UNIVERSITY OF TORONTO PRESS WELCOMES YOU TO TORONTO

Your Congress Guide to Toronto, with Recommendations from UTP Staff Members Including Eats, Treats, Drinks, Gems, and Nature
EATS RECOMMENDED BY UTP STAFF MEMBERS NEAR RYERSON

Kinton Ramen
396 Church St.  I  647-348-8555
Arguably the best ramen shop in Toronto. Several locations, but there’s one right around the corner from the Mattamy Centre.

Kinka Izakaya Original
398 Church St.  I  416-977-0999
A great spot for Japanese tapas and beer with a lively, fun (loud) atmosphere.

The Senator Restaurant
249 Victoria St.  I  416-364-7517
A stone’s throw from Ryerson, Toronto’s oldest restaurant, and still the coolest diner in the city, The Senator is open early and offers classic breakfasts and comfort food at less than exorbitant prices.

Banh Mi Boys Sandwich Shop
399 Yonge St.  I  416-977-0303
This celebrated Toronto chain serves phenomenal Banh Mi sandwiches. Great selection. Try the kim chi fries!

Kaiju
384 Yonge St. #51  I  647-748-6338
This renowned Japanese curry joint is a bit difficult to find (it’s located in an underground mall) but it’s worth the hunt.

Salad King
340 Yonge St.  I  416-593-0333
This well-established Thai restaurant has been serving hungry Ryerson students since the early 1980s and the quality has not diminished over time!

Five Guys
329 Yonge St.  I  416-591-0404
Yes, it’s a chain restaurant, but regarded as among the best fast food burgers one can buy. If ordering fries, only order the small. You’ll see why.

Trattoria Mercatto, Eaton Centre
220 Yonge St.  I  647-352-3390
A restaurant in the Toronto Eaton Centre with good food and a great patio.

A LITTLE FARTHER

St. Lawrence Market
92-95 Front St. East  I  416-392-7219
One of the world’s great markets, this is a mecca for foodies. We recommend the Italian sandwiches downstairs for a great lunch!

Loaded Pierogi
9 1/2 Church St.  I  647-344-0088
This St. Lawrence Market spot specializes in Polish pierogis with unusual toppings and vodka flights. Multiple Toronto locations!

Le petit déjeuner
191 King St. East  I  416-703-1560
An established breakfast spot, family-owned and specializing in Belgian-Canadian comfort food.

Los Colibris
220 King St. West
If you’re near the Entertainment District, check out this upscale Mexican restaurant. Highly recommended!

Kalendar Restaurant and Bistro
546 College St.  I  416-923-4138
This cozy little bistro at College and Euclid serves up great sandwiches and a strongly-recommended artichoke salad.

Bar Raval
505 College St.
This “catering collaboration” at College and Palmerston is your best stop for morning coffee and interesting donuts.
**The Caledonian**  
856 College St. | 416-577-7472  
This Scottish pub in the Dufferin Grove neighbourhood features the best scotch selection in town. It also serves haggis!

**Woodlot**  
293 Palmerston Ave. | 647-342-6307  
Head to Little Italy for Woodlot’s simple, honest, handmade fare, including some of the best sourdough breads and creative Canadian comfort food.

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**Boland’s Open Kitchen**  
575 Mount Pleasant Rd. | 416-482-2424  
This Canadian fusion restaurant is a short Uber or cab ride from Ryerson. They have a great wine list (50% off wine bottles every Tuesday!) and very friendly service.

**Terroni**  
57 Adelaide St. | 416-504-1992  
Located in the old York County Court House, this bustling Italian restaurant is a Toronto tradition. Go for the thin crust pizza but stay for the custom gin and tonics.

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**TREATS**

**Loblaws at Maple Leaf Gardens**  
60 Carlton St. | 416-593-6154  
Step out the front door of the Mattamy Centre and take a very quick left (about five steps) into the doors of Loblaws. Here you will find the best red velvet cupcakes in the city, as well as a Nutella crepe counter, lovely macarons in every colour, and a wall of cheese!

**Bakerbots**  
205 Delaware Ave. | 416-901-3500  
Create your own homemade ice cream sandwich at Bakerbots. You’ll need to take the TTC to Ossington, but the slight commute is worth it!  
**Also try:** Uncle Tetsu’s Japanese Cheesecake

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**DRINKS**

**Imperial Pub**  
54 Dundas St. E. | 416-977-4667  
This well-loved pub has been serving downtown Toronto since 1944. Check out the upstairs library lounge and rooftop patio with a view of Dundas Square.

**The Queen and Beaver Public House**  
35 Elm St. | 647-347-2712  
This proper neighbourhood pub also serves up some fantastic food.

**The Artful Dodger**  
10 Isabella St. | 416-964-9511  
This old-time pub with a literary twist has played an important role in Canadian academic publishing history. It’s worth the short walk north from Ryerson.

**b Espresso Bar**  
111 Queen St. East | 416-866-2111  
An authentic Italian espresso bar that also serves Italian sodas, gelato, and an assortment of artisanal food options (pizza, panini, biscotti, soup, salads, muffins, and more).

**Bellwoods Brewery**  
124 Ossington Ave. | 416-535-4586  
If you find yourself off campus near Trinity Bellwoods or Queen West, check out this brewpub and its original bottle shop (in an open garage next door).  
**Also try:** Bar+ Karaoke Lounge (near Ryerson, above the Swiss Chalet)
**GEMS**

**Toronto Reference Library**  
789 Yonge St.  |  416-395-5577  
More than just the hub of Toronto's public library system, this great location also includes Page & Panel (the Toronto Comic Arts Festival Store), a Balzac’s Café, and ongoing exhibits.

**Art Gallery of Ontario**  
317 Dundas St. West  |  416-979-6648  
Always worth a visit! We suggest checking out the Georgia O’Keeffe exhibition that will be running throughout Congress.

**Massey Hall**  
178 Victoria St.  |  416-872-4255  
Catch a show at Massey Hall while you’re in town (Norah Jones and Nick Cave both perform during Congress) or come in during Doors Open Toronto on Sunday May 28 to enjoy your 15 seconds of fame at this historic venue.

**The Distillery Historic District**  
416-362-1177  
Sandwiched between Parliament St. and Cherry St., just north of the Gardiner Expressway, this unique district of Toronto features Victorian industrial architecture and is a great place to dine, shop, look over your Congress notes in a café, or people-watch.

**Kensington Market**  
West of downtown Toronto  
This neighbourhood is eclectic, colourful, and fun to explore. While you’re there, enjoy some Swedish coffee at Fika Café, try tacos at Seven Live Tacos, visit Global Cheese, or listen to nightly live jazz at Poetry Jazz Café.

**Also try:** Cabbagetown, Philosopher’s Walk on the University of Toronto campus, the Native Canadian Centre of Toronto (download the First Story app for walking tours of the city), and the Royal Ontario Museum

**NATURE**

**High Park**  
1873 Bloor St. West  |  416-338-0338  
This beautiful municipal park spans 161 hectares and provides a delightful natural retreat within the city. Be sure to visit the High Park Zoo to meet the newly born capybaras.

**Riverdale Park East**  
550 Broadview Ave.  |  416-392-2489  
This large park spanning the Lower Don River, between Cabbagetown and Broadview, offers the best Toronto skyline views (sit on the patio of Rooster Coffee House across the street from the park, or grab a coffee and stroll).

**Evergreen Brick Works**  
550 Bayview Ave.  |  416-596-1495  
A bus from the Broadview TTC station connects you in just a few minutes to the old Don Valley Brick Works, now an environmental hub with a high-end farmer’s market on Saturday mornings, an interesting shop, and great hikes.

**Toronto Waterfront Trail**  
Lake Ontario  
Visit the completely redesigned Waterfront Trail and hit up spots like the Music Garden, HTO Park, Harbourfront Centre, and Queens Quay Terminal.

**Enjoy your time in Toronto!**  
Courtesy of the good folks at University of Toronto Press  
Visit us during Congress at the Book Expo in Ryerson’s Mattamy Centre (the former Maple Leaf Gardens) at 50 Carlton St.