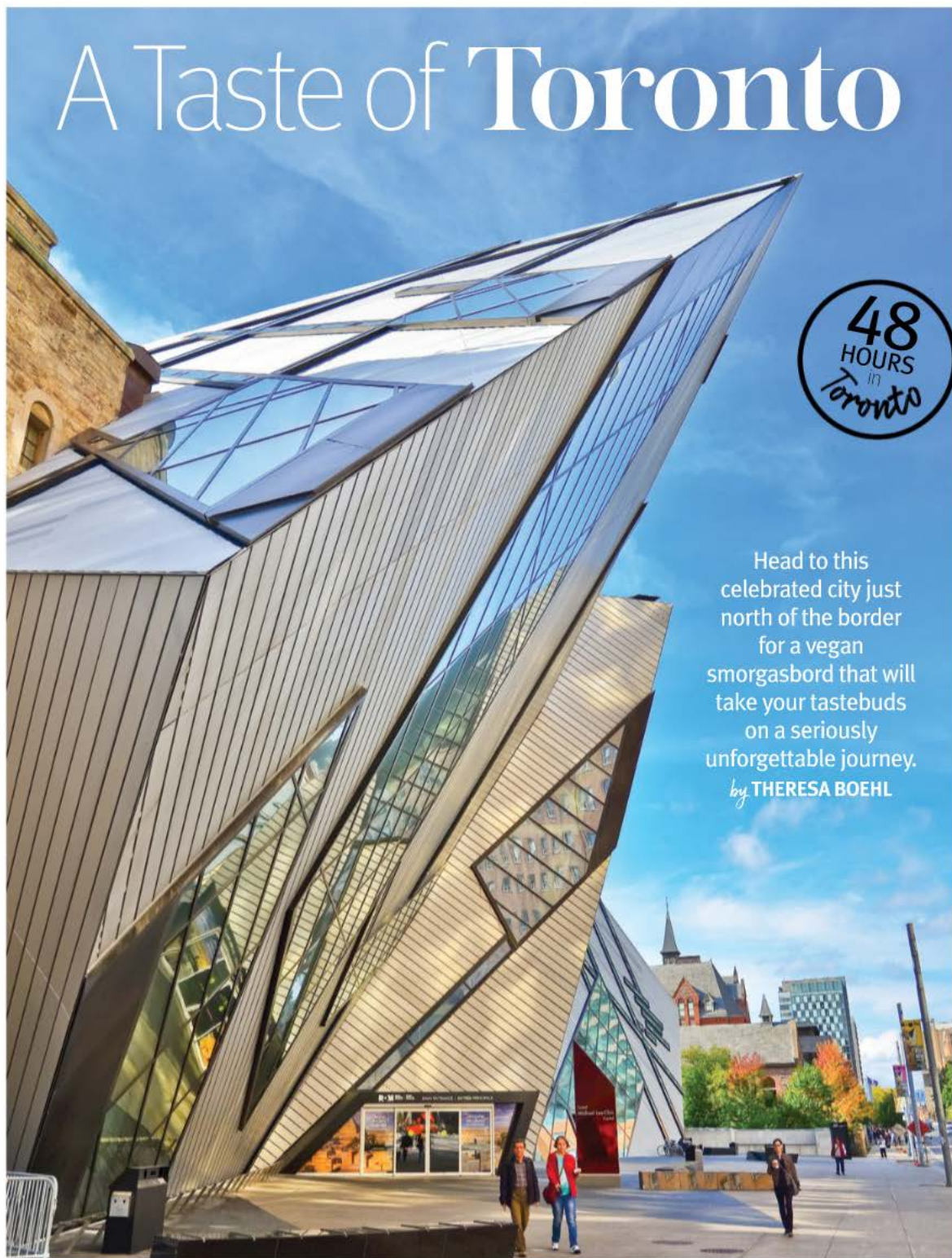
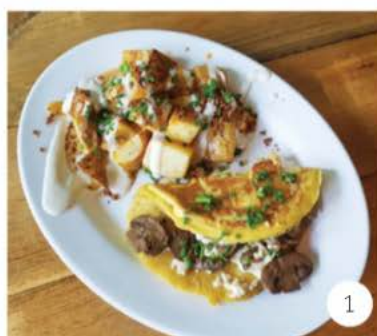


A Taste of Toronto

48
HOURS
in
Toronto

Head to this celebrated city just north of the border for a vegan smorgasbord that will take your tastebuds on a seriously unforgettable journey.
by THERESA BOEHL





Brimming with futuristic skyscrapers and super-trendy neighborhoods, Toronto is truly one of the world's most cosmopolitan cities. So it's no wonder the diet of the future has made its grand entrance here. From Canadian classics to junk-food favorites and everything in between, an escape to Hogtown will broaden your vegan horizons with a seemingly endless selection of plant-based treasures.

DAY 1

1/Breakfast

The Hogtown Vegan

Skip the paltry airport fare and hightail it to The Hogtown Vegan after you land. Don't let the name fool you—there's nothing remotely porcine on the menu at this long-standing vegan spot. Nosh down-home dishes such as the Pulled unPork sandwich loaded with shredded vegan pork and coleslaw and dripping with tangy, housemade barbecue sauce, or the raved-about Unchicken and Waffles—fried soy chicken atop fluffy corn waffles served with collard greens and a creamy sweet potato mash.

2/Lunch

The Vegandale Neighborhood

Take an energizing afternoon stroll through the buzzy block of Vegandale—a collection of plant-based businesses sprinkled along Queen Street. Then, when hunger strikes again, sip a pint of Principled Pilsner at Vegandale Brewery and bite into a crispy

vegan chicken sandwich from Doomie's, conveniently located inside the brewery. Looking for something sweet? Order a salted caramel brownie chunk milkshake from '70s-inspired ice creamery Not Your Mother, or try a cinnamon sticky bun at Copenhagen Café before browsing the racks of vegan clothing at The Imperative. And since it's not every day you find yourself in an all-vegan neighborhood, grab the crispy seitan Boneless Wings with housemade buffalo sauce from Mythology Diner to go.

3/Get Pampered

Alma Natural Spa

After lunch, indulge in some serious self-care at Alma Natural Spa, a mini oasis in Midtown Toronto where you'll be pampered with manicures, pedicures, massages, and facials that are always delivered with non-toxic, all-natural vegan products. Relax with a complimentary cup of herbal tea and savor the calming décor, soothing music, and friendly personnel. You deserve it!



4/Dinner

Awai

Fresh, seasonal, local ingredients and an ever-changing menu of soups and small plates beckon at Awai, a minimalistic, upscale bistro located in the fashionable Bloor West Village shopping district. Reserve your spot for a phenomenal five-course tasting menu of pared-down, plant-based fare, or splurge on the eight-course meal with optional wine pairings. The menu isn't revealed until each plate is set before you, so this culinary adventure is strictly for the open-minded.

5/Late-Night Snack

Apiecalypse Now

With an upstairs bar that's open late, Apiecalypse Now on Bloor Street is your boisterous after-dinner hangout. Aside from beer and cocktails, this offbeat eatery offers baked goods (the bright pink Simpsons-inspired sprinkled D'ohnuts are legendary) and award-winning pizza. Try the Pepperphony topped with chewy pepperoni slices and the pizzeria's own melty plant-based cheese, or The Pig Destroyer Destroyer, loaded with barbecue soy curls, vegan ground beef, bacon bits, pepperoni, smoked gouda crumbles, and gooey mozzarella.

DAY 2

6/Brunch

Fresh

Fuel up for the second day of your whirlwind getaway with a proper Canadian starter: poutine. At Fresh on Bloor Street, this deliciously messy classic comes as a heap of fries drenched in mushroom gravy and a cheesy potato-carrot sauce. But be sure to save room for one of this chic café's mind-blowing burgers, featuring a sizzling, housemade almond-grain patty. The Chipotle Mushroom Bacon Burger with savory mushrooms, alfalfa sprouts, tempeh bacon, and smoky chipotle mayonnaise is a masterpiece.

7/Afternoon Tea

Sorelle and Co.

Fragrant blooms, ivory wainscoting, and gilded touches await at Sorelle and Co.'s elegant downtown storefront, where you can reserve a spot for a vegan, gluten-free, and nut-free high tea service (Monday to Thursday only at this location; weekend service at the Vaughan location). The dazzling assortment of snackable pastries includes bite-sized cupcakes, scones, seasonal tarts, macarons, doughnuts, and cookies, as well as savory finger sandwiches and premium tea served in a delicate, porcelain cup.



8/Quick Bite

YamChops

Sausages, hamburgers, and other meats may grace its deli case, but YamChops is not your typical butcher shop. "Grown, not raised" is the mantra here, and plant-based eaters will find plenty to hold them over until dinner. Order a wrap with spiced Szechuan beef, or take a chance on the pulled pork bowl with hickory barbecue jackfruit, pickled avocado, and jalapeños on a bed of rice.

9/Dinner

Selam Vegan Restaurant

Chef and owner Pero Berhane pours his heart into home-cooked stews brimming with ingredients like split peas, sweet potato, and eggplant redolent with berbere, a classic Ethiopian spice blend. Splurge at the buffet, using the spongy injera flatbread to scoop up all of the mouthwatering medleys. Cap your meal with a cup of Ethiopian coffee, served traditionally with incense and popcorn. **W**

Theresa Boehl (@theresaboehl) is a freelance writer, digital nomad, and author of *Vegan in Santo Domingo: A guide to meat-free, dairy-free dining in the Caribbean's largest city.*