



Field and Social. CHRISTY LUM



Royal Dinette's organic wine. AMY HO

What's trending on the dining scene

FOODIE FILES

Buzz-worthy food and drink trends to try in 2016

Jessica Napier

Poke

Move over ceviche, there's a new raw fish dish in town. Hawaiian-inspired poke bowls are loaded with fleshy chunks of fresh fish and colourful toppings, making them an Instagram-worthy snack full with nutrients. Husband and wife team Jak and Angela Quan will be opening their own build-your-own poke restaurant in a secret location in Vancouver this summer.

"Poke comes with a great history from Hawaii," says Jak. "For us, every bite takes us back to the island, and we're hoping to share that experience with everyone in Vancouver." At The Poke Guy, guests will be able to select their preferred base (white or brown rice, or salad

greens), plus a variety of protein and veggie add-ons. "We'll have both seafood, and vegetarian options, mixed in with a choice of sauces — from a simple sea salt, to shoyu, to spicy wasabi and more — and toppings such as avocado, onions, cucumbers, chili peppers, mango, seaweed, crab meat and tobiko," Angela explains.

Organic Wines

Savvy oenophiles have been sipping organic wine for years, and now all-natural vinos are starting to spill over into the mainstream.

"Organic wines are made with organically or bio-dynamically grown grapes, fermented by indigenous yeasts, and with no fining agents, heavy filtration or flavour adjustments," explains Royal Dinette sommelier Paul McCloskey. Not only are organic wines lower in sulphites (which

can contribute to those day-after headaches), they also boast a superior flavour. "There's arguably a purer expression of the grape and the land when wines are allowed to just do their thing," McCloskey notes. One of his personal picks is the certified-organic Chateau Lestignac 'Calipyge' (2014) from France. "It's a smooth and structured wine that combines the flavours of ripe strawberries and spices," he says.

Artisanal Ice Cream

Plain old vanilla might be a perennial favourite, but Vancouver's innovative ice cream parlours are getting creative with bold flavours and exciting new techniques. Yaletown's Nice Vice is a dairy-free micro-creamy serving plant-based ice cream made without soy, GMOs, allergens or cholesterol.

These healthful frozen treats have a sweet potato and coconut milk base and are available in guilt-free seasonal flavours like watermelon hibiscus and blueberry ginger. Meanwhile, liquid nitrogen ice cream shop Mister is

giving new meaning to the words "brain freeze" in its science lab inspired space. Seriously smooth scoops of crème brûlée, avocado, and dark chocolate are made to order on the spot using -196-degree liquid nitrogen.

Healthy Fast Food

Lunch-hour never looked so good thanks to a new crop of gourmet to-go spots in the downtown core. In the Marine Building, cafeteria-style eatery Tractor lets diners mix and match a variety of colourful pre-made salads that range from arugula and grilled pears to roasted beets with green beans. Over on Dunsmuir, Field and Social attracts daily lineups thanks to its curated menu of signature salads.

"We really wanted to change the way people think about salads," explains co-founder Stephen Collins. The elevated fast-casual spot inside the former Labour Temple building features a clean, Scandinavian-inspired design that incorporates elements from the 100-year-old heritage building.