


Cafeterias

Workplaces

 **Aramark Canada Ltd.**
AMD
1 Commerce Valley Drive East
Markham
905-882-2600
www.aramark.ca

 **Compass Group (Windows on Main)**
Markham Stouffville Hospital
381 Church Street
Markham
905-472-7056


 **Aramark Canada Ltd.**
Bayview Secondary School
10077 Bayview Avenue
Richmond Hill
905-780-2435
www.aramark.ca

 **Lake St. George Conservation Field Centre**
950 Bethesda Side Road
Station B
Richmond Hill
905-773-5525


 **Bon Appetite Food Services**
Solectron
213 Harry Walker Parkway
Newmarket
905-952-1044

 **Compass Group**
Philips Electronics (Eurest Dining Services)
281 Hillmount Road
Markham
905-201-4125

 **Aramark Canada Ltd.**
Newmarket High School
505 Pickering Crescent
Newmarket
905-898-7308
www.aramark.ca

 **Nellas Canada**
St. Theresa of Lisieux
230 Shaftsbury Avenue
Richmond Hill
905-770-5518
www.nellascanada.com

 **Compass Group (Café @ 27)**
Allstate Insurance Company
27 Allstate Parkway
Suite 100
Markham
905-475-4333

 **Lena's Catering Services at Trillium Café**
Tyco Electronics Canada
20 Esna Park Drive
Markham
905-475-6222

 **Aramark Canada Ltd.**
Pierre Elliot Trudeau High School
90 Bur Oak Avenue
Markham
905-887-5300
www.aramark.ca

 **Our Lady of the Lake Catholic College**
School Cafeteria
185 Glenwoods Avenue
Keswick
905-656-9140

 **Compass Group**
IBM (Eurest Dining Services)
3600 Steeles Avenue East
Markham
905-316-3303

 **Scarlett House Catering**
Novopharm Stouffville
5691 Main Street
Stouffville
1-800-268-4127

 **Aramark Canada Ltd.**
Seneca College King Campus
13990 Dufferin Street
King City
416-491-5050
www.aramark.ca

 **Compass Group**
IBM (Eurest Dining Services)
4175 14th Avenue
Markham
905-316-7074

 **Steelcase Café's**
Steelcase Canada Limited
1 Steelcase Road West
Markham
905-944-5982

 **Chartwells at Holy Trinity School**
11300 Bayview Avenue
Richmond Hill
905-737-1114
www.hts.on.ca

 **Compass Group**
IBM (Eurest Dining Services)
8200 Warden Avenue
Markham
905-413-4673

 **Terrace Restaurant**
American Express
101 McNabb Street
Markham
905-474-8142

Eat Smart!

Ontario's Healthy Restaurant Program
School Cafeteria Program
Workplace Cafeteria Program

2008 Winners

Eating Well in York Region

Celebrating York Region's top restaurants
and cafeterias for healthy choices



2008

About Eat Smart!

Eat Smart! is an exclusive program that awards eating establishments that meet high *Eat Smart!* standards. Look for the *Eat Smart!* symbol for:

- Exceptional standards in food safety including kitchen staff certified in safe food handling
- A variety of healthier food choices on the menu and by request
- A smoke-free environment

Eat Smart! Standards

Food Safety

The *Eat Smart!* choice is the safe choice. *Eat Smart!* winners have met high standards in food safety with a proven track record in safe food handling and sanitation. *Eat Smart!* winners guarantee staff trained and certified in a food handler safety program.

Nutrition

Eat smart and feel better. *Eat Smart!* winners offer a variety of healthy food choices. They prepare entrees and desserts with less fat and offer more options in grain products, vegetables and fruit on their menus. Healthier choices include:

- Lower-fat versions of milk, sauces and salad dressings
- Dressings, dips, gravies and spreads served on the side
- A substitute for french fries when served as part of a meal
- Information about recipe ingredients, whenever possible

Non-Smoking

To qualify for this year's *Eat Smart!* award, eating establishments must have a 100% smoke-free environment. This includes all outdoor patios associated with bars, restaurants and cafeterias. Tobacco products must not be offered for sale.

Other Standards

While they are not *Eat Smart!* criteria, the York Region Community and Health Services Department acknowledges eating establishments that are breastfeeding-friendly and provide barrier-free access.

Breastfeeding

The Ontario Human Rights Commission states that a woman has the right to breastfeed in any public place. *Eat Smart!* recognizes those establishments who create a welcoming and supportive environment for breastfeeding families.

Accessibility

Increasing accessibility for people with disabilities or mobility related impairments welcomes everyone to these establishments.

How does an eating establishment win an Eat Smart! award?

Eat Smart! winners are nominated by York Region Public Health Inspectors because of excellent food safety records. Once nominated, each establishment undergoes a rigorous review to ensure that it meets the high *Eat Smart!* standards in food safety, healthy food choices and smoke-free environments. The awards are granted on an annual basis.

Is your favourite restaurant missing from this guide?

Would you like your restaurant to receive the Eat Smart! award?

Do you have questions about the program?

Contact:

York Region
Health Connection
1-800-361-5653
or visit our website at
www.york.ca/eatsmart

For additional information about the *Eat Smart!* Ontario's Healthy Restaurant Program, visit: www.eatsmartontario.ca

The York Region Community and Health Services Department participates in this provincial program in partnership with the Heart and Stroke Foundation of Ontario and the Canadian Cancer Society.




HEART & STROKE
FOUNDATION
Finding answers. For life.

 Canadian Cancer Society
 Société canadienne du cancer

2008 Winners

Celebrating York Region's
restaurants and cafeterias
for excellence in:

- Healthy food choices
- Food safety
- Smoke-free environment

All 2008 *Eat Smart!* restaurants
and workplace cafeterias are
breast-feeding friendly.



Aurora

Moon Garden
15229 Yonge Street
Aurora
905-727-3101

East Gwillimbury

Swiss Chalet
18195 Yonge Street, Unit 8
East Gwillimbury
905-836-4046
www.swisschalet.com

Georgina

Oriental Delight
155 Riverglen Drive, Unit 15
Keswick
905-989-0077

**Peninsula Restaurant &
Riverside Patio**
202 Holmes Point Road
Pefferlaw
705-437-1890
www.peninsularesort.net

**The Briar's Resort &
Conference Centre**
55 Hedge Road
Jackson's Point
905-722-3271
www.briars.ca

The Cookshop & Marketplace
20887 Dalton Road
Sutton
905-722-8181
www.thecookshop.ca

The Cornerhouse Bistro
240 Church Street
Keswick
905-476-4800

King

The Kingbridge Centre
12750 Jane Street
King City
905-833-3086
www.kingbridgecentre.com

Markham

Bombay Bhel
230 Commerce Valley Drive East
Unit 3
Thornhill
905-771-6957
www.bombaybhelthornhill.com

California Thai
Markville Mall
5000 Hwy. #7 East, Unit 068B
Markham
905-305-8223

Coconut Island Restaurant
8362 Kennedy Road, Unit A7
Markham
905-943-9628

Cora's Breakfast and Lunch
3760 Hwy. #7 East, Unit 2
Markham
905-489-2446
www.chezcora.com

Elegant Chinese Cuisine
5328 Hwy. #7 East, Unit 4
Markham
905-209-1313

Golden Griddle
7100 Woodbine Avenue
Markham
905-477-6980
www.goldengriddlecorp.com

Longo Brothers Fruit Markets
3085 Hwy. #7 East
Markham
905-479-8877
www.longos.com

Mandarin Restaurant
7660 Woodbine Avenue
Markham
905-479-6000
www.mandarinbuffet.com

Markham Sushi
17 Wootten Way North
Markham
905-294-4616

Mr. Sub
5990 16th Avenue,
Unit 236 - 238
Markham
905-472-6446
www.mrsbub.ca

Stars of Thai Cuisine
3150 Hwy. #7 East, Unit 1
Markham
905-946-9466
www.thaicuisine.ca

Swiss Chalet
5070 Hwy. #7 East
Markham
905-305-1809
www.swisschalet.com

**The Great North
American Grill**
Hilton Garden Inn
300 Commerce Valley Drive East
Thornhill
905-709-8008
www.torontomarkham.gardeninn.com

Tim Horton's
7689 Yonge Street
Thornhill
905-709-9128
www.timhortons.com

Timothy's World Coffee
7690 Markham Road, Unit C1
Markham
905-209-0864

Wok on Yonge
7771 Yonge Street
Thornhill
905-482-8788
www.wokonyonge.ca

Newmarket

Al Casale Ristorante
17766 Leslie Street
Newmarket
905-898-0550
www.alcasaleristorante.com

Chatters Café and Juice Bar
79 Davis Drive
Newmarket
905-853-8583

Glenway Country Club
470 Crossland Gate
Newmarket
905-853-5590
www.glenwaycountryclub.com

Juiceppe's Café
Nature's Emporium
Wholistic Market
16655 Yonge Street, Unit 27
Newmarket
905-898-1844
www.naturesemporium.ca

Kimchi House
540 Davis Drive, Unit 6
Newmarket
905-853-3037

New Granada Restaurant
209 Main Street
Newmarket
905-895-6073

Thai Golden Bell
16925 Yonge Street, Unit 17
Newmarket
905-954-0954
www.thaigoldenbell.com

The Buttery Restaurant
17565 Yonge Street
Newmarket
905-836-0303

Richmond Hill

Ambassador Chinese Cuisine
280 West Beaver Creek, Unit 38
Richmond Hill
905-731-5570

Café en Passant
10133 Yonge Street, Unit 4A
Richmond Hill
905-883-0575
www.cafeenpassant.com

Crave Restaurant
Sheraton Parkway Hotel
600 Hwy. #7 East
Richmond Hill
905-882-2121
www.sheratonparkway.com

Dominion Stores Ltd.
1070 Major Mackenzie
Drive East
Richmond Hill
905-770-1400
www.freshobsessed.com

Fellini's Italian Eatery
13162 Yonge Street
Oak Ridges
905-773-2211
www.fellinisitalianeatery.com

Mitsui Japanese Restaurant
10815 Bathurst Street, Unit 28
Richmond Hill
905-884-1188

Pepino's Pizza and Ristorante
13130 Yonge Street, Unit 3
Oak Ridges
905-773-8500

Sapporo Sushi
330 Hwy. #7 East, Unit 109
Richmond Hill
905-882-7877

Select Sandwich
95 Mural Street
Richmond Hill
905-882-5550
www.selectsandwich.com

Shiki Sushi
10593 Yonge Street, Unit 1
Richmond Hill
905-884-7500

Shiraz Middle Eastern Cuisine
13075 Yonge Street, Unit 8
Oak Ridges
905-773-2334

Sushi Bell Japanese Restaurant
10520 Yonge Street, Unit 38B
Richmond Hill
905-883-3999

Sweet Basil Pan Asian Cuisine
10610 Bayview Avenue, Unit 1
Richmond Hill
905-508-7361
www.sweetbasilpanasian.com

Vaughan

A Taste of Japan
4411 Hwy. #7 West
Woodbridge
905-856-2856
www.atasteofjapan.com

Ariake Japanese Restaurant
7700 Bathurst Street, Unit 10
Thornhill
905-709-3452

Basilico Ristorante
5100 Rutherford Road
Woodbridge
905-893-2774

Bollywood Bistro
3175 Rutherford Road
Unit 52, Bldg. J
Woodbridge
905-532-0731
www.bollywoodbistro.com

California Sandwiches
200 Windflower Gate, Unit 108
Woodbridge
905-856-7779
www.californiasandwiches.com

Choice of the Orient
5694 Hwy. #7 West
Woodbridge
905-850-8388

Ciao Bella Ristorante
665 Millway Avenue, Unit 17
Concord
905-660-3586
www.ciaobellaristorante.com

Cora's Breakfast and Lunch
8401 Weston Road, Unit 4A
Woodbridge
905-850-8950
www.corasnet

Il Cavallino Ristorante
8077 Islington Avenue North
Woodbridge
905-850-3629
www.ilcavallinoristorante.com

**Koganei Japanese Seafood
Restaurant**
3901 Hwy. #7 West
Suite 103, Bldg. BDC
Woodbridge
905-265-2288
www.koganeisushi.com

Koryo Korean Barbeque
The Promenade Shopping Centre
1 Promenade Circle, Unit F105
Thornhill
905-763-6376
www.koryofranchise.com

Longo Brothers Fruit Market
2810 Major Mackenzie Drive West
Maple
905-417-0207
www.longos.com

Made In Japan Teriyaki Experience
3330 Steeles Avenue West, Unit 20
Concord
905-761-9882
www.teriyakiexperience.com

Made In Japan Teriyaki Experience
7600 Weston Road, Unit 35
Woodbridge
905-265-7388
www.teriyakiexperience.com

Pasta Varone
190 Marycroft Avenue, Unit 20
Woodbridge
905-264-0125

Piacere Ristorante
9311 Weston Road, Unit 1-2
Woodbridge
905-417-6400
www.piacereristorante.ca

Siamese Thai Cuisine
200 Whitmore Road, Unit 11-12
Woodbridge
905-856-7288
www.thairestaurant.ca

Steeles Garden Restaurant
3850 Steeles Avenue West, Unit 13
Woodbridge
905-850-7740

Swiss Chalet
3737 Rutherford Road
Woodbridge
905-264-4017
www.swisschalet.com

Tim Horton's
370 Steeles Avenue West, Unit 1
Thornhill
905-881-0006
www.timhortons.com

Tim Horton's
The Promenade Shopping Centre
1 Promenade Circle, Unit F109A
Thornhill
905-762-9952
www.timhortons.com

Vinsanto Ristorante
28 Roytech Road, Unit 3
Woodbridge
905-264-3991
www.vinsanto.ca

Yang's Teppanyaki & Sushi
3255 Rutherford Road, Unit 15-18
Concord
905-761-0268
www.yangssushi.com

ZiZi Trattoria
4040 Hwy. #7 West, Unit 3
Woodbridge
905-850-9875
www.zizi.ca

Whitchurch-Stouffville

Imperial Café
37 Sandiford Drive
Stouffville
905-640-2150

Swiss Chalet
15 Sandale Road
Stouffville
905-640-4780
www.swisschalet.com

Legend:

- Food premises and cafeterias with barrier-free access