



Food

Sept 26, 2007

Cafe Ceylon - Get intimate at this small Sri Lankan spot that's big on taste. Spicy meals such as curries, roti and salads take hints from Indian, Burmese, Malay and Chinese cuisines. Don't forget to try the Sri Lankan traditional dinner. #104-1175 Cook. 388-4949.

Konpira - Udon artist Yoshiaki Miyata claims his noodles are the best in North America—and possibly even Japan—and once you bite into one of his tasty dishes, you can't help but agree. While this Japanese restaurant offers a full menu of sushi and lunch specials, it's Miyata's handmade noodles that make it worth the trip. Only 20 noodle dishes are made per day, so get there early. 680 Broughton. 388-4439.

Szechuan Exotic Chinese Cuisine - This is one of Victoria's best-kept secrets, as unpretentious as it is delicious. Swift service and a tasty menu have made it a longtime Monday staff favourite (be sure to ask for the crispy ginger beef, Shanghai noodle and eggplant in hot garlic sauce), but be prepared for a spicy treat. Definitely not for the faint of tongue. 853 Caledonia. 384-0224.

SookJai Thai - One of downtown's busiest lunch spots, and rightfully so. You can't go wrong with the ever-dependable Pad Thai and Gaeng Gai lunch combos or delve deeper into the eclectic menu with something for all tastes, from mild to wild. Don't forget to top it off with a frosty Thai iced tea. 893 Fort. 383-9945.

Sushi Rock Cafe - The sushi train has arrived in Victoria! This new spot may have an odd decor, but the food is quick and tasty. The train and pay-per-plate model (think Vancouver's Tsunami Sushi) make for a perfect speedy lunch date, and they also do fresh-to-order dishes. The vegetable gyoza is not to be missed. 1600 Government. 383-7788.

Thai Bistro - This tiny, unassuming restaurant (word on the street is that it's owned by a former Baan Thai manager) offers tasty, affordable lunch dishes and is almost always packed at dinnertime. Cozy decor, friendly service, and a green curry to die for. 615 Johnson. 380-7878.

Canoe Brewpub, Marina & Restaurant - Located on a waterfront slice of the Gorge, Canoe is all about choice. First, you choose if you want to sit on the patio, in the casual pub or in the more upscale restaurant. Then the choice shifts to which of the dozens of delicious dinner options to taste. And finally, which of Canoe's brews will go best with your meal. If you simply can't decide, the Red Canoe Lager goes well with just about everything. 450 Swift. 361-1940.

Hugo's Brewpub - With a menu offering funky twists on pub staples and some of the most underrated beer in the city, Hugo's provides a slightly different pub experience. High ceilings, brick walls, and large back windows give Hugo's a heritage feel, but menu items like a sweet and sour pork pizza and the ginger-ginseng Super G beer keep the brewhouse lodged in the contemporary, plus there's great specials throughout the week. 625 Courtenay. 920-HUGO.

Spinnaker's Gastro Brewpub - Offering both an upstairs patio attached to the pub and a downstairs patio attached to the restaurant, both give a spectacular view of Songhees and the Inner Harbour while you nosh from an eclectic West Coast menu and sample your way through tasty brewery creations. And if you happen to down one too many pints of delicious hefeweizen, you can always stay at one of **Spinnaker's** guest houses. 308 Catherine. 386-2739.

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