

Dining Guide

The Avenida Village Reporter

2026 AWARDS EDITION

5X

VOTED #1
BEST
FARMERS MARKET



4



FRESH & LOCAL
MARKET + KITCHENS
IN AVENIDA VILLAGE

3



2



#1



AWARD WINNING CULINARY INNOVATION

426, 12445 Lake Fraser Drive SE
(1 block north of the Canyon Meadows LRT)

Ph: 403-475-4155

Thursday – Saturday 11a-8p
Sundays 11a-5p



www.FreshAndLocal.ca



Watch our chefs prepare a meal:

www.youtube.com/@FreshLocalMarketKitchens



FRESH
& LOCAL
MARKET +
KITCHENS

Dining Guide:

Here's a quick guide to our award winning culinary kitchens and food artisans by popular menu and product categories. Plenty of parking is available at the South, West and North entrances.



RETAIL STORES

Farmers Markets	Fresh & Local Market + Kitchens
Florists and Flower Shops	Larkspur & Lily
Gourmet Food Shops	Fresh & Local Farm Store, The Mercantile
Grocery Stores & Local Produce	Fresh & Local Farm Store

RESTAURANTS, BAKERIES & CAFES

Afghan Restaurant	The Green Orchard
Asian Restaurants	Expat Asia, Nan's Noodle House, Bee The Bahmi, Rustic Plate, YYC-HKG Hong Kong Street Food
Pub and Alcohol Service	Sips Wine and Beer, Tipzy Cow
Baked Potato	I'm Stuffed
BBQ	Nice to Meat You Korean BBQ
Breakfast Restaurants	Pranzo Italiano, QueChivo, Rustic Plate, Expat Asia, YYC-HKG: Hong Kong Street Food
Bubble Tea	Sprinkles & Co.
Burgers	Muy Bueno Burgers
Caterers	Expat Asia, Mestizo, Lola's, Rustic Plate, Krooked Provisions, QueChivo, Sabor a Peru
Chicken Restaurants	Lola's Cluck & Oink, Sabor A Peru
Chicken Wings	Lola's Cluck & Oink, ExpatAsia, Muy Bueno Burgers, Bee the BanhMi
Chinese Restaurants	Mr. Bao
Coffee	Bean Box by Chai Stories
Cookies	Oh Delirium YYC, Purple Patch
Desserts / Cakes	Oh Delirium, Purple Patch, Sabor A Peru, Mexquisite, Istanbul Kitchen, Tipzy Cow Creamery
Donuts	Sprinkles & Co.
El Salvador	QueChivo Salvadoran Street Food
European Restaurants	Krooked Provisions
Fish and Chips	Rustic Plate

Fries	Rustic Plate, Muy Bueno Burgers
Fusion Restaurants	Expat Asia, Rustic Plate
Gluten Free	Arepas, Expat Asia, QueChivo, Mestizo, Ruben's Kitchen, I'm Stuffed
Halal	Purple Patch
Hong Kong	YYC-HKG: Hong Kong Street Food
Ice Cream	Tipzy Cow Creamery, Istanbul Kitchen
Italian Restaurants	Pranzo Italiano
Japanese Restaurants	Oishidesu Ramen Shack, Rustic Plate
Korean Restaurants	Rendezvous Korean Cuisine, Nice to Meat You
Latin American Restaurants	QueChivo Salvadoran Street Food
Lemonade	Sprinkles & Co.
Mexican Restaurants	Ruben's Kitchen, Mestizo, Mexquisite
Middle Eastern Restaurants	Istanbul Kitchen
Noodles	Nan's Noodle House, Oishidesu Ramen Shack
Pasta	Pranzo Italiano
Pastry	Oh Delirium YYC, Purple Patch
Perogies	Krooked Provisions
Peruvian Restaurants	Sabor A Peru
Philippines	Siomai Queen Filipino Street Food, Lola's Cluck & Oink
Pizza	Pranzo Italiano
Poutine	Expat Asia, Nice to Meat You, Rustic Plate
Ramen	Oishidesu Ramen Shack
Salsa	Ruben's Salsa, Mestizo Mexican St Food
Sandwiches and Subs	Krooked Provisions, Primal Soups, Mexquisite, Bee The BanhMi
Seafood	Rustic Plate, Bangkok Kitchen, Rendezvous, Sabor A Peru
Smoothies	The Green Orchard
Soup	Primal Soup Company
South American Restaurants	Arepas Ranch, Sabor A Peru
Specialty Coffee	Bean Box by Chai Stories
Sushi	Zushi
Thai Restaurants	Bangkok Kitchens
Vegan & Vegetarian	Nan's Noodle House
Venezulan	Arepas Ranch, Oh Delirium YYC
Vietnamese Restaurants	Bee The BanhMi



Arepas Ranch
403-918-3177



Great portions, great food. The Venezuelan dishes at Arepas Ranch satisfy any food craving and will bring you to new horizons of culture and flavor.



Menu Highlights

- ★ **Empanadas Operadas:** A classic dish from Venezuela
- ★ **Patacon Pisao:** Green plantain sandwich stuffed with meat.



Bangkok Kitchen
825.558.6950

Thai street food that warms your soul. Variation with a commitment to food that will make you happy and full. Bangkok Kitchen offers green curry, red curry, spring rolls, chicken satay, waterfall beef and many more familiar favorites.

Menu Highlights

- ★ **Tom Yum Soup:** Gluten-free chicken or shrimp with lemongrass, lime leaf, galangal, mushroom and cilantro.
- ★ **Basil Fried Rice**



**Bean Box
by Chai Stories**
403-918-8147



Bean Box by Chai Stories brings the rich aroma and comforting flavors of lattes, freshly brewed tea and coffee to you. Come for the re-creation of South Indian tea culture, sharing stories and laughter over smooth cups of coffee and tea.

Menu Highlights

- ★ Lattes, Americano, coffee, tea, hot chocolate, iced drinks, flavoured espresso shots, Indian Chai like cardamom and ginger.

Website: www.chaistories.ca



Bee The Banhmi



Authentic Vietnamese fresh rolls and BanhMi. Our culinary commitment is to elevate the Vietnamese food scene in YYC. Everything is made fresh to order.

PLATINUM
Best Vietnamese
Restaurant

PLATINUM
Best Sandwiches
and Subs

GOLD
Noodles



Expat Asia
403.899.2742

expat.asia

What a year for Expat Asia! As winner in multiple categories they are clearly doing it right. The father-son duo provides you with over 30 years experience in Asia, with dishes inspired from Singapore, Indonesia, Japan, Korea and Malaysia.



Menu Highlights

- ★ Crack & Cauli
- ★ Pork Belly Meal

PLATINUM
Best Fusion Restaurant

PLATINUM
Best Home Cooking

PLATINUM
Best Poutine
PLATINUM
Best Chicken Restaurant

PLATINUM
Best Take Out
PLATINUM
Best Caterers

PLATINUM
Best Tapas
PLATINUM
Best Wings



Buy Market-wide Gift Certificates from the Farm Store, valid everywhere in the Market.



VOTED #1
BEST SOURCE FOR LOCAL PRODUCE

FRESH & LOCAL
FARM STORE
IN AVENIDA VILLAGE

Calgarians voted Fresh & Local Farm Store as the best source of local produce in Calgary selected by Community Votes.

We pride ourself in providing the best available quality of produce for Calgarians from our growers of year-round local vegetables.

Try our "50 Shades of Red" Calgary grown strawberries – which smell and taste like the strawberries you would expect.

PLATINUM
Best Local Produce

PLATINUM
Best General Store

PLATINUM
Best Bulk Food

PLATINUM
Best Gourmet Food Shop

GOLD
Grocery Store



THE
Green Orchard

The Green Orchard – Healthy Smoothies

Slow down and eat with intention. Share a meal over fragrantly spiced biryani, kebabs and meat pie. Enjoy crisp green salads and vitamin rich fruit smoothies. Food made with patience and served with hospitality.

Menu Highlights

- ★ Pistachio Halwa and Almond Halwa
- ★ Dairy free smoothies like strawberry banana, peach mango, berry berry and tropical sunrise



**YYC-HKG
Hong Kong
Street Food**

**HONG KONG
STREET FOOD**

Step into the streets of Hong Kong. Eat craveable comfort foods like Hong Kong French toast, sweet and sour pork and imitation shark fin soup.

Menu Highlights

- ★ Watch for our weekly specials like Hong Kong Curry Chicken, HK Stir fry beef noodles, and Portuguese Porkchop



**LIVE
Music**

FRIDAY & SATURDAY

6:00p – 8:00p

Call 403.475.4155 ext 6 for reservations



I'm Stuffed
Stuffed Comfort Food
587-574-6168



A unique culinary experience offering a selection of stuffed potatoes, meatballs and other bite sized gourmet stuffed finger foods. They also offer vegetarian, gluten free and lactose free options.



Menu Highlights

- ★ Bacon wrapped stuffed jalapeno stuffed potato, chicken alfredo stuffed pasta shells, meatball marinara space pocket, brisket baked potatoes, stuffed mushrooms

Website: www.imstuffed.ca

PLATINUM

Best American Restaurant



Istanbul Kitchen

Istanbul Kitchen
587-998-2117

Tasty Turkish style dishes that will indulge your senses. Your journey to Istanbul starts here.

Dine on signature dishes like beef kebab, chicken or beef donair wraps, meatball plate, delicious snacks, vegan stuffed grape leaves and eggplant dip.

Try the honeycake; it's deliciously memorable.

PLATINUM
Best Middle Eastern
Restaurant

PLATINUM
Best Mediterranean
Restaurant

GOLD
Dessert

SILVER
Ice Cream



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KROOKED PROVISIONS
MARKET RESTO

Krooked Provisions

lyndon@krookedlucys.com

★ Voted Calgary's Best Mac & Cheese 2026

Family operated business Krooked Provisions offers you the handmade Eastern European classics of sauerkraut and perogies. Uniquely delicious with a western twist prepared by Red Seal chefs.

Menu Highlights

- ★ **Lucy Dawg:** Mennonite sausage, swiss cheese, honey habanero aioli, arugula, pineapple-ginger kraut salsa. You will be thinking about it for days to come.
- ★ **Pan Fried Brussels Sprouts**

PLATINUM
Best European Restaurant

GOLD
Sandwiches and Subs

SILVER
Caterers



LARKSPUR & LILY
BLOOMS AND GIFTS FOR A
LIFE WELL LOVED

Larkspur & Lily Florist

Blooms and gifts for a life well loved. A floral and gift shop that offers unique ways to show love to others.

Call to order: **403.797.0015**
Email: **Hello@larkspurandlily.ca**



**Lola's
Cluck & Oink**
587-877-2253



Familiar foods with worldly taste, upscale, tender and worth it. Lola's Cluck & Oink, brings grilling to an elevated place. A dynamite mix of pork and chicken recipes!

Menu Highlights

GOLD
Chicken Restaurant

GOLD
Wings

TOP PICK
Fast Food

- ★ **Sisig:** Chopped pork or chicken with sizzling onions and green chili. Classic and creamy Manila options you can recall with pleasure.



The Mercantile
403-860-8794



Showcasing a wide selection of premium products from over 50 different vendors, there is something for everyone. Whether you are entertaining a party or cooking a new recipe the Mercantile will impress you with their selections of pantry, meat, dairy and condiment products.

Vendor Highlights:

- ★ **Irving's Pork Products**
- ★ **Rustic Sourdough Bakery**
- ★ **Dutchman Dairy milk and ice cream**

GOLD
Gourmet Food Shop



**Mestizo Mexican
Street Food**
587-586-0125



Authentic Mexican cuisine, you can taste the difference. Fresh ingredients, technique and care are what make Mestizo a staple in the food business. Incredible food is what you will find here. Catering available.

Menu Highlights

SILVER
Mexican Restaurant

SILVER
Tapas

BRONZE
Caterers

- ★ **Authentic Mexican Tacos:** Tinga de pollo (chicken), al pastor (pork), lengua (beef tongue) suadero (beef brisket)
- ★ **Los Tradicionales Enchiladas:** Chicken filled folded tortillas



At **Mr. Bao**, we're bringing modern Asian street food to life — one fluffy bun at a time.

Our bao buns are made from scratch daily with soft, homemade dough and packed with bold, fresh fillings.

Menu Highlights

GOLD
Chinese Restaurant

BRONZE
Asian Restaurant

BRONZE
Soup

- ★ **Wor Won Ton Soup, Bao Bun Meals**



Mexquisite
403.852.5496



Passionate and gratifying, this Mexican style restaurant creates gourmet delights. A family run business committed to creating a delicious experience. Sandwiches, cheesecakes, Mexican corn and salsa, you will be coming back for more.

Menu Highlights

- ★ **Milanesa Torta:** This award winning Mexican steak sandwich is a culinary experience that gives you a seat at Mama Luz Maria's kitchen table.
- ★ **San Sebastian Cheesecake:** Decadent, creamy, and crustless.



Muy Bueno Burgers
403.953.5551



At Muy Bueno Burgers, every grilled burger is made with premium beef, fresh ingredients and an authentic Latin touch.

Menu Highlights

- ★ 9 different burgers like brisket, ribeye, Mexicana, planto (plantain), cosilla (beef ribs), roquefort and more.

Instagram: [@muybuenoburgers.ca](https://www.instagram.com/muybuenoburgers.ca)



Buy Market-wide Gift Certificates from the Farm Store, valid everywhere in the Market.



Nan's Noodle House
(north doors)

Nan's Noodle House is a 100% plant-based Asian Kitchen and Market. Our chefs serve up delicious, heart-healthy, plant-based food with passion and creativity. Nan's also carries a variety of plant-based frozen soups, curries, buns, and proteins in one convenient stop.

Menu Highlights

- ★ **Laksa**
- ★ **Black Garlic Ramen**
- ★ **Lemongrass Banh Mi**





Nice to Meat You Korean BBQ

Nice to Meat You Korean BBQ serves fresh Korean street food. Treat yourself with thick, juicy cuts of meat, dumplings, steamed rice, noodles and vegetables.

Menu Highlights

- ★ **Glass Noodle Box:** A new addition, these delicately cooked glass noodles with barbequed meat are a taste sensation.
- ★ **Meat Lovers:** A classic carnivorous pleasure.



Oh Delirium YYC (North doors) 403.891.4058



A family operated Venezuelan bakery that's been popular at summer farmers markets. They specialize in Latin pastries and baked products like empanadas, pastelitos, tequenos plus customer special event cakes, thousand layer cake, crème Brule, profiteroles, and tiramisu. Custom cakes for every occasion.



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Oishidesu Ramen Shack 587.966.4744



"Without noodles, there would be chaos and darkness" is their mantra. Ask about their gluten-free and vegan options.

Menu Highlights

- ★ **Build Your Own Ramen:** A chicken, beef, pork option, with four vegetable choices. Vegan choices are also available.
- ★ **New Broth Additions:** Shoyu and miso options, along with chicken/pork & mushroom





Pranzo Italiano
587.707.0098



Fresh, hand-made, skillfully curated meals at Pranzo Italiano are something you can brag about. Italian meals from scratch both fresh and frozen. Soups, pastas, salads, dips, antipasto, pizza, panini and lasagna.

Menu Highlights

- ★ Roasted Lamb
- ★ Osso Buco
- ★ Spaghetti Bolognese



Primal Soup
403.454.5282



Constant variety and new products, Primal Soup menu items are all made from scratch and gluten-free. With vegan options and many cultural influences, there is something for everyone.

Menu Highlights

- ★ **Thai Coconut Chicken Soup:** Dairy and gluten-free with vegetables, chicken breast, rice vermicelli and more.
- ★ **Thai Coconut Red Curry Soup**



Purple Patch
403.633.0769



Specializing in giant cookies, cupcakes and sweet delights. Purple Patch creates fresh, deliciously baked pasteries every time. The cookies will change you forever. You will find nothing but quality; a dessert lovers dream.

Menu Highlights

- ★ Jumbo cookies. Almond, chocolate or tiramisu croissants, cupcakes, Dubai chocolate, bubble slush.

Instagram: [@purplepatchyyc](https://www.instagram.com/purplepatchyyc)





QueChivo Salvadoran Street Food

403•472•9998

QUECHIVO
SALVADORAN STREET FOOD

Specializing in the exquisite cuisines of El Salvador, the friendly faces at QueChivo bring wonder to the tamales, yucca frita, tacos, sweet plantain, pupusas and other foods you are sure to enjoy.

Menu Highlights

- ★ **Pupusas:** Affectionately handmade
- ★ **QueChivo Bowls:** Steak, chicken, chorizo, keto and veggie bowls.



Rendezvous Korean Cuisine (north doors)

403•660•1681

RENDEZVOUS
KOREAN CUISINE

With inviting service, presentation and taste, Rendezvous Korean Cuisine will amaze you with their menu and give you traditional Korean food with a western twist.

Menu Highlights

- ★ **Bibimbap:** Warm rice with meat, a sunnyside-up egg and vegetables presented beautifully with the right combination of flavors.
- ★ **Bulgogi:** Marinated slices of beef with egg and a variety of vegetables.
- ★ **Hot Stone Soup Bowls** – unforgettable beef dumpling soup.



Ruben's Kitchen



Inspired by my great-grandmother's vibrant kitchen, Ruben's Kitchen brings you cherished family recipes from the heart of Jalisco, Mexico.

Our dishes are crafted with fresh, locally sourced ingredients and enriched with authentic Mexican spices, creating an elevated culinary experience bursting with flavor. Every bite is a celebration of tradition, made for you to enjoy again and again.





Ruben's Salsa



Daily samples at Ruben's Salsa give you the opportunity to try a wide range of delicious salsa flavors. You can taste vegan, gluten-free, homemade Mexican style salsa with no preservatives! In salsa heaven they serve Ruben's Salsa.

If you miss real salsa this is the place to get it!



Rustic Plate: Croffles & French-Japanese Street Food

From refreshing cold noodles to warm, comforting Japanese tempura with a French twist, this one-of-a-kind kitchen offers an unparalleled fusion dining experience of French and Japanese cuisine. The croffle—an irresistible croissant waffle—paired perfectly with indulgent melted Raclette cheese, adding a touch of decadence to your dining experience. Try our kid's menu.

Menu Highlights



587.703.9673

- ★ Tempura Style Fish & Chips with hand cut fries
- ★ Chicken Karaage
- ★ Smoked Brisket Croffle Sandwich
- ★ Tempura Noodle Bowl



Sabor A Perú
825.712.5522



The authentic and traditional Peruvian experience. Smiling and passionate service with skill and precision. Peru is represented and proud with the amazing food at Sabor a Perú.

Menu Highlights

- ★ **AAA beef tenderloin** sauteed with onions & tomatoes served with rice and fries
- ★ **Peruvian seafood dishes**





Siomai Queen
Filipino
Street Food
403-835-8790



Recipes perfected over many years, the food at Siomai Queen will remind you of the love and comfort of home. A popular street food across the Philippines, these pork dumplings pair deliciously with a sago drink.

Menu Highlights

- ★ **Dumpling Siomai:** Steamed or fried, chili garlic and soy lime sauce, you won't stop until you're full.
- ★ **Sago Drink**



SIPS
Wine & Beer
403-475-4155 ext 6

An inviting and enjoyable atmosphere with live music on weekends, Sips Wine and Beer provides Canadian craft beer and glasses of wine along with daily specials!

- ★ **Daily Special:** \$24/60oz pale ale jugs ALL DAY EVERYDAY ideal for a group after a long day's work.
- ★ **Happy Hour Specials 3-5p:**
Thursday: \$2 off glasses of wine
Friday and Saturday: \$5 draft
Sunday: \$7 Mimosa, \$6 Caesars
- ★ **LIVE MUSIC:**
Fridays and Saturdays 5:30-7:30p



Sprinkles & Co.
403-890-0001
403-926-7349



Fresh squeezed lemonade brings you back to summer. A Sprinkles donut is the perfect after dinner dessert. These beautifully decorated artisan donuts are baked, not deep fried. Take home a box for everyone.

Menu Highlights

- ★ **Donuts:** Jelly filled, rainbow sprinkled, unicorn, rocky road & many more.
- ★ **Chocolate Churros:** Mexican or Spanish inspired dessert dipped in chocolate and cinnamon.





**Tipzy Cow
Creamery**

Liquor infused ice cream? You heard right.

Frozen cocktails, boozy floats, sundaes, and dirty sodas – Tipzy Cow has ice cream that will make you go MOOOO. Try the Moo-lala, lime, coconut, and cream coke. Or the Shirley Moo, a little twist on the classic Shirley temple.

PLATINUM
Best Ice Cream

GOLD
Dessert



**YYC Sweet
& Spicy**
386.997.5724

YYC SWEET & SPICY

Some like it hot, others like it VERY hot. Explore Calgary's largest selection of hot sauces and bbq sauce. Dare to add 6 million Scoville units of heat with The Last Dab Xperience or try the Scorpion & Habanero Hot Pepper Sauce. You will need to sign our waiver to buy it.

Website: yyc-sweet-spicy.square.site



Zushi
403.764.7547



A wide selection of texture and powerful taste, Zushi's attention to detail gives you the prime opportunity to be in a joyous moment with a wide array of flawless sushi.

Menu Highlights

- ★ **Fresh Spring Salmon Te-maki:** Served in a large piece of nori, this fresh salmon is topped with cucumber, sweet soy and chive.
- ★ **Omakase:** Experience Temaki Omakase as the chef prepares 12 courses before your eyes. Call for reservations.

PLATINUM
Best Sushi

PLATINUM
Best
Japanese Restaurant



Bow Valley Credit Union

Bow Valley Credit Union is all about connecting values with banking and finance.

The Fresh & Local location has a 24 hour ATM. Bow Valley Credit Union provides conventional banking services like mortgages and loans plus new e-metals and bitcoin accounts.

www.BowValleyCU.ca

AWARD WINNING KITCHENS

EXPERIENCE great taste.

Our Fresh & Local Dining Guide is a menu of award-winning eating options.



Our Award Winning Dining Guide is your roadmap to local food discovery. There are over 2,000 scrumptious items on our menu, so to help you, turn to pages 2 and 3 where we give you a quick overview.

Calgarians have voted Fresh & Local Market + Kitchens the BEST FARMERS' MARKET 5 YEARS in a ROW. Thank you. We are grateful to everyone who shops for weekly groceries and orders culinary creations from our chefs. The heart of our Fresh & Local community is our collective commitment to food innovation and service excellence which embraces the needs of our diners and shoppers.

We celebrate the food excellence of our culinary chefs thanks to the people's choice voting through Community Votes. Each participating kitchen and market vendor was first nominated for their award category, then voted the best of the best.

The 2026 Award Winning Dining Guide celebrates our culinary kitchens and food artisans who were nominated and won. Below each vendor description and signature food items you will see a list of their select awards in their respective categories.

PLATINUM



GOLD



SILVER



BRONZE



TOP PICK



Enjoy our chef-inspired style of community get-togethers at the
Fresh & Local Market + Kitchens in Avenida Village.

5X VOTED BEST FARMERS MARKET
FRESH & LOCAL MARKET+KITCHENS



5X VOTED BEST RETAILER
VOTED BEST SOURCE OF LOCAL PRODUCE
FRESH & LOCAL FARM STORE



OPEN Thursday – Saturday 11a-8p; Sundays 11a-5p • ph: 403.475.4155

www.FreshAndLocal.ca || 12445 Lake Fraser Drive SE, Calgary
(located 1 block north of Canyon Meadows LRT station)