns, Gypsy's Bakery
with its 100-seat restaurant comes highly
recommended by residents, visitors and
tour companies. Location: 253 Kelsey
Boulevard. Phone 204-675-2322. Hours: March 1 to November 30,
open 6 a.m. - 9 p.m., 6 days a week. During bear season, Gypsy's is
open 7 days a week. (see map #1)



Flin Flon Aboriginal Friendship Centre Inc. (Flin Flon)

Baked in-house, from scratch, traditional
sticky cinnamon buns are available only on
Thursdays—known in town as "Cinnamon
Bun Thursdays". Be sure to arrive before
noon. Aboriginal Friendship Centre
Restaurant has full dining service with
daily lunch specials. While there, be sure to visit the handicraft outlet.
Location: 57 Church Street. Phone 204-687-4525. Hours: Restaurant
open Monday to Friday from 8:30 a.m. - 5 p.m. (see map #2)



Fat Boy Restaurant (The Pas)

Delicious locally-made sweet sticky
cinnamon buns are a specialty at this
family restaurant featuring homemade
fries, ribs, soups and all the family
favourites. Location: 329 Fischer Avenue.
Phone 204-623-6322. Hours: Open
Monday to Friday from 6 a.m. - 9 p.m.,
Saturday from 7 a.m. - 9 p.m., and Sunday from
9 a.m. - 8 p.m. (see map #3)



The Grub Box (The Pas)

The in-store bakery at this Family Foods
Store produces huge Texas-style cinnamon
buns with brown sugar topping, as well
as traditional cinnamon sticky buns.
The store features groceries, produce,
meats, deli and "The Grub Club".
Location: 363 Crossley Avenue. Phone
204-623-6469. Hours: Open Monday to Saturday from 9 a.m. -
10 p.m., and Sunday from noon - 5 p.m. (see map #4)



Chicken Chef (Thompson)

Traditional cinnamon buns are baked on site. Jamaican buffet,
fish, Jamaican patties and jerk chicken, beef and pork are tasty
surprises in addition to the regular menu. The restaurant has a full-
service dining room with all-day take-out and delivery. Catering and
out-of-town orders available. Location: 31 Selkirk Avenue. Phone
204-677-2331. Hours: Open weekdays from 8 a.m. to 9 p.m. Closes
at 8 p.m. on Sundays. (see map #5)



Parkland

Western Bakery (Dauphin)

The sticky buns alone are worth the drive!
This is a homestyle bakery with most
products made from scratch. Regular fare
includes multi-grain breads, bagels, buns,
pastries, cookies, cakes, muffins, a large
selection of dainties and a few unique items. Friendly service and
delicious product make Western Bakery a satisfying stop. Location:
19-2nd Avenue NW. Phone 204-638-3441. (see map #6)



Friendly Corner Bakeshop (Grandview)

Friendly Corner Bakeshop is a very special
place. All of the food is down-home good,
and the cinnamon buns are exceptional as
are all of the baked products. The "bakers"
are residents of the local group home for
people with intellectual disabilities and they
approach their baking duties very seriously
and patiently. Great care goes into all of the preparation and every
item is handmade. Soups, salads and sandwiches are great. Best to
arrive early as daily output is limited and reputation is widespread!
Location: 431 Main Street. Phone 204-546-3004. Hours: Open
weekdays from 8:30 a.m. - 4:30 p.m. (see map #7)



Holmstead Emporium (Minitonas)

Feed your senses and your soul with
delicious orange buns, cinnamon buns,
and muffins—and for the kids, ice cream
delights and slush puppies. Holmstead
Emporium provides a wide variety of
unique gifts to suit everyone. Friendly
smiles and a warm greeting invite you to
slow down, relax and enjoy the total experience.
Location: 315 Main Street. Phone 204-525-4564. (see map #8)



Kneaden Pizza and Baking (Minitonas)

Very tasty pizza, very large sticky cinnamon
buns, irresistible old-fashioned bread,
brownies and a variety of squares, butter
tarts (both pecan and raisin), and various
other treats from time to time, are all
baked from scratch on site. Take out
only. Location: 293-3rd Avenue. Phone
204-525-3333. Hours: Open Tuesday and Wednesday from 3 p.m. -
8 p.m., Thursday and Friday from 3 p.m. - 9:30 p.m., and Saturday
and Sunday from 3 p.m. - 8 p.m. Closed Mondays. (see map #9)



Gone Scrappin' In Bloom (Rossburn)

From-scratch cinnamon buns are on
the menu in the coffee shop area of this
large, unique, former 1940's grocery store.
The menu includes specialty coffees, ice
cream treats and lunches. The store offers
scrapbooking supplies, fresh flowers,
and gifts, and also classes, concerts and
catered meals. Location: 20 Victoria Avenue East.
Phone 204-859-3334. Hours vary by season. (see map #10)



Generations Gift Shop and Tearoom (Sandy Lake)

Huge cinnamon buns with cream cheese
icing, a menu with country-cooking
satisfaction, licensed premises, and a patio,
along with unique gifts, clothing, fresh
flowers, a kids' room and home décor
guarantee your return. Recently, one bun
sold for more than \$200 at a "Dreams for Kids" auction. Location:
117 Main Street. Phone 204-585-5336. Hours: Open Tuesday to Saturday
from 10 a.m. - 5 p.m., and Sunday from noon - 4 p.m. (see map #11)



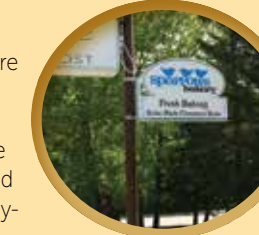
Quik Stop Convenience Store (Swan River)

The Quik Stop is also a deli and "from
scratch" bakery with cinnamon buns
(regular sticky, cream cheese or raisin),
along with doughnuts, tarts, Danish, four
kinds of bread, and other treats. Enjoy
homemade soup, panini sandwiches and
subs made from turkey, beef and pork roasted on site. A very popular
site! Location: Main Street at PTH10. Phone 204-734-4140. Hours:
Food available 6 a.m. to 4 or 5 p.m. Closed on Sunday. (see map #12)



Sparrow's Bakery (Wasagaming)

Sparrow's whole wheat cinnamon buns are
popular in Clear Lake at Riding Mountain
National Park. With a philosophy rooted
in celebrating the creation of local, simple
and delicious food, the bakery is dedicated
to artisanal baked goods made with locally-
sourced, organic flour. A deli section of
salads, meats and other treats includes the "Park Lunch". Located in
the Trading Post, 144 Wasagaming Drive. Phone 204-848-0297.
(see map #13)



White House Bakery and Restaurant (Wasagaming)

Join daily line-ups for cinnamon buns—
maple, cream cheese, plain, pecan, apple
cinnamon, and whole wheat—baked on
site and deliciously sticky! Perogies, panini,
sandwiches, wraps, burgers, vegetarian
choices, in-house gluten-free rice bread,
and numerous dessert choices are all here and from local suppliers
whenever possible. Licensed. Location: 104 Buffalo Drive.
Phone 204-848-7700. Hours: Open daily, 8 a.m. - 5 p.m.,
during the summer. (see map #14)



Participating Businesses

(Numbers refer to map on the reverse.)

Northern Manitoba

- ① Gypsy's Restaurant & Bakery (Churchill)
- ② Chicken Chef (Thompson)
- ③ Flin Flon Aboriginal Friendship Centre Inc. (Flin Flon)
- ④ Fat Boy Restaurant (The Pas)
- ⑤ The Grub Box (The Pas)

Parkland

- ⑥ Western Bakery (Dauphin)
- ⑦ Friendly Corner Bakeshop (Grandview)
- ⑧ Holmstead Emporium (Minitonas)
- ⑨ Kneaden Pizza and Baking (Minitonas)
- ⑩ Gone Scrappin' in Bloom (Rossburn)
- ⑪ Generations Gift Shop and Tearoom (Sandy Lake)
- ⑫ Quik Stop Convenience Store (Swan River)
- ⑬ Sparrow's Bakery (Wasagamung)
- ⑭ White House Bakery and Restaurant (Wasagamung)

Interlake

- ⑮ Arborg Bakery (Arborg)
- ⑯ Fundar's (Lundar)
- ⑰ Integrity Foods (Riverton)
- ⑱ Reykjavik Cafe (Gimli)
- ⑲ The Beach Sands Restaurant (Gimli)
- ⑳ Benjamin's Gourmet Foods (Selkirk)

This brochure is brought to you by these five Manitoba rural tourism associations:

Parkland Tourism Association | Tourism North Manitoba
Interlake Tourism Association | Eastern Manitoba Tourism Association
Central Plains Tourism Network

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Interlake

Arborg Bakery (Arborg)

Fresh cinnamon buns are made daily from Monday to Friday. Bakery products include the bakery's famous rye breads, pies, cookies and cakes. Free-trade coffee, Bothwell cheese and Danny's BBQ sauces are also available. Location: 303 Main Street. Phone 204-376-5564. Hours: Open year-round, Monday to Saturday. (see map #15)



Fundar's (Lundar)

Cinnamon buns are available seven days a week, along with cookies, brownies, pizza sticks and assorted lunch items. Seating available. Location: 48 Main Street. Phone 204-762-5706. (see map #16)



Integrity Foods (Riverton)

This on-farm bakery uses a wood-fired oven and produces fresh cinnamon buns made with spelt flour and honey on Tuesdays and Thursdays, and pizza on Friday and Saturday evenings during the summer. Baked products from their bakery (cookies, breads, bagels, buns and loaves) are made year-round with spelt and Kamut ancient grains and are available from many local and Winnipeg locations. Location: PTH8 north of Riverton. Phone 204-378-2887. (see map #17)



The Beach Sands Restaurant (north of Gimli)

Cinnamon buns, pies, cookies and sugar-free items are baked fresh daily. Location: on PR222 about 10 miles north of Gimli at Spruce Sands RV Resort, a sandy beach area on the Lake Winnipeg shoreline. Phone toll-free 1-866-642-5671. (see map #18)



Reykjavik Cafe (Gimli)

Fresh baked goods are made daily, including the Icelandic version of cinnamon buns known as cinnamon swirls, available with white or chocolate icing. Fresh breads, cookies, Vinetarta and a wide variety of Icelandic bakery products are available. Location: J-41 Centre Street. Phone 204-642-7598. Hours: Open Monday to Saturday. (see map #19)

Benjamin's Gourmet Foods (Selkirk)

Cinnamon buns are made only on Saturday mornings, along with croissants and Danish pastries. Locally-produced goods such as jams, jelly and honey are available. A public seating area is available year-round. Location: 397 Eveline Street. Phone 204-482-4429. (see map #20)



Upper Crust Bakery (Selkirk)

Fresh cinnamon buns are baked daily. Regular bakery fare includes cakes, pies and a full range of breads and buns. No seating available. Location: 315 Manitoba Avenue. Phone 204-785-8619. (see map #21)



Blue Skies Pastry (Teulon)

Fresh sticky buns and cinnamon buns with cream cheese icing are available. Bakery products—including all breads, cookies, biscuits and muffins—are made from scratch. The fergasa bread is a "must try"! Fresh homemade soups and sandwiches are available from Tuesday to Friday. Location: 52 Main Street. Phone 204-886-2289. Hours: Open Tuesday to Saturday from 9 a.m. - 4 p.m. (see map #22)



Central Plains

Austin Bake & Coffee Shop (Austin)

Many say this bakery's cinnamon buns are "the best in the West", made fresh daily from scratch. Phone: 204-637-2028. Hours: Open year-round, Monday to Friday from 7:30 a.m. - 4 p.m., but closed Christmas and New Year's. (see map #23)



Manitoba Agricultural Museum (Austin)

Enjoy a "taste of history"—clay oven-baked cinnamon buns—on your visit to the Museum when you attend Senior's Day or the Threshermen's Reunion. The oven can quickly bake large quantities for a crowd and adds a great, unique flavour, but it operates only on these special occasions. Location: South of Austin. Phone 204-637-2354. (see map #24)



Cypress River Foods (Cypress River)

On Wednesdays and Saturdays, visit the store for one of the large, gooey cinnamon buns made from scratch at the in-store bakery. These buns are well known in the area, so shop early and pick up a 6-pack for coffee break or dessert. Phone 204-743-2061. (see map #25)



Gladstone Bakery & Eatery (Gladstone)

The ultimate cinnamon bun experience! The buns are made fresh daily and will leave you wanting more. Other fresh baked goodies and a good selection for lunch are available. Phone 204-385-2225. Hours: Open Monday to Saturday from 8 a.m. - 6 p.m. (see map #26)



Glenboro Bake Shop (Glenboro)

Luscious and delectable! Happiness is one of the dozens of cinnamon buns made daily at the bake shop. Often the buns are the first to disappear from the shelves. The locals know to get them early or go without! Phone 204-827-2679. (see map #27)



Mama Lou's (St. Claude)

First, conditions must be right for making cinnamon buns. Colleen must be "in the mood" to knead the "old-school" yeast, and Claude must soak the raisins, "cause it's the most pivotal part of bun-making," so he says! Often the buns appear to be on steroids, but no, it's just because everything is made with love at Mama Lou's. Phone 204-379-2727. Hours: Open Monday to Friday from 6 a.m. - 7 p.m. and Saturday and Sunday from 8 a.m. - 4 p.m. Closed on holidays. (see map #28)



Treherne Bakery and Pastry Shop (Treherne)

The shop has fresh, delectable cinnamon buns available every Tuesday, Thursday and Friday. Call ahead to order large quantities. Location: Across the street from the Glass Bottle Buildings and Tourist Booth at the east end of Railway Ave. Phone 204-723-2466. (see map #29)



Eastern Manitoba

Serenity's Cottage (Tea House and Shop) (Beausejour)

Serenity's cinnamon buns are described as "ultra gooey but not too sweet" by one more-than-satisfied customer. Popular opinion is that these cinnamon buns can't be beat, and rave reviews have been written! Enjoy other great desserts and specialty coffees. Location: 318-4th Street North. Phone 204-268-9716. (see map #30)



Nelda's Cinnamon Buns (near McMunn)

Here you'll find the largest, gooey-est, flakiest, most absolutely wonderful cinnamon buns imaginable, according to regional "fans". To-go or eat-in. Location: Available at McMunn Motor Inn / Domo Station, 76153 Hwy. 1 at PR308 (10 km east of Prawdla). (see map #31)

Slice of Life Bakery (Niverville)

Wholesome and healthy lunch choices and both regular and mini cinnamon buns (iced or plain) are served in an atmosphere that invites chatting with friends over coffee. Location: 290 Main Street. Phone 204-388-9700. (see map #32)

Town Bake Shop (Oakbank)

Take-out service only, in packages of six. Location: 662 Main Street. Phone 204-444-3572. (see map #33)

Baking by Dawn (Pinawa)

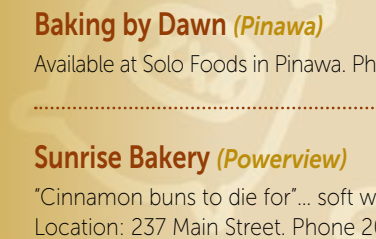
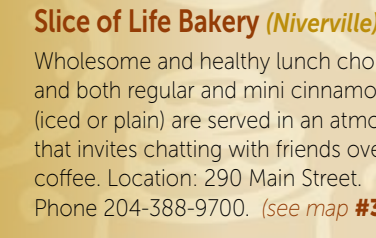
Available at Solo Foods in Pinawa. Phone 204-753-8451. (see map #34)

Sunrise Bakery (Powerview)

"Cinnamon buns to die for"... soft with lots of icing and cinnamon. Location: 237 Main Street. Phone 204-367-8019. Hours: Open Monday to Friday from 9 a.m. - 5 p.m., and Saturday from 9 a.m. - 4 p.m. Closed on Sunday. (see map #35)

Le Routier Restaurant (St. Pierre-Jolys)

This family restaurant is famous for its cinnamon rolls. Location: 424 Sabourin Street (PTH59). Phone 204-433-7879. Hours: Open Monday, Wednesday, Thursday and Friday from 5:30 a.m. - 10 p.m., Saturday from 6:00 a.m. - 10 p.m., and Sunday from 7:00 a.m. - 10 p.m. Closed Tuesday. (see map #36)



St. Pierre Bakery (St. Pierre-Jolys)

Soft, iced cinnamon buns are made from a generations-old secret recipe. Take-out service only, but also available in Ste. Anne, Morris, St. Malo, Île-des-Chênes, and throughout the region. Location: 530 Hebert Avenue North. Phone 204-433-7763. Hours: Open Monday to Friday from 8 a.m. - 6 p.m., and Saturday from 8 a.m. - 5 p.m. Closed on Sunday. (see map #37)

BakeWorld (Steinbach)

BakeWorld offers "from-scratch" cinnamon buns and baked goods. Location: 276 Main Street. Phone 204-326-4115. Hours: Open Monday to Thursday from 9 a.m. - 6 p.m., Friday from 9 a.m. - 8 p.m., and Saturday from 9 a.m. - 4 p.m. Closed on Sunday. (see map #38)

Livery Barn Restaurant, Mennonite Heritage Village (Steinbach)

Enjoy great snack-sized cinnamon buns with just the right amount of stickiness and a bit of German flair. Location: 231 Highway 12N. Phone 204-326-9661. Hours: Open Monday to Saturday from 10 a.m. - 4 p.m., and Sunday from 11:30 am - 4 p.m., from May to September. (see map #39)

Mum's Country Bakery (Steinbach & Birds Hill)

Cinnamon buns and baked goods are available at Main Bread & Butter Co., 253 Main Street in Steinbach, and at Pine Ridge Hollow Farmers' Market, Birds Hill. Phone 204-355-4204. (see map #40)

Hilltop Bakery and Tea Room (Whitemouth)

Hilltop's delicious "from-scratch" cinnamon buns are extra gooey and sweet. Location: 65038 PTH44. Phone 204-348-3143. Hours: Open Monday to Friday from 9 a.m. - 4 p.m. Closed on Saturday and Sunday. (see map #41)

