

# Opulence

the art of fine living

exuberant indulgences  
food, spirits, and cigars

+plus

fast and fluid  
cruising the tides in style

phil collins, one on one  
notes from the music master

Display until September 7  
\$3.95 www.opulencemag.ca



Thomsons Restaurant



Divino

business opportunities regardless of how much talent, experience, or intellect you possess," warns Jacqueline Whitmore in her book *Business Success*. Never underestimate the power of a business lunch.

Which restaurants in Calgary would the rest of the gatekeepers? The administrative assistants we spoke to commended the following restaurants as the best places in Calgary for business lunches.

#### Thomsons Restaurant

Located on the corner of Stephen Avenue at the Hyatt Regency hotel, Thomsons Restaurant is a convenient location to meet with downtown clients for a morning or lunch meeting. This is especially true for out-of-town clients who may be staying at the hotel. Business clients may also choose to take the C-Train to this easily accessible location—steps away from the Telus Convention Centre. The modern room, with classic elements, is a sophisticated place to conduct a business lunch and is a good balance between quiet and paced.

With a menu ranging from smoked black cod to cobb salad, the cuisine is Canadian with international touches. The open kitchen is a delightful conversation starter before your meal arrives and you get down to business.

**Lunch: 11:00 a.m. to 1:30 p.m.**  
112 Stephen Avenue Walk (8th Avenue)  
Reservations: 403.537.4449, (highly recommended)  
[www.hyatt.com/gallery/thomsons/](http://www.hyatt.com/gallery/thomsons/)

#### Q Haute Cuisine

"There is no prettier restaurant in Calgary than Q Haute Cuisine," declares Gaston Langlois, manager and proprietor of this well-known establishment who brings thirty years of industry experience. Nestled on the banks of the Bow River, this restaurant is a favourite of executives, managers, and restaurant downtown.

Opened in 2005, the restaurant specializes in contemporary European cuisine. Executive Chef Michele Aurigemma brings a philosophy of providing quality and freshness to the

restaurant. Lunch specialties include a jumbo prawn linguine with artichoke and tomato conacasse in a Pernod cream sauce and lamb shank with cassoulet and gremoulata.

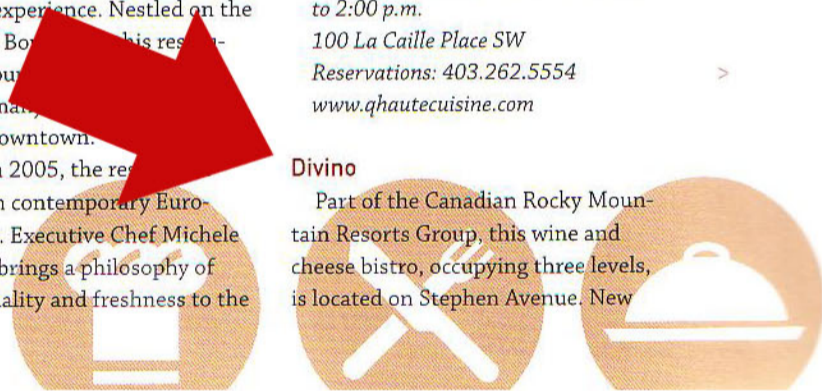
The five separate dining rooms provide privacy and accommodate diverse business client needs. Sharon Johnson of Q Haute Cuisine can arrange for company banquets, business lunches, or catered meetings.

"We understand that people have to go back to work. We time it so that they are in and out. It all depends on their schedule. Our service is professional, and we know when to step in and when to step out. We are discreet in our approach," explains Langlois.

**Lunch: Monday to Friday 11:30 a.m. to 2:00 p.m.**  
100 La Caille Place SW  
Reservations: 403.262.5554  
[www.qhaute cuisine.com](http://www.qhaute cuisine.com)

#### Divino

Part of the Canadian Rocky Mountain Resorts Group, this wine and cheese bistro, occupying three levels, is located on Stephen Avenue. New



## EAT: Indulge in extraordinary cuisine



Saint Germain



Stone Cellar

York City bistros inspired Chef John Donovan, and this translates into a menu that is contemporary and casual. The wide selection of cheese and the European influenced menu (mussels and frites, beet & Mâche Salad) will satisfy hungry executives.

The atmosphere is at once relaxed and high energy. General Manager and Jaime Bryshun notes, "A lot of networking gets done within the restaurant. Lunch hour is exclusively businessmen and businesswomen. It is important not to assume that your reservation of four people, for example, can be expanded to seven people without calling ahead." The restaurant makes this easy through their online reservation system. Booking up to a week in advance is strongly suggested.

With a range of media including a plasma television, video, DVD, sound system, and cordless microphone, the Spirits Room on the top floor can easily accommodate PowerPoint or other business presentations and can hold up to 175 people. Alternatively, a small buffet-style lunch can be arranged with a maximum of 65.

The Stone Cellar can accommodate a smaller, intimate business lunch, seating 48, and is decked out with a private kitchen.

**Lunch: Monday to Friday from 11:00 a.m.**  
113-8th Avenue SW  
Reservations: 403.410.5555  
[www.crmr.com/divino/](http://www.crmr.com/divino/)

#### Saint Germain

Slightly removed from the downtown core, this upscale restaurant on 12th Avenue is a place to see and be seen. Opened last February, the chic restaurant is housed within the Hotel Arts but operates as a separate entity with separate management. "We are a little off the beaten track. We knew that for us to succeed during lunch hour, we would need to attract a client that wasn't too concerned about what time they had to be back at work, someone that would choose to walk the extra blocks to receive a great lunch. We feel that our current lunch menu offers great flavours. I am truly surprised at the amount of foie gras we sell at lunch time!" comments Jay

Daniels, co-owner and manager.

Saint Germain is an adamant supporter of the slow food movement; and, as such, Executive Chef Paul McGreevy believes in "respecting the roots of each dish or ingredient. Keeping it simple and keeping it local." This means that the menu changes seasonally, based on whatever is available locally at a particular moment.

"That's why you'll be hard pressed to find a green salad on our menu in January. Some people get mad, but at the end of the day, that's what we're about," chimes Daniels.

**Lunch: Monday to Friday 11:30 a.m. to 2:00 p.m.**  
119-12th Avenue SW  
Reservations: 403.290.1322  
[www.saintgermain.ca](http://www.saintgermain.ca)  
—KAILASH MAHARAJ & SHIVANA MAHARAJ