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MAY IS FOR MOTHERS



editor's letter

F

For May, we dedicate this issue to mothers everywhere. Whether you are pulling your hair out with a new infant (scratch that; your hair is falling out on its own!) or have grown-up kids who are suddenly your new best friends now that they need babysitters (but you secretly love it), motherhood, for all its trials and tribulations, is simply the best. From the humility it bestows on career girls like myself to the resilience of single motherhood to the feeling that you could actually love something more than life itself, the joy, tears, visits to the ER on Christmas Eve ... it's all worth it in the end.

We discuss motherhood in our fash-

ion photo essay this month (page 4) and choose pampering gifts for moms of all stages (page 5). This picture is one of my all-time favourites, taken with my daughters Emmanuelle (9) and Charlotte (6) at the 10th anniversary party for Vitamin Daily's website in September. Amid the festive chaos of 400 people fuelled on chile-mango cotton candy and Mission Hill wine, Charles Zuckermann managed to pull us aside to snap this shot on the steps of the Farmer's Apprentice. I've never been happier.

Happy Mother's Day everyone!

Sarah Bancroft EDITOR-IN-CHIEF

SARAH'S PICK

MOVING ON UP

VITA and Vitamin Daily will soon move, to a brand-new digital office space shared with our agency, Flip Digital. Still in our beloved Olympic Village neighbourhood, we'll be spitting distance from Whole Foods and its café/wine bar, the new Flying Pig, 33 Acres, the Juice Truck and favourite décor store Room in Order.



That's where I got this gold Umbra Fotodrop stand (\$25) for my cards, photos and invites; it will hold pride of place on my new desk. Now I can finally get back to work. 525 W Eighth Ave., 604-876-8844. Roominorder.com



What would you like to see featured in VITA?

Contact me:

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Festival Style

ADRIENNE MATEI NAVIGATES THE INS AND OUTS OF FESTIVAL-SEASON FASHION.

T

The pros of going to a music festival are evident: a spirited atmosphere, the chance to pragmatically condense a lifetime of awesome concerts into one weekend, ice cream sandwiches and beer for lunch ... but festivals do present one key challenge, namely, how to navigate the increasingly perplexing world of "festival style." Are flower crowns still a thing? Why are millennials bringing back mom-butt denim when we fought so hard to get past it? How do I both stay cool and look cool without spontaneously transmorphing into an unrecognizable and retrospectively embarrassing fairy-sprite? Don't fret; from Pemberton to Osheaga, these style picks will keep you fresh and fierce throughout the festival circuit.



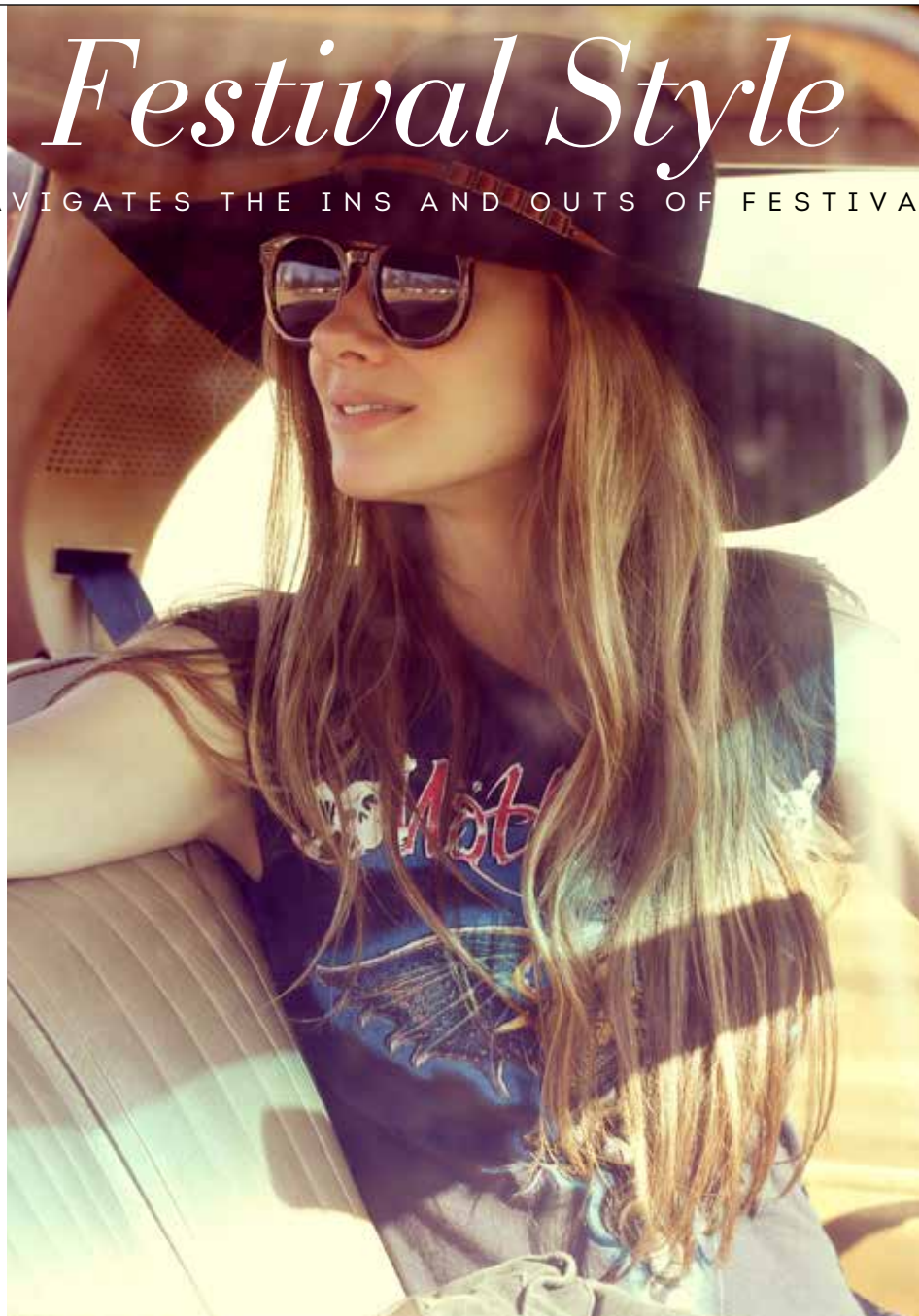
POWER PACK

Sunscreen, lip gloss, ID, iPhone can all be stylishly cased in this fruit punch-coloured cosmetics case (\$125) from Coach's tribal collection. 755 Burrard St., 604-694-1772. Coach.com



FRINGE BENEFITS

Fringe and intricate prints are rendered regal in this airy black-and-white Coachella collection fringed kimono top from H&M (\$30). 701 W Georgia St., 604-692-0308. Hm.com



FESTIVAL SHOP

Get set for festival season with **Free People**. The reigning retailer of boho style recently launched its new e-store, **the Festival Shop**, featuring a curated selection of "essential, free-spirited ... festival items," including flowing summer dresses, leather gladiator sandals, fringe bags, kimonos, blankets, hand-painted tambourines and even hammocks. Freepeople.com —Julia Parfenyuk

LIP SLICK

We dig a picante orange pout on sunny days, and **Sephora's** lustre matte long-wear coral gloss (\$20) was the top choice of makeup artists at the brand's Coachella tent this year. 1045 Robson St., 604-681-9704. Sephora.ca



DENIM DAZE

These black Chase Raw Anarchy shorts from **Fidelity** (\$135) go w/ everything and need only a quick brush off to recover after sitting i the grass. Fidelitydenim.com



PINS & NEEDLES

Clever embellishments make festival dressing fun. We love these Vancouver-made enamel lapel pins (\$5 each) for their quirky, on-point designs (succulents and crystal balls anyone?). Explorerspress.com



WRAP IT

Vancouver designer **Mona Sultan's** summer line of silk shawls boasts pool-ripple prints with hibiscus-pink splashes. Use this Blue Nights number (\$150) to tie back your hair. Shop.monasultan.com



OPEN TOES

Shhh, don't fight it. **Birkenstocks** are back, baby, and better than ever, like this pair, aptly named Arizona Soft in White (\$139), available at **Gravity Pope**. 2205 W Fourth Ave., 604-731-7673. Gravitypope.com



ISLAND TIME

There may not be anyone to fan you with palm leaves, but you can have some bedecking your **Penfield** backpack (\$95). At **El Kartel**, 104 E Pender St., 604-336-2744. Elkartel.com



CHARGED UP

A tanked-out phone battery means losing your friends and not being able to Instagram (unacceptable). This portable battery (\$30) from **Free People's Festival Shop** lets you recharge anywhere. Freepeople.com

MOTHER-DAUGHTER STYLE



WHAT A GEM!

Sparklers should be present at every birthday party—particularly those that can be measured in carats and worn on one's finger. Last month, **Maison Birks** kicked off celebrations for a very special birthday: the 10th anniversary, to be precise, of its in-every-other-sense-timeless **Amorique Diamond**. Despite a decade, this stone remains a dazzler like no other, with a soft square shape, curved sides and rounded corners, plus a star-like pavilion facet arrangement for enhanced brilliance. Every creation from Birks' **Amorique Diamond** Collection—including this new, anniversary-edition vintage-floral-inspired ring (starting at \$27,850)—is made of ethically sourced Canadian diamonds that can be traced back to their exact mine of origin. Happy Birthday, Brilliant. 698 W Hastings St., 604-669-3333. Maisonbirks.com —Noa Nichol

No one will ever be chicer than your mom, back when you were knee-high, watching her prep for parties that were beyond your reach. The fashion realm agrees; far and beyond any one celeb style icon, motherhood's pervasively influenced design in ways both evident and subtle. Designers **Jack McCollough** and **Lazaro Hernandez** dubbed their line **Proenza Schouler** after their moms' maiden names, and **Alice + Ol-**

ivia are names of the brand's co-founders' mamas. **Jeanne Lanvin** began her line with the intent of crafting clothes for her daughter—a history touched on in the house's most recent campaign, featuring glam mother-daughter duos like **YSL** muse **Violeta Sanchez** and her mini-me **Luz Godin**? Yet, of late, no line's made matriarchal vibes quite as cool as **Dolce & Gabbana**, whose F/W '15 show is pictured here. To mom. ♥

GIFT GUIDE

Mama Mia

OUR TOP PICKS FOR SPOILING MOM THIS MOTHER'S DAY. ELIZABETH HEWITT

W

We get one day. One day to thank our moms for countless boo-boos kissed, wrongs righted and sage advice given. No matter what stage of motherhood she's in—from glowing mom-to-be to finding her groove with a growing brood—she deserves the very best.



MOM-TO-BE

Pregnancy, though a wondrous thing, can be harsh on a future mama's skin. **Skoah's** Tummy and Mummy treatment (\$130) boasts a belly mask that gets to work soothing irritated skin while the pros de-puff your swollen feet and ankles with a soothing peppermint foot massage. Skoah.com



GROWING PAINS

The early years of motherhood are a poignant time, and **Kyrani Kanavaros** of **Klik Photographic** is the woman to capture all of the fleeting moments. "The love of a mother for her children is the ultimate representation of unconditional love. Through my photography I have the opportunity to reflect that emotion." Say no more. 604-808-6642. Klikphotographic.com



BABY MAMA

There's something sacred about naming your first born, and **Minichiello's Jewellers** lets new moms announce their babe's name in the most elegant way possible: a 14-karat-gold engravable bar pendant necklace (\$435). 405-470 Granville St., 604-685-4439. Minichiellojewellers.com



SEASONED VET

For the mom who's seen it all (and still, somehow, has a smile on her face), the perfect gift may be a hand-woven silk scarf (\$465) from **FREYWILLE's** My Matry-oshka collection, inspired by colourful Russian nesting dolls—a timeless symbol of motherhood and family. 511 Howe St., 800-801-4094. Freywille.com



MULTI-MOMMA

For the mom who has devoted years to nurturing her crew, **Herbivore Botanicals Bath Salts** (\$26 each)—direct from the Dead Sea—come packed with minerals and essential oils to soothe mom's mind, body and soul. At **Sunnyside Tea & Home Goods**, 105C-4390 Gallant Ave., Deep Cove, 604-971-4340. Enjoythesunnyside.com

MISS MATCH

We love a good fashion collab, and this one from local **AFLA** style blogger **Cara McLeay** and jewelry designer **Melanie Auld**, featuring, for instance, a set of mismatched stud earrings (one rhinestone, one triangle), would make a perfect gift for Mother's Day. \$70 at **the Cross**, 1198 Homer St., 604-689-2900. Thecrossdesign.com



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The New Chinatown

CHINATOWN SHAKES YOUR SENSES AWAKE. WITH SO MUCH TO SEE, DO AND, OF COURSE, EAT, ADRIENNE MATEI SUGGESTS HOW TO TAKE ON THE NEIGHBOURHOOD.

A

A National Historic Site of Canada and one of Vancouver's oldest neighbourhoods, Chinatown is rife with character, history and, of course, secrets. While we may not have the scoop on trapdoors and underground passageways (they're there, though), when it comes to casually exploring this vibrant hood, we know exactly what to do.

Upon arrival, lead yourself on a quick art tour of the neighbourhood, starting at Centre A (for contemporary Asian art, with a well-stocked reading room). Then hit East Georgia to tick off Access Gallery, 221A and Publication Studio (the latter being an artist bookshop and micro-publishing house) before looping around to UNIT/PITT Projects, the (actually in an) Apartment gallery and the unparalleled, by-appointment-only Rennie Collection at the Wing Sang building on Pender (constructed 1889, it's Chinatown's oldest building). Exhibitions are ever changing, with many special evening events and performances you can stay abreast of by checking their websites or—hint—subscribing to Vancouver Instant Coffee, a what's-up-in-the-art-world newsletter, and welcome to being in the know.

For shopping, stock up on bitters, shakers and Pok Pok Som Thai Basil Drinking Vinegar at Modern Bartender (the folks who work there don't all have handlebar mustaches and sleeve garters, but they should). Beijing Trading Company is a must for tea—great green and jasmine for a buck, plus jars of mushrooms and fish cartilage (just



BAO BEI



CRACKLE CRÈME



TOURISM VANCOUVER/DANNIELLE HAYES



TOURISM VANCOUVER/CANADIAN TOURISM COMMISSION



THE PIE SHOPPE

ask) and our favourite Prince of Peace Instant Ginger Honey Crystals (stops springtime colds in their tracks). Clothing-wise, hit El Kartel for street-cool, Blim for creative prints (sushi pants!), Charlie & Lee for the impossibly chic art-girl look and the Board of Trade for Hansel from Basel socks, which are expensive but the coolest ever.

Peckish? Kim Saigon's banh-mi, ordered from the front-of-house cashier, means perfect baguettes, crispy tofu, house-pickled veg with cilantro and sliced chili—\$4 a pop but, to meet the debit minimum, snag a can of lychee juice, too (if you choose to eat in, the pho is just the trick on a rainy day). The world's best bao, meantime, are at New Town Bakery, though Dunlevy Snack Bar offers a solid Tuesday beer-and-bao special (and boasts DJ sets



and walls stacked with contemporary Vancouver art to boot).

When dinner calls, head to Bao Bei Chinese Brasserie, especially if you're in a sexy mood (try the marinated eggplant and the creamy chickpea Shan tofu). Newly opened Sai Woo serves Cantonese- and Jamaican-inspired fare in a room decorated with Persian ironwood boughs; don't miss the rare-beef salad or the scallion-oil fried rice (and read our full restaurant review on page 10). If only ramen will do, the Ramen Butcher, chocked with umami-everything, will satisfy. For dessert, sate your sweet tooth at Crackle Crème, specializing in perfect brûlées, or hit the Pie Shoppe: a cute hole-in-the-wall with some of the city's best pie, the flavours of which are announced daily via tweets that read like short-form poems ("Apple. Cherry Butter-milk. Salted Honey").

When dusk falls and the neon glows, hit the Keefer Bar for drinks and Thursday-night burlesque, Bestie for late snacks and Fortune Sound Club for Hip Hop Karaoke, one (rotating) Monday of each month. ♡

SEE OUR CHINATOWN DIRECTORY AT VITAMINDAILY.COM



BESTIE

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HEALTH & BEAUTY



Mad Lash

OUR EDITORS GO THE DISTANCE, DISHING ON THEIR FAVOURITE NEW MASCARAS.

ARTIST TOUCH NEW YORK MASCARA

Master the dark arts with this black-as-sin formula; thick, full spidery-ness with the wave of a (pretty much magic, in our minds) wand. \$26 at [Kiss & Makeup](#), 1760 Lonsdale Ave., North Vancouver, 604-922-6292. [Kissandmakeupstore.com](#)

MARC JACOBS BEAUTY LASH LIFTER GEL DEFINITION MASCARA

This formula is unique for its gel consistency, which easily lacquers onto lashes for a wet and glossy doll-eyed look and lasts all day without flaking or clumping. \$33 at [Sephora](#), 1045 Robson St., 604-681-9704. [Sephora.com](#)

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An exclusive "Flex Control" complex and a moulded multi-bristle brush mean this mascara coats each and every eyelash completely, even the tiny ones. \$28 at [Sephora](#), 1045 Robson St., 604-681-9704. [Sephora.com](#)

TOO FACED BETTER THAN SEX MASCARA

Wary of its lofty claim at first, we found, upon prolonged and repeated testing, that most of our burning lash desires were actually being fulfilled by this collagen-fuelled, all-vegan mascara. \$30 at [Sephora](#), 1045 Robson St., 604-681-9704. [Sephora.com](#)

NOIR LASH LOUNGE DRAMADDICT

Created by the pros at Vancouver's own lash lounge, this extension-friendly masc coats faux lashes (and real ones, too) with a waterproof formula that washes away easily. \$29 at [Noir Lash Lounge](#), 1150 Hamilton St., 604-915-5274. [Noirlashlounge.com](#)

GIVENCHY NOIR COUTURE 4 IN 1 MASCARA

Forget about a triple threat, this quadruple-performing product creates intense volume, strong curl and infinite length, with clinical-level lash care built right in. \$35 at [Sephora](#), 1045 Robson St., 604-681-9704. [Sephora.com](#)



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California Dreamin'

SANTA MONICA'S PALIHOUSE HOTEL IS THE STARTING POINT FOR A ROMANTIC, BEACH-Y WEEKEND.
WORDS SARAH BANCROFT

O

Opened in June by the storied **Paligrou**, this 1927 hotel just off Santa Monica's beach and shopping promenade might be the best-curated concept we've found in the U.S. From awesome shopping bags to **C.O. Bigelow** amenities, three types of custom wallpaper and interesting vintage pieces, we felt right at home. With a full kitchen (and a nearby **Whole Foods** to stock the fridge), a dressing room and vanity, our room felt like a pied-a-terre for a starlet. Play boules in the front yard or sip lemonade in the shaded tiled courtyard while watching the comings and goings of a Euro film industry-type crowd. **1001 Third St., 310-394-1279. Palihousesantamonica.com**



BREAKFAST

That **PaliHouse** has no restaurant is a boon when it comes to exploring the Cali culinary scene. **Uber** over (or rent one of the hotel's **Linus** bikes and peddle) to **Gjusta**, bakery sister to the famed **Gjelina's**, just 15 minutes away in Venice beach. Gobble up smoked fish and pastries while sitting on a milk crate in the courtyard with the local haute hippies and their dogs. **320 Sunset Ave., Venice, 310-314-0320. Gjusta.com**



BEACH

Annenberg Community Beach House is a Hearst family mansion turned modern pool, event space and restaurant. Take a free yoga class, rent a deck chair, order great salads from **Back on the Beach Cafe** and soak up the good vibes. (If you like, pack a lunch using one of PaliHouse's cool picnic baskets.) **445 Pacific Coast Hwy., 310-393-8282. Backonthebeachcafe.com**



LUNCH

When jeans shopping at **Fred Segal** (a Santa Monica fashion institution), slide across the street for a fortifying **Umami Burger** (we ordered the "Manly" edition, and looked extremely feminine doing it). **500 Broadway, 310-451-1300. Umamiburger.com**

HAPPY HOUR

One of our coolest Santa Monica discoveries was the **Hudson Penthouse**, atop an historic hotel and accessed by a glass elevator with astonishing views of the beach and pier. Happy hour specials like crispy calamari and French rosé were a welcome start to the evening in this cool and crisp aerie in the sky. **1111 Second St., 310-394-5454. Thehuntleyhotel.com**

DOWNLOAD

The PaliHouse's free "Palifornia" app has a well-curated selection of local shopping and eating. 📲



PEOPLE & PLACES

WANTING QU

in her own words

WE CHAT WITH THE PLATINUM POP-STAR,
TOURISM AMBASSADOR TO CHINA,
AND OFFICIAL FIRST GIRLFRIEND OF
THE CITY OF VANCOUVER.

Gorgeous, talented and career-driven, **WANTING QU** is a force. Born in the Chinese town of Harbin, the 31-year-old pop megastar's 2012 debut album "Everything in the World" went platinum six times, with the video for her track "You Exist in my Song" raking in 100 million-plus views. Qu's demonstrable ability to reach Asian audiences and keen knowledge of Vancouver (the city she's called home for the past 15 years) contributed to her appointment as Vancouver's Tourism Ambassador to China in 2013.

Already, she's singlehandedly bolstered visits to Vancouver from her home country by 25 per cent and become half of the city's "First Couple" (Qu and boyfriend Mayor Gregor Robertson confirmed their relationship last Valentine's Day—cue the "awws" and more than a few broken hearts). We chatted with the Renaissance woman herself about her favourite spots to hang out, the inspiration behind her music and what it is that makes her feel most loved.

HOW DID YOU BECOME A MUSICIAN?

I always loved music and secretly wanted to be a famous singer, but never knew I had the ability to write music until five years after I moved to Canada in my teens. Being in a foreign land on my own, my guitar and electronic piano became my best friends. Lyrics and melody are a huge part of my way of communicating to the world—I didn't know the world would respond in such a massive way!

TELL US HOW YOU CAME TO BE VANCOUVER'S FIRST-EVER TOURISM AMBASSADOR.

Half of my life now has been in Canada, half in China. I have a genuine love for both countries. I like to connect the two in positive ways: understand each other, accept the differences, embrace the good, improve where we can. Almost all of my songs were written in Canada and inspired by true stories. It's easy to talk about my songs, to talk about Canada.

WHAT'S YOUR FAVOURITE PART OF THE JOB?

I get to experience the best of Vancouver and share these amazing experiences with others. I love the contest we did in 2013. Four of my lucky fans from Mainland China (out of hundreds of thousands of entries) won an all-inclusive, five-day trip to Vancouver, all expenses paid. I was their tour guide the whole time, and they had the best time of their lives! I feel very fortunate to be able to do that—changing someone's life by sharing this beautiful city with them.

DESCRIBE YOUR PERFECT DAY IN VANCOUVER.

I'd definitely sleep in! Then brunch at the **Flying Pig** or **Chambar**, a bike ride on the seawall around Stanley Park and hang out with friends in Granville Island. Dinner at **Forage**, and maybe catch a movie and go to a local concert at night. Spending a day catching some crabs would be fun, too. You know that dinner will be fresh!

WHAT'S YOUR BEST ACTIVITY RECOMMENDATION FOR VISITORS?

For couples, definitely ride the seawall by bike or on rollerblades and go to Granville Island. Students, check out the **FlyOver Canada** ride at Canada Place. Go to **Miku** for dinner (and a great view). If you feel fancy, check out live bands at the **Roxy**, Caribbean vibes at **Calabash** or hit Granville or Gastown for night clubs.

WHAT PART OF THE REGION ARE YOU STILL WAITING TO EXPLORE? AND WHAT'S GETTING THE MOST PLAY ON YOUR IPOD RIGHT NOW?

The Coast Mountains and Gulf Islands, and "Adore You" by Miley Cyrus. ♡



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All-City Eats

VANCOUVER IS BOASTING SOME DELICIOUS NEW DINING OPTIONS THIS MONTH. **ADRIENNE MATEI**

G

GET US TO THE GREEK

Before visiting Yaletown's **The Greek by Anatoli**, we couldn't recall the last time we had gone out for Greek food. The avoidance wasn't conscious; it's just that we didn't know of a really remarkable spot. Now that's changed. Run by (charming) brothers Alexi and Iani Makris, The Greek is the first expansion of Lonsdale's **Anatoli Souvlaki**, operated by the Makris' parents since 1984. Refined, modernized yet authentic Greek cuisine is on the menu, with an emphasis on exquisitely plated meze bites to share. Rabbit kalamakia comes in "popsicle" form, i.e., three thick coins of rabbit loin and lamb sausage looped in a strip of double-smoked bacon that's meaty without being heavy. The gemista—tomatoes stuffed with vegetables and rice—are a filling vegan meal, while the classic Greek salad comes with ribboned cucumbers and imported Grecian sheep-milk feta plus hot, soft pita. Our favourite was the octopothi: perfectly textured Pacific octopus with a nice char served over roasted potatoes in a lemon olive oil dressing, beautifully plated with capers and fresh dill (it may be one of the best octopus dishes we've had, and we're Croatian). Add thoughtful cocktails (the Papou—a white Negroni rimmed in Campari dust—is nicely balanced, and the Karpouzi, which tastes sort of like a grown-up sour-watermelon Jolly Rancher, should be sipped on the resto's sunny patio) and we're wondering ... is it too soon to go back? **1043 Mainland St., 604-979-0700**



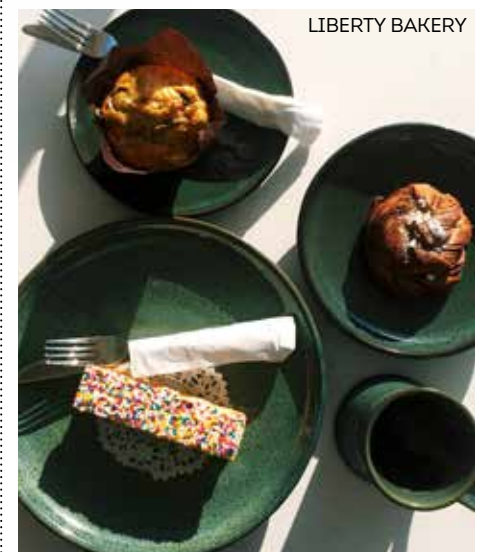
THE GREEK BY ANATOLI



BAO DOWN

CAKE WALK

After changing ownership in 2014 (the shop's now presided over by Canadian art legend Rodney Graham), **Liberty Bakery** underwent a full reno, emerging as a brightly sunlit open-kitchen café with Livingstone-designed tables in pink and pistachio, original vintage oil-paint portraits and daffodil-stuffed vases on the window sills. If that doesn't sound like a slice of heaven, try a rainbow slice: a light cream cake topped with multicoloured sprinkles. It's one attractive new addition to the menu, joining stunners like Manjari chocolate pound cake with espresso ganache and glimmering gold leaf, ginger-sugar cookies shaped like Totoro (the cartoon character), chocolate cream puffs modelled after oysters (with a pearlescent white-chocolate sphere), limeade pie and thick wedges of frosted hummingbird cake. Everything is grandma's-kitchen-meets-pastry-master flawless: absolutely delicious and created with artistic flair. Several goodies from the old menu remain (lime and black bean soup, cinnamon-cardamom pinwheels), though bringing back Liberty's famed marzipan "potato" may take cajoling (join us). All in all, the new Liberty Bakery is a sweet dream. **3966 Main St.**



LIBERTY BAKERY



SAI WOO

SAI WHAT?

We love the trees in **Sai Woo**. The new restaurant, located in a carefully restored historic Chinatown space, has been beautifully decorated by Falken Reyonds design, with riverstone gradients of grey felt banquettes, exposed brick, mosaic tile, button-disk light features and warm reclaimed wood. But those architectural Persian ironwood boughs reaching throughout the sophisticated dining room stole our hearts as only trees inside can. Our stomachs did well for themselves, too. With a background in Cantonese cooking (plus a dash of influence from Jamaican family), chef Douglas Chang's menu hits a cool, unpretentious-yet-astute chord, with dishes like Coca-Cola glazed chicken wings, sweet-and-sour sweetbreads and a rare-beef salad topped with wakame, preserved celery and crisped leeks with a crunchy rice cake dusted in egg yolk powder (you'll dab up extra from the bottom of the bowl with your finger). Don't miss the fried rice, which, elevated by scallion oil, transcends preconceptions, or the tuna salad served on curly kale with a 24-hour marinated tea egg. Cocktails wow, kombucha on tap is nicely balanced and a dessert of steamed molasses cake with sweet butter and kumquat preserves makes for a light and delicate end. Keep an eye out for the 75-seat underground lounge, soon to open; it's got the sexy, fly-by-night vibe other venues dream of. **160 E Pender St., 604-568-1117. Saiwoo.ca**



TRACTOR

DOWN WITH BAO

With the opening of Gastown's swagging new **Bao Down**, we can finally welcome the dedicated bao shop we've been ripe for. Consisting of a fluffy white rice-flour bun, bao are a quintessential Asian comfort food, and here they're used as vessels for chef Greg Edwards' encyclopedic knowledge of harmonious flavour pairings (tamari-braised shitakes with avocado and ginger-peanut sauce fill the Vevo Bao, while the Bao Chicka Bao Bao's lemon-grass fried chicken with palm sugar-fish sauce glaze and garlic-scape mayo uses frying techniques from Korea and the southern U.S.). It's nice to see a menu with as many pork belly-based items as innovative veggie ones (kimchi-laced grilled cheese with napa cabbage slaw, please) and ingredients will rotate with seasonal availability. With raw brick and graffiti skater-causal décor and enthusiastic, tattooed staff, the spot has a clubhouse atmosphere and seems predestined for post-party fortifications. Get there late and tipsy enough to justify a heap of pork belly sisig, chicharron (Filipino pork rind), kimchi and garlic mayo topped double-fried fries; crunchy, salty, pungent and fatty, they're worthy of worship. **12 Powell St., 778-379-3611. Baodown.ninja**



TRACTOR

TAKE TWO

Creative and well-executed health food, fast, is on at **Tractor's** new Coal Harbour locale (work lunches for the finance set just got a lot better-for-you). The resto's slant is "everyday healthy," meaning the menus are fairly standard upon first gander (cafeteria-service soups, salads and sandwiches) but fresh, nutritious and, often, local and organic (plus all meals are made daily on site). A Moroccan chickpea stew is umami-rich and perfect for drizzly days; salads like roasted beet and green bean with goat feta and herb vinaigrette, or wild mushroom, pasta and truffled ricotta are tasty and interesting, and a pork sandwich comes on sourdough with wild arugula, provolone and tangy roasted garlic aioli. Toss on some grilled albacore with lemon or half an avocado, pair with a glass of wine, and you've got the power lunch of champions. **335 Burrard St., 604-979-0500. Tractorfoods.com**

JUST LIKE GRANDMA MADE

Ever wish you were cycling through the European countryside only to come upon a café with fresh ingredients and charming décor that was family-run and perfect for a wholesome lunch? That's definitely the vibe at **Danica's**, a Crosstown café named for the new generation's late Croatian grandmother, a pioneering organic farmer in Alberta. The focus is organic ingredients, house-baked goods and an absence of refined sugars. Try the pressed vegetable juice (a perfect mid-morning pick-me-up), French berry clafoutis with ricotta and authentic Polish pierogis ruskie. Comfort food at it's finest. **556 Betty St., 604-336-3554. Danicascafe.com**



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