

# spa DELIGHTS

10 Great Inner City Spas  
Fabulously Decadent Treatments  
Why Guys Need Pedicures

ART: THE  
76 FACES OF  
CAPTAIN KIRK  
5 GOURMET  
SANDWICHES  
30 REASONS  
WE LOVE  
CALGARY  
PATIOS  
THAT ROCK

HIT THE ROAD WITH  
LANCE ARMSTRONG

GOLF, FISH AND BIKE: OUR  
SPRING OUTDOOR GUIDE

MAVERICKS AT THE GLENBOW:  
MEET ALBERTA'S PAST

DINING | SHOPPING | ART + ANTIQUES | ENTERTAINMENT | MAPS

## HOT DINING >> BY JOHN GILCHRIST

### Nosh and Mosh

Tucked into the sandstone and brick restaurants that line the 100 West block of Stephen Avenue SW, there's a new player—**Blink Restaurant and Supper Club**. It's swank, stylish, and sleek with brushed steel and glass highlighting the century-old construction. The global-contemporary menu mingles braised bison ribs and duck confit with gourmet mac'n'cheese, seared tuna, and a bento box packed with three mini-burgers. Plus, a DJ booth fills a corner with the latest high-tech sound system. DJ? Yes, in addition to being a hot new restaurant, Blink's also a hot new club that rocks out on Friday and Saturday nights. 111 - 8 Ave SW.



### 5 GREAT SANDWICHES

- 1 Divino's Lamb Confit Melt**  
Lamb shoulder slow-cooked in duck fat, pulled, and laid out with fig puree and Cambozola cheese. Oh, yeah (Page 56).
- 2 The Tribune's Croque Reine**  
House-cured ham, Gruyère, Mornay sauce, black truffles and foie gras on brioche. \$24 of decadence (Page 65).
- 3 Caffe Mauro's Panini**  
Italian cold cuts with roasted peppers and eggplant, provolone and house-baked focaccia (Page 56).
- 4 Cabernet's Smoked Meat**  
A little taste of Montreal on Stephen Avenue (Page 56).
- 5 Bumpy's Turkey Cranberry Panini**  
So fine with a bowl of homemade soup (Page 56).

### EDITOR'S CHOICE: SUPPER CLUBS

Like Blink above, many restaurants are keeping their clients up late by offering music and entertainment as well as fine food. **Fantino Fusion** offers live Latino music on the weekends; enjoy spicy Latin tapas and salsa dancing late into the night (Page 68). **Piq Niq** pulls in jazz aficionados with a lovely French bistro menu followed by live performances in their underground (literally) **Beat Niq** lounge (Page 56). **Belgo** pours Belgian beers and serves rich brasserie dishes, then on the weekends, lights it up with a throbbing sound system (Page 68).

### HOT DISH

Chef Shane Swiss of **Velvet** creates a tamarind-marinated roast duck breast with black truffle risotto, sauternes reduction, and medjool date and orange chutney. Possibly the best duck dish I've had outside France (Page 58).



PHOTOGRAPHS: JASON DZNYER

## DINING

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The following listings include cafes and restaurants the editors judge worthy of your attention, including advertisers in Where Calgary. The listings identify levels of accessibility for visitors with limited mobility. ♿ denotes full access into and inside the restaurant; ♿ denotes the restaurant is accessible with assistance. If in doubt, please phone ahead for details. 🏠 denotes the presence of an outdoor patio. 📍 denotes downtown location; ✈ denotes location near Calgary International Airport. Prices are based on a dinner main course per person without wine—(\$ under \$15; (\$\$) \$15 to \$25; (\$\$\$) more than \$25. The map coordinates at the end of each listing (E4, E8 etc.) refer to the city maps on pages 91 to 93. If you have an observation regarding the restaurants featured in our listings, please email editor\_calgary@where.ca

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Go to [www.where.ca/calgary](http://www.where.ca/calgary) for our complete listings.



### Patio Havens

Here's a rundown on some of the city's hottest patios:

#### OUTDOOR HIDEAWAYS

- Bonterra**—beautiful garden patio (Page 56).
- Prairie Ink**—seclusion in the middle of downtown (Page 56).
- Raw Bar**—sexy courtyard with swimming pool (Page 75).
- Joey Tomatoes in Chinook**—a cozy rooftop (Page 62).
- Cilantro**—high walls and verdant vines (Page 77).

#### WATCHING THE WORLD GO BY

- Barley Mill**—two levels and a great view (Page 76).
- Oceana**—watch the Bow River meander (Page 76).
- River Café**—beside a picturesque lagoon (Page 62).
- The Rancho**—rustic charm in a natural setting (Page 60).
- Murrieta's**—watch the bustle of Stephen Avenue (Page 56).
- Newport Grill**—fabulous waterside view (Page 60).

For more ideas, check out our dining listings and look for the 🏠 symbol.

#### AMERICAN

**THE BELVEDERE** The dining room and lounge defines elegant, luxurious and discreet; traversing between cosmopolitan chic and presidential power lunches. Consistently reviewed as one of the city's best fine-dining restaurants, and rated one of the top 500 wine selections by the Wine Spectator. Lunch: Mon to Fri 11:30 am - 2 pm. Dinner: Mon to Wed 5 pm - 10 pm, Thur to Sat to 11 pm. Sun closed. Lounge open later. 107 - 8 Ave SW, 265-9595. Map 3, E7

Francisco chop house. Steaks and chops are the central items on the menu with daily specials and fresh seafood. Try the cheeseburger. Over 20 varieties of wine by the glass and 198 single malt whiskies served at the bar. Mon to Fri 11 am - 10 pm, Sat 5 pm - 10 pm, bar open later, Sun closed. 738 - 3 Ave SW, 261-4646. Map 2, C4

**DAKOTA** Cuisine inspired by the American southwest, ranging from quesadillas to New York steak. Enjoy daily lunch specials in a relaxing pub atmosphere, with brick walls and accents of wood. Big-screen TV, pool table. Try

**BUCHANAN'S** Themed on an old-fashioned San

>>RAVE The cupcakes at Crave (1107 Kensington Rd NW, 270-2728) are the best. But get there early; they often run out by mid-afternoon.