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- **KINU** — brought to you by Sizzling Tandoor, is a contemporary dining concept featuring globally inspired dishes with elements of Indian flair. Designed for sharing, the small plates and bold cocktails bring people together in a space that's both stylish and inviting. Whether you're stopping in for a casual lunch, cocktails, or a full dinner experience, KINU delivers something unexpected for everyone. kinuvictoria.ca
- **The Little Bavaria Restaurant** — Has specialized in German food and hospitality since 1966. Little Bavaria has a great variety of schnitzels served with Spätzle or fried potatoes & traditional red cabbage also featuring homemade soups, goulash, sauerbraten, cabbage rolls, and so much more. "Two good places to eat, home and here!" thelittlebavaria.com
- **Long Beach Lodge Resort** — Savour West Coast flavours at the **Great Room** in Tofino, where sweeping ocean views pair with locally inspired cuisine, fresh seafood, seasonal ingredients, and the warm hospitality of Long Beach Lodge Resort. longbeachlodgeresort.com
- **Longwood Brewpub** — Our Chefs have a passion for great food and take full advantage of local Vancouver Island produce, Pacific Ocean seafood, certified triple A beef, and the freshest ingredients available to create exciting seasonal menus. This approach combined with in-house handcrafted Ales and Lagers, all served up in a warm and friendly atmosphere, makes Longwood Vancouver Island's favourite place to be. longwoodbrewpub.com
- **MR MIKES Steakhouse** — If you're looking for the best restaurant in Duncan, MR MIKES Steakhouse is your go-to spot for great food and even better times. They serve everything from premium steaks to fresh, flavourful dishes—perfect for any occasion. No stuffed shirt attitude here. Whether it's a special celebration or a casual dinner, we deliver an unforgettable dining experience. Come in today and see why MR MIKES is one of the top restaurants in Duncan. They can't wait to serve you! mrmikes.ca



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- **Penny's Palapa Mexican Restaurant** — Enjoy this local hot spot floating in the beautiful Nanaimo harbour. Fresh and house made Mexican style food and drinks with all the tropical vibes that will make you feel like your vacation has begun! Famous for our zesty tacos, tasty enchiladas and fresh squeezed margaritas and mock-aritas, we have something for everyone. Our pet friendly dock side seating also allows for you to stop in while walking the pooch along the waterfront. pennyspalapa.com
- **Sabhai Thai** — Since 2006 this award winning family owned business is a popular fixture in Sidney and Langford where they create authentic Thai food and hospitality assuring the true tastes of Thailand. Open for lunch and dinner 6 days a week (closed Monday). sabhai.ca
- **Sizzling Tandoor** — a staple in Victoria since 2010 — known for bold flavours, warm hospitality, and a carefully curated beverage program. With award-winning food at the heart of it and a thoughtfully designed space, every visit delivers a vibrant and memorable experience. sizzlingtandoor.ca
- **Thai Corner Restaurant** — In beautiful Sidney-by-the-sea. We prepare Thai cuisine, blending elements of central and northeastern (I-San) Thai traditions. We serve a variety of Thai curries, spicy salads and stir fried delicacies. Our chef has carefully developed fresh menu selections for both lunch and dinner, sure to suit a variety of tastes. Our all you can eat buffet lunch is served daily 11:30am to 2:00pm. Dinner is served Monday through Saturday from 2:00pm. Complete your dining experience with some traditional Thai desserts or ice cream. thai-corner-restaurant.ca
- **The Celiac Scene** — Is your premier resource for fabulous gluten-free living in Victoria, Vancouver Island & the Gulf Islands. Owned & operated by celiacs, we guide you to restaurants we trust and local gluten-free products we love! We even tell you where to purchase them, at the very best prices. Enjoy national 'celiac' news, local reviews and non-stop gluten-free event notices. The Celiac Scene is your gateway to Gluten-Free Paradise! theceliacscene.com



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RESTAURANT GUIDE
2025/2026 EDITION

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● **4 Mile Brewpub** — Great food and atmosphere in the historic restaurant for casual dining, or our full sound sports bar for all the latest events, or our neighbourhood brew pub for creative food, an impressive choice of wines, draft beer on tap, and premium scotch. Open 7 days a week at 11:00. fourmilehouse.com

● **Blue Fox Café** — this funky downtown eclectic restaurant has been serving up an abundance of fresh, creative, home style morning food to a loyal local clientele for over 30 years. Favourites include a plethora of Eggs Benedict, (reportedly the best in the city) with originals such as the Butter Chicken Benny, Wild Creole Salmon Benny and Eggs in Hell!! Many delicious vegan and vegetarian options are also available. Emphasis is, as always, placed on fresh locally sourced products. All served in a relaxed atmosphere with good tunes & good cheer. thebluefoxcafe.com

● **Crown Isle Resort** — Timber Room Bar & Grill at Crown Isle offers a deliciously wonderful "gastro-pub" menu from steaks to salmon, noodle bowls to tacos, burgers and ribs, our menu has been designed to please all! Family-friendly ambiance is playful and social —boasting the Comox Valley's largest and most scenic patio. Come for a beverage, stay for a meal. crownisle.com

● **Dog House Family Restaurant** - It is with great pride that we continue to bring to you our homemade, homestyle cooking prepared with nothing but the finest of ingredients... just like Grandma used to do! Our family-friendly menu is one of the largest and most delicious in Duncan. We look forward to serving you an unforgettable meal! doghouserestaurant.com

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● **Duncan Garage Cafe & Bakery** — Your organic vegetarian oasis nestled in the heart of Duncan! We're passionate about serving up delicious fare, crafted with fresh, locally sourced ingredients —made from scratch with love in our very own kitchen. We offer many vegan and no-gluten ingredient options. Open daily from 7:30 am to 5pm. We have a full cafe bar, bakery items, grab-and-go, and frozen meals available during all opening hours. duncangaragecafe.ca

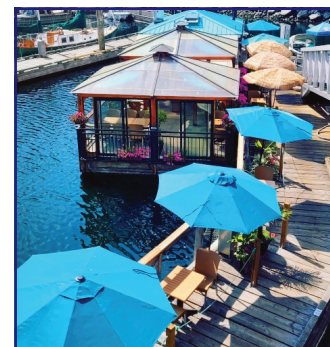
● **Fanny Bay Oysters Seafood Shop** — Fresh Oysters, Clams, Mussels and Live Crab. Fresh Shrimp, Prawns, Halibut, Cod, Rockfish, Sole, etc. Fresh and frozen seafood when available, such as Ahi Tuna, Mahi Mahi, etc. In store made Sushi, Salad Rolls, Chowder, Seafood Quiche, and Smoked Salmon. Mixes, Marinades, Sauces, Seasonings and all kinds of hot sauces for all tastes. We provide ice and properly package orders for travelers. fannybayoysters.com

● **Fish and Duck Sproat Lake Resort** — Our menu is pub style food along with some great entrée's and some fantastic and popular takes on some of the classics. We cater to various dietary requirements and offer starters, mains and desserts from lunchtime onwards. Breakfast in the morning with brunch menu on the weekends. Regular favourites and our top sellers are the Bomber Burger and the Pulled Duck Poutine! fishandduckresort.com/pub/

● **Howler's Family Restaurant** — We are a Seafood Family Restaurant offering unique fusion dishes. We source our ingredients from as close to us as possible. Check out our vintage arcade, billiards, music and fun games. Enjoy a cold beer on our dog friendly patio. Open 7 days a week until late. howlersfamilyrestaurant.com



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