

SYLVAN LAKE  
**FALL FOODS TOUR**  
THROUGHOUT OCTOBER

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**Peach Crumble Smoothie // Booster Juice**

A delicious blend of peach sorbet, pineapples, mangos, vanilla frozen yogurt, skim milk, a dash of cinnamon AND the option to add granola for extra crunch

**Pumpkin Spice Martini | Squash Ravioli**

// Bukz

Martini with a shot of vodka, pumpkin spice baileys, dash of whipping cream, pumpkin spice, shaken, garnished with cinnamon. Squash ravioli in light rose sauce garnished with rosemary

**Soup + Sushi // Edo Japan**

Warmth and comfort for the cold weather. Try their different kinds of soup paired with sushi

**Sea Salt Caramel Latte | Sea Salt Caramel Gelato // Good Earth**

Exotic Hawaiian volcanic sea salt and sweet, buttery caramel harmonized in this sumptuous Caffe latte, gluten free and vegetarian. Sea salt heightens the flavour of a rich, golden caramel base gelato. Also available: Pumpkin Spice Caffe Latte, Pumpkin Chai Latte, Caramel Apple Cider, Caramel Apple Muffin & Pumpkin Spice Muffin

**Fall Vegetable Soup // Hockey Central**

**Stew in a Bread Bowl // Open Range Saloon**

Sundays from 5pm - made from scratch and served hot in a bread bowl

**Homestyle Soups // Main Street Eatery**

Two daily choices throughout the month and available frozen for nights you don't like to cook! Check out their facebook page for daily soups @mainstreeteatery. Dill pickle, cheddar and ale, chicken fajita, french onion & more!

**Ice Cutter Vanilla Latte Stout // Snake Lake Brewery**

Releasing October 9 - Robust American stout brewed with lactose, cold brewed coffee, and conditioned with vanilla

**Saffron Lobster Stuffed Ravioli | Thyme for Resilience Cocktail | Homemade Apple Crisp // Sun of a Beach**

Saffron lobster stuffed ravioli with in-house made rose sauce. Apple crisp topped with vanilla bean ice cream and peanut brittle. Local honey, rhubarb, apple pie moonshine, thyme, & apple cider cocktail

**Pumpkin Latte | Pretzels & Rice Krispies // The Big Moo**

Hot Pumpkin Latte or try it cold, Pumpkin Latte On Ice! Big Moo Limited Special Treats

**Beef Stew in a Sourdough Bowl | Pumpkin Pie // The Fireside**

Evenings after 5pm October 5-31 - Beef stew cooked off in a stout beer with carrots, turnips, peas, and potatoes in a beef gravy. Serving pumpkin pie made locally by Main Street Eatery

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Post a photo of your favourite dish in the Facebook event discussion and tag the business to WIN one of three \$50 gift cards to any local restaurant! FB @visitsylvanlake

  
**Sylvan Lake**  
VISITSYLVANLAKE.CA

