The Autumn Fair
Haunted Houses & Shops
Star Gazing

Hometown Girl
Experience Live Opera & Fine Dining in the Beaches for only $55

Experience The Metropolitan Opera: Broadcasting Live in HD from New York plus Fine Dining at one of your favourite local restaurants. For $55 (tax incl.) your package includes:

- One admission to The MET Opera: Live in HD at the Alliance Cinema in the Beach
- One Prix Fixe dinner at a select fine dining restaurant after the show.

Plus you can share the experience with other local opera-goers by dining at the same chosen restaurant after the show.

2009-10 Opera & Fine Dining Schedule:

<table>
<thead>
<tr>
<th>Met Opera Performance</th>
<th>Chosen Restaurant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verdi's Aida (Italian), Oct 24, 2009</td>
<td>Spiaggia Trattoria</td>
</tr>
<tr>
<td>encore presentation Nov 21</td>
<td>2318 Queen St. E. 416-699-4656</td>
</tr>
<tr>
<td>Puccini’s Turandot (Italian), Nov 7, 2009</td>
<td>Whitlock’s</td>
</tr>
<tr>
<td>encore presentation Dec 5</td>
<td>1961 Queen St. E. 416-691-8784</td>
</tr>
<tr>
<td>Offenbach’s Les Contes d'Hoffmann (French), Dec 19, 2009</td>
<td>Balsam Restaurant</td>
</tr>
<tr>
<td>encore presentation Jan 23, 2010</td>
<td>2343 Queen St. E. 416-699-2343</td>
</tr>
<tr>
<td>Strauss’s Der Rosenkavalier (German), Jan 9, 2010</td>
<td>Nevada Steakhouse</td>
</tr>
<tr>
<td>encore presentation Mar 6</td>
<td>1963 Queen St. E. 416-691-8462</td>
</tr>
<tr>
<td>Bizet’s Carmen (French), Jan 16, 2010</td>
<td>Le Papillon on the Park</td>
</tr>
<tr>
<td>encore presentation Mar 13</td>
<td>1001 Eastern Ave. 416-649-1001</td>
</tr>
<tr>
<td>Verdi’s Simon Boccanegra (Italian), Feb 6, 2010</td>
<td>Casa Di Giorgio Ristorante</td>
</tr>
<tr>
<td>(Danforth)</td>
<td>1419 Danforth Ave. 416-465-1561</td>
</tr>
<tr>
<td>Thomas’s Hamlet (French), Mar 27, 2010</td>
<td>Joy Bistro</td>
</tr>
<tr>
<td>encore presentation Apr 24</td>
<td>884 Queen St. E. 416-655-8855</td>
</tr>
<tr>
<td>Rossini’s Armida (Italian), May 1, 2010</td>
<td>Amuse Bistro</td>
</tr>
<tr>
<td>encore presentation May 22, 2010</td>
<td>1975A Queen St. E. 416-694-0004</td>
</tr>
</tbody>
</table>

NEW this year:

To enhance your experience we have matched each performance with a chosen restaurant so you can share the experience together with other opera-goers after the show. You also have the option of dining at your preferred restaurant instead. Makes a great GIFT for the young and not so young at heart!

PLUS the chance to WIN a pair of tickets to the TSO!

For complete details, Prix Fixe menus and to purchase your package:

visit www.beachesliving.ca/opera
or call 416.690.4269 or email opera@beachesliving.ca

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- Capturing Fall With Your Camera
- Not all Corn Can Pop

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Laura DiBattista
News Anchor, Health Specialist and Hometown Girl

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• World Pasta Day

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15 You Ask…Answer.

20 Delete. Delete. Delete. So you think it’s gone!

21 Go Wild: The Best Cupcakes in Town

 Heads up
Beaches|life Special Holiday Edition!
Featuring local businesses, products and services.
- Shop Locally
- Holiday Shopping Ideas
Don’t miss this opportunity to showcase what you have to offer to the people living in our neighbourhood.

---

5 The Autumn Fair

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• World Pasta Day

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For advertising call 416-690-4269, info@beachesliving.ca
Holiday 2009 issue deadline November 10, 2009
Getting the Most out of Fall

Autumn in Ontario is one of the most beautiful times of the year with warm days, cooler evenings and a dazzling display of rich fall colours in all directions. From country fairs to picking apples, from hiking in the woods, mushroom picking to star gazing, there are so many fun things to do during this beautiful season. Halloween festivities top off the fun we can all have.

Capturing Fall with your camera

Interesting angles: Take some photos looking up into the branches of brightly coloured tree tops.

Subject matter: Close-ups of nature’s bounty, like piles of red apples, leaves on the ground, or bunches of pine cones, always make an interesting photo.

Location, location, location: Visit an outdoor market and take photos of the food and activity.

Lighting conditions: Fall colours pop when the sun is shining.

Friends & family: Take “leafy portraits” of family members by surrounding each person with fall leaves.

Corny Facts

Popcorn is a natural, healthy fun snack for the whole family. It is also perfect for snuggling up on those cool fall evenings to watch a movie!

Not all corn can pop

Popcorn is not the same as the corn we eat at dinnertime. It has a soft starchy centre surrounded by a very hard exterior shell. When popcorn is heated the moisture inside the kernel turns to steam and builds up pressure for the kernel to explode. When the kernel explodes the white starchy mass that you like to eat forms.

- Popcorn is a whole grain made up of the germ, endosperm, and pericarp (also known as the hull).
- North Americans consume over 16 billion quarts of this whole grain, good-for-you treat.
- Compared to most snack foods, popcorn is low in calories. Air-popped popcorn has only 31 calories per cup. Oil-popped is only $5 per cup.
- The peak period for popcorn sales is in the fall.
- Most popcorn comes in two basic shapes when it’s popped: snowflake and mushroom. Snowflake is used in movie theaters and ballparks because it looks and pops bigger. Mushroom is used for candy confections because it doesn’t crumble.
- A popcorn kernel can pop up to 3 feet in the air.
- October has been celebrated as National Popcorn Poppin’ Month in the US for over 25 years.

For a tasty popcorn treat, try Apple Crunch Popcorn. (see page 13)
Laura DiBattista, no stranger to Torontonians, is a life-long resident of the Beaches. When she is not in front of the camera, researching current health topics or on assignment, Laura loves to work out at the Balmy Beach Club, spend time with family (daughter, husband, mom, sister) and friends, and especially enjoys having family meals together.

As part of a fall family tradition, Laura and her mom preserve tomatoes together. This fall, not only did they preserve 10 bushels of tomatoes, they also introduced her friends to the tradition. “My girlfriends are true ‘beach girls’, they hadn’t experienced putting up tomatoes before!” she told us.

Laura loves to cook – it can be French Filet Mignon or traditional Italian. Recently for her daughter’s 17th birthday party, Laura roasted peppers and eggplants on the barbecue. Along with her love for cooking, Laura is also an avid gardener.

In her HealthWise report on CityTV, Laura covers topics such as nutrition, keeping people well, and eating right. Laura’s advice is stop smoking and drinking pop. When it comes to avoiding prepared and processed foods, Laura follows the wise advice of her grandmother, “I stick to food that she would recognize as food,” Laura explains.

Laura is proud to be a true hometown Beach girl. She attended Norway Public School, Fairmount and Monarch Park before heading to Ryerson University for Radio and Television Arts. “I just can’t picture myself living anywhere else. I just love that we have this huge expanse without concrete. Lake Ontario displays a different personality every day of the year.”

Laura joined CityTV in 1983 after graduating from Ryerson University and was soon drafted for on-camera work. She spent two years as host of “CityLive at Five” in 1998 before returning to “CityPulse at Noon.” Today, she is Co-Anchor for CityNews at Noon and reports on a regular basis for “CityPulse” as health specialist.
World Pasta Day

Thursday, October 25, is World Pasta Day. The primary purpose of World Pasta Day is to promote the culinary and nutritional benefits of pasta.

It’s believed that pasta has been around for at least several thousand years. Pasta making utensils have been found in Etruscan tombs and ancient Roman archaeological sites making it likely that pasta has been eaten by Italians for a longtime.

Dr. Jeff Margolian, Dentist

WE WELCOME NEW PATIENTS

www.torontobeachesdentist.com
1989 Queen Street East
(the white house next to Kew Beach Park)

Free custom take home teeth bleaching with custom trays and professional bleach for every new patient with new patient exam, cleaning and x-rays, value $350. Call for details.

Call Alex at 416 699-2914

Specializing in GLUTEN-FREE BAKED GOODS

Organic, Gluten-Free and Vegan Baking
Loose Leaf Teas
Fair Trade Coffees
Celebration Cakes
We are Nut Free!

We offer healthy lunches - Soups & Sandwiches -

Order Now:
Christmas Goodie Trays
Award Winning Christmas Cakes

FREE coffee or tea with the purchase of a soup or sandwich with this ad

2142 Queen St. E. Toronto
(Just west of Glen Manor on north side)
647-348-0202
www.wildearthbakery.ca

Hours - Mon. - Sat. 8am - 8pm, Sun. 9am - 7pm

Custom Beaches Greeting Cards & Photographs

A wide selection of affordable Beaches greeting cards, large size photographs and gift items by local artists.

Order yours at beachesliving.ca/beachshop

Experience Live Opera & Fine Dining in the Beaches for only $55

See page 2 (inside front cover) for more information.

Visit online for complete details, Prix Fixe menus and to purchase your package.

www.beachesliving.ca/opera
or call 416.690.4269
or email opera@beachesliving.ca

311 24 hours a day, 7 days a week
Call 311 for all non-emergency City services, programs and information.

Your Annual Fall De-Junk

Looking for instant home improvement? Do a “de-junk” of your closets, basement, storage locker or garage.

Electronics & household hazardous waste—The Ontario Government encourages reuse, recycling and, if needed, proper disposal of unwanted electronic equipment and household hazardous waste. To find a drop-off location in your area, visit dowhatyoucan.ca.

Trash Talk

Our new city garbage bins are smart. Each one has an embedded tag that helps trucks locate them if they get lost, or missed on garbage day. Toronto residents should also know that the concealed tags also can tell if someone is putting something in their bin that they shouldn’t! Both blue and green bins should be “tag ready” by the end of this year when all the trucks are equipped with tag readers.

www.beachesliving.ca/beachshop

M A K E S A G R E A T G I F T
Who’s your favourite personality?

Everyone gets into the Halloween mood on Saturday, October 31. Now is the time to start thinking about your perfect costume.

Costume Trends for 2009

The 1980s are back in everyday clothing and for Halloween costumes. With the recent deaths of Farrah Fawcett, Patrick Swayze and Michael Jackson, costumes from the 1970s and ‘80s are going to be more popular than ever. Who’s your favourite personality?

Another popular theme this year is Sesame Street, which celebrates its 40th anniversary. Don’t be surprised if Ernie, Bert, Cookie Monster, Oscar the Grouch and other characters come knocking on your door this Halloween night.

Get A Mouthguard That Fits YOU!

Visit our office to have a custom fit mouthguard made that helps protect you from jaw injury, broken teeth and the risk of concussion.

Mouthguards that are required to play contact sports can be made in a simple 30 minute appointment.

PLAY HARD, PLAY SAFE!

Dr. Jay Rabinovich Dental Care Clinic

416.699.0501
2492 Gerrard Street East, Suite 3
(Victoria Park & Gerrard Behind McDonalds)
www.torontodentalcare.ca

Variety Village Fitness Club

We’re more than a workout — we’re a community!

Variety Village offers Membership with a Difference – accessible, inclusive and family-focused. You can become a member of Variety Village — the only fitness facility of its kind in North America and training ground for many elite and Olympic athletes.

5 lane track, 3 basketball courts, rock wall, cardio and weight training areas, 2 swimming pools and hot pool, fitness classes, Yoga, Pilates, Active Aging Club, competitive teams, TaiKwondo, swimming lessons, camps and more!

Free Day Pass for the months of October and November! Limit one Day Pass for individuals (youth/adult/seniors) and families (2 adults/2 children)

Special pricing for Teams!

Variety Village Fitness Club

Free Day Pass

Day pass valid until November 30, 2009

Get up to $150 Cash Back with Signature Series by Budget Blinds® Mail In Rebate!*
Food talk

Apple Crunch Popcorn

Ingredients:
- 6 cups popped popcorn
- 1 tablespoon butter, melted
- 2 teaspoons sugar
- 1/2 teaspoon cinnamon
- 2 cups dried apple chips

Method:
- Preheat oven to 300° F.
- Line a 9 x 13-inch baking pan with foil; butter the foil.
- Spread popcorn in pan and drizzle with melted butter; toss popcorn.
- Sprinkle popcorn with sugar and cinnamon and toss again.
- Heat in oven 7 minutes.
- Sprinkle apple chips over popcorn and heat an additional 3 minutes.
- Serve warm or cool to room temperature.
- Store in an airtight container.
Dr. Rabinovich is known to his patients as “Dr. Jay”, some don’t even remember his last name! But they do know that Dr. Jay takes great care of their teeth, and often the teeth of their parents and their kids.

“We love our patients and they love coming,” explain receptionists Lorne and Kathleen, “It’s really like a family here.” There are about 20 staff at the clinic, and some have been with Dr. Jay since 1992.

The beautifully expanded dental care clinic immediately gives a sense of calm to visitors. This is important for children and many adults who may be nervous about visiting the dentist.

When kids come for their first visit, they are given “special treatment” so not only are they not afraid of the dentist but look forward to coming back.

Sports are always a popular topic of conversation, especially when it comes to proper teeth protection. Teams come in together to have custom fitted mouth guards made in their team colours.

In operation at the current location since 1992, the dental care clinic offers complete dentistry service for patients that range in age from 1 year old to 101.

Some clients come from nearby neighbourhoods, others as far away as Barrie, Kingston, or in one case, Boston.

Besides dental care, services include cosmetic dentistry, smile enhancement, Zoom whitening and bonding, implants, crowns, bridges, veneers and Invisalign (invisible braces). The clinic offers several languages and welcomes new patients.

The clinic is located at the corner of Victoria Park Ave. and Gerrard St. E., open Monday through Saturday, with free parking and at least one dentist on hand.

Owner: Jay Robinovich
Associates: Lawrence Alber, Greg Colinas, Patricia Khamis-Silva, Sheldon Liebesman
2480 Gerrard St. E., Suite 3
416.699.0501
Preventing the spread of the N1H1 Flu

How is the Flu spread?
• They spread when someone with the flu coughs or sneezes and droplets come in contact with another person’s nose, mouth or eyes.
• When people with the flu cough or sneeze into their hands and contaminate things they touch, other people can become infected if they touch the same object and then touch their face.
• A person can be infectious until symptoms are gone.

For more info, visit ontario.ca/flu.

How can you prevent the spread?
Prevention is the best way to avoid any kind of flu including H1N1. Here are the top tips for keeping us all healthy:

1. Wash your hands. The H1N1 virus can stay on a doorknob or shopping cart for 2-8 hours.
2. Keep your hands away from your face. Most people pick up germs that enter the body through their eyes, nose and mouth.
3. Drink lots of water. Water flushes out your system keeping it clean and healthy.
4. Eat foods that contain vitamins that give you a “supercharge”, for example, dark leafy green vegetables, yellow vegetables and fruits (oranges, tomatoes, broccoli).
5. Exercise and get fresh air. This keeps your immune system strong.

Support your immune system daily with these revolutionary, all natural, clinically proven products made with the patented ingredient Wellmune WGP®
100% Satisfaction Guaranteed

Win with your Secret Beaches Spot
Send us a photo of your Secret Beaches Spot and a brief description. If we feature it in an upcoming issue of Beaches|life you will receive a movie pass for two to the Fox Theatre.
Email us at: info@beachesliving.ca

Do you recognize this photo? If you can tell us where the photo was taken, you could win movie passes for two to the Fox Theatre. Three winners will be chosen. Send in your answer by November 10, 2009.
Email your answer to: info@beachesliving.ca

Congratulations to...

Arden McNabb, Brian Mercer and Paul Lewis, winners of the August Secret Beaches Spot contest. It is the cluster of trees at the foot of Woodbine Ave. by the boardwalk, just east of the Donald D. Summerville pool.

The photo of the cluster of trees was taken by the board walk in front of the Donald D. Summerville Outdoor Pool located at Woodbine beach. I hope I am right. I just moved down to the beaches.

Andrew W.

Hi! The trees in the picture are located on the beach, right near the Olympic pool at the bottom of Woodbine Ave. I call it “my tree house” and go right inside it with my dog all the time.

Topaz D.

Good evening, Friends, I know exactly where that spot is, as I watched this little bush grow into a great big bushy tree(s). If you walk along outside the Olympic pool, along the east side past the snackbar, and look toward the lake and slightly to your left, you will see this unusual tree. I have lived in the beaches for nearly 50 years, and I recall when this first started growing.

Frances
First Impressions by

jaimco

doors and windows inc.

Sales & Installation of all types of doors & windows. Custom Work – Our Specialty

Protect And Beautify
Your Home for the Holidays

The Safe Door System will give you the protection to your doors where 80% of break-ins occur and our inventory of decorative glass and hardware combined with our custom-made doors will give your home the LOOK for the season.

As a Holiday BONUS, Jaimco will also Pay the GST.*

* Offer valid only until Dec. 31, 2009. Present this coupon upon time of purchase. One coupon per household.

Visit our retail store in the beaches:
631 Kingston Road
Tel: (416) 691-7070
www.jaimco.com

Welcome new neighbours

Ambiance – 2106 Queen St. E.
BMO – 2072 Queen St. E.
Dreamer Hair Design – 953 Kingston Rd.
Florabunda – 1131 Queen St. E.
Holy Cow! – 1100 Queen St. E.
Island of Tinos – 2459 Queen St. E.
Lil’ Bean n’ Green – 1133 Queen St. E.
Sophie – 889 Queen St. E.
Steeped and Infused – 1258 Queen St. E.
Salty Dog Bar & Grill – 1980 Queen St. E.
Stack – 2124 Queen St. E.
The Brow House – 1256 Queen St. E.
U Design Gallery – 2305 Queen St. E.
Wild Wing – 2552 Queen St. E.

Thank you & best wishes
Balmy Beach Pet Grooming – 2210 Queen Street E., Unit 6
Babes in the Beach – 2186 Queen St. E.
Caribbean Foods – 2186 Queen St. E.
 DETAILS... – 1006 Kingston Rd.
Enduro Sport – 2254 Queen St. E.
Fresh @ the Beach – 1921 Queen St. E.
O’Malley’s Irish Pub – 2375 Queen St. E.
The Watcher Comics – 2198 Queen St. E.

Mon. - Thur. 10am-6:30pm, Fri. 10am-7pm,
Sat. 9am-6pm, Sun.10 am-6pm

Bring in this ad to our GRAND OPENING and receive:
Frid: 15% off orchids
Sat: 15% off all potted plants
Sun: 15% off all cut flowers
Children under 12 receive a FREE gift.

Welcome us to the neighbourhood with our
GRAND OPENING WEEKEND
Friday October 30, 2009
Saturday October 31, 2009
Sunday November 1, 2009

Friday October 30, 2009
Saturday October 31, 2009
Sunday November 1, 2009

brilliant

Join us on Facebook: Florabunda - Leslieville’s Flower Market
www.florabunda.ca

If you are opening a new business in the Beaches, moving, closing, or re-opening, let us know. We will add you to the list in our next Beaches|life magazine. Contact us at info@beachesliving.ca or 416-690-4269.
Word is quickly spreading that Wild Earth Café makes the best cupcakes in town, but this unique bakery also is a godsend to anyone suffering from celiac disease or conditions that make it necessary to find safe, gluten-free baked goods. The store also guarantees that everything it sells is nut free.

Owned by Brad and Nicole Owens, Wild Earth opened last July. They make all of their own products, overseen by Nicole who trained at the George Brown Cooking School. Specializing in gluten-free baked goods and some groceries, the “from scratch” organic bakery also offers vegan products, a selection of organic spelt baked goods as well as artisan foods.

Its celebration cakes also are a big hit, whether you choose organic with butter cream icing, or gluten free and vegan with lactose free icing. Visitors at lunch enjoy all natural organic soups such as curried squash and apple, a cup of fair trade coffee or one of 70 varieties of loose leaf tea. The café even features innovative “filter” take-out cups for those wanting loose tea on the run!

“It’s important to be clear,” explains Brad, “our gluten-free line is kept totally separate from our other products, including spelt (which contains gluten). We use a dedicated mill for the gluten free flour, separate tools and equipment, all so we can guarantee the safety of these products. There is no cross contact.”

Although the Celiac Association will not endorse specific bakeries, local celiac associations are invited to audit Wild Earth Bakery at anytime.

Brad hopes to add more poetry readings, displays by local artists and acoustic “jamming” nights at Wild Earth. Mostly he wants people to enjoy their selection of delicious baked goods, eat in, take-out, or available as sweet or sandwich trays.

“We’re here for those on restricted diets, those who want to eat better, and those just looking for a good cup of coffee and a treat.”

Wild Earth Café & Bakery
www.wildearthbakery.ca
2142 Queen St. E.
647-348-0202

Go Wild: The Best Cupcakes in Town
Gluten free, peanut free & lactose free
## SALADS

<table>
<thead>
<tr>
<th>Small Tray Serves 8-10, Large Tray 18-20</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CAESAR</strong></td>
</tr>
<tr>
<td>Romaine lettuce, bacon bits, croutons, parmesan cheese homemade dressing</td>
</tr>
<tr>
<td><strong>GREEK</strong></td>
</tr>
<tr>
<td>Mixed greens, feta cheese, tomatoes, cucumber, onions, mixed peppers, Kalamata olives in a balsamic olive oil dressing</td>
</tr>
<tr>
<td><strong>CAPRESE</strong></td>
</tr>
<tr>
<td>Sliced tomatoes, mozzarella cheese on a bed of mixed greens, drizzled with extra virgin olive oil and fresh basil</td>
</tr>
<tr>
<td><strong>INSALATA ALLA GRIGLIA</strong></td>
</tr>
<tr>
<td>Mixed greens, grilled vegetables, roasted red peppers, goat cheese, balsamic olive oil dressing</td>
</tr>
<tr>
<td><strong>MEDITERRANIAN</strong></td>
</tr>
<tr>
<td>Feta cheese, tomatoes, cucumber, green peppers, Kalamata olives, red onions, oregano extra virgin olive oil dressing</td>
</tr>
<tr>
<td><strong>INSALATA DI SPINACI</strong></td>
</tr>
<tr>
<td>Baby organic spinach, dried cranberries, pecans, sliced mushrooms, in a Dijon mustard dressing</td>
</tr>
<tr>
<td><strong>INSALATA RUSTICA</strong></td>
</tr>
<tr>
<td>Baby organic arugula, walnuts, fresh pear, shaved parmesan cheese, balsamic olive oil dressing</td>
</tr>
<tr>
<td><strong>INSALATA GIORGIO</strong></td>
</tr>
<tr>
<td>Mixed greens, roasted red peppers, red onions, tomatoes, cucumbers, asago cheese balsamic olive oil dressing</td>
</tr>
<tr>
<td><strong>INSALATA CANTINA</strong></td>
</tr>
<tr>
<td>Baby organic arugula, figs, fresh pear, shaved parmesan cheese, prosciutto, balsamic olive oil dressing</td>
</tr>
<tr>
<td><strong>VERDE</strong></td>
</tr>
<tr>
<td>Mixed greens, tomato, cucumber, red onions, mixed peppers in a balsamic olive oil dressing</td>
</tr>
</tbody>
</table>

## PLATTERS

<table>
<thead>
<tr>
<th>Small Tray Serves 10, Large Tray 20</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GRILLED VEGETABLES</strong></td>
</tr>
<tr>
<td>SML 39.95 LRG 77.95</td>
</tr>
<tr>
<td>Zucchini, eggplant, red peppers, green peppers, bocconcini cheese</td>
</tr>
<tr>
<td><strong>BRUSHTETTA</strong></td>
</tr>
<tr>
<td>SML 24.95 LRG 39.95</td>
</tr>
<tr>
<td><strong>GARLIC CHEESE BREAD</strong></td>
</tr>
<tr>
<td>SML 24.95 LRG 39.95</td>
</tr>
<tr>
<td><strong>GRILLED VEGETABLE TOWERS</strong></td>
</tr>
<tr>
<td>SML 45.00 LRG 97.95</td>
</tr>
<tr>
<td>Zucchini, eggplant, red peppers, green peppers, bocconcini cheese</td>
</tr>
<tr>
<td><strong>GRILLED SAUSAGES &amp; PEPPERS</strong></td>
</tr>
<tr>
<td>SML 39.50 LRG 75.95</td>
</tr>
</tbody>
</table>

## MEAT & FISH

<table>
<thead>
<tr>
<th>Small Tray Serves 10, Large Tray 20</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VEAL or CHICKEN PARMESAN</strong></td>
</tr>
<tr>
<td>SML 99.50 LRG 180.95</td>
</tr>
<tr>
<td>Veal or Chicken Cutlet topped with tomato sauce and mozzarella cheese</td>
</tr>
<tr>
<td><strong>VEAL MARSALA</strong></td>
</tr>
<tr>
<td>SML 109.50 LRG 195.00</td>
</tr>
<tr>
<td>Veal medallions in a Marsala wine sauce</td>
</tr>
<tr>
<td><strong>VEAL AL LIMMONE</strong></td>
</tr>
<tr>
<td>SML 109.50 LRG 195.00</td>
</tr>
<tr>
<td>Veal medallions in a lemon butter wine sauce</td>
</tr>
<tr>
<td><strong>CHICKEN SCALLOPPINI</strong></td>
</tr>
<tr>
<td>SML 99.95 LRG 180.95</td>
</tr>
<tr>
<td>Chicken fillets sauteed with mushrooms, onions, green peppers, mushrooms, white wine sauce</td>
</tr>
<tr>
<td><strong>EGGPLANT PARMESAN</strong></td>
</tr>
<tr>
<td>SML 79.50 LRG 155.95</td>
</tr>
<tr>
<td>Layered Eggplant, mozzarella cheese, tomato sauce</td>
</tr>
<tr>
<td><strong>FRESH ATLANTIC SALMON</strong></td>
</tr>
<tr>
<td>SML 109.50 LRG 210.95</td>
</tr>
<tr>
<td>Choice of lemon butter or pesto cream sauce</td>
</tr>
<tr>
<td><strong>VEAL MARSALA</strong></td>
</tr>
<tr>
<td>SML 99.95 LRG 180.95</td>
</tr>
<tr>
<td>Veal medallions in a Marsala wine sauce</td>
</tr>
<tr>
<td><strong>VEAL AL LIMMONE</strong></td>
</tr>
<tr>
<td>SML 99.95 LRG 180.95</td>
</tr>
<tr>
<td>Veal medallions in a lemon butter white wine sauce</td>
</tr>
<tr>
<td><strong>VEAL PARMESAN</strong></td>
</tr>
<tr>
<td>SML 99.95 LRG 180.95</td>
</tr>
<tr>
<td>Veal medallions in a Parmesan cream sauce</td>
</tr>
</tbody>
</table>

## PASTA

<table>
<thead>
<tr>
<th>Small Tray Serves 10, Large Tray 20</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PASTA GIORGIO</strong></td>
</tr>
<tr>
<td>SML 69.50 LRG 136.95</td>
</tr>
<tr>
<td>Fettuccine pasta, grilled chicken, mushrooms, peas, cream sauce</td>
</tr>
<tr>
<td><strong>SEAFOOD FETTUCCINE</strong></td>
</tr>
<tr>
<td>SML 89.50 LRG 175.95</td>
</tr>
<tr>
<td>Shrimp, scallops, tomato, cream or white wine sauce</td>
</tr>
</tbody>
</table>

### Pricing Details

- **10% off** when you order catering before Dec. 1, 2009.
- Prices don't include taxes.
- Place your order 48 hours in advance.
- **FREE delivery.**
- Utensils available upon request.
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Sunday: 12 - 5 pm

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