

## SMS Special Conference Banff Dining Suggestions

### Formal (resort casual attire):

**Maple Leaf** - This wonderful restaurant offers an amazing selection of seafood, steak, and game selections. The cozy, warm atmosphere is perfect for both romantic evenings and dinner with friends or business partners. The Maple Leaf Grille has also been awarded the Wine Spectator award of excellence for several years running, and coupled with knowledgeable and attentive servers this makes for a splendid dining option in downtown Banff. Entrees between \$30-40. Reservations highly recommended.

**The Bison** - The Bison Restaurant has a lively atmosphere with regionally sourced food that promises a tasty and fresh dinner, featuring game, steak, lamb, and other adventurous options. The wine list is hand-picked, and prominently features wines of the Pacific Northwest. Reservations are strongly recommended. Entrees \$25-\$40

**Park Distillery** - With ingredients, produce and refreshments all sourced from local suppliers, Park Distillery is the newest restaurant in Banff. Using the campfire as the original kitchen, Park serves up delicious camp style meals with Wood-fired, Spit-roasted, and Smokey-savory flavors.

**The Grizzly House** - This legendary Banff establishment offers the most interactive dining experience you will have in Banff. The atmosphere is electric, the food unique, and the service outstanding, fun, and attentive. The Grizzly House features fondue and hot rock cuisine, as part of a three course meal. You will start with a cheese or vegetable fondue, a main of poultry, fowl, game, steak, seafood, or exotic meats (ostrich for example), followed by a chocolate fondue. Telephones at each table ensure that diners are kept on their toes as other tables are encouraged to call with a joke or ask about your evening. Be forewarned however, as you will certainly smell like the Grizzly House when you depart. Reservations are a must, 7 days a week. 3 course meals \$30- \$50 per person.

**The Balkan** - If it is Greek food that you are interested in, this is the place for you. Generous servings, authentic Greek cuisine, and a boisterous atmosphere make this restaurant a favorite with locals and visitors alike. The Arni Psito (slow roasted leg of lamb) has to be tasted to be believed. Reservations strongly recommended. Entrees \$20-\$35.

**Ticino's** - This Swiss-Italian restaurant offers a quiet, yet friendly atmosphere, and has all of your favorite Northern Italian/Swiss cuisine (the veal in particular is amazing). Located just out of downtown Banff, this lovely dining room offers a respite from the hustle and bustle of downtown Banff. Entrees \$25 - \$40. Reservations recommended.

***Sleeping Buffalo Dining Room*** – This is one of Banff’s great hidden Gems. Located out of the way on Tunnel Mountain, this restaurant offers amazing Rocky mountain cuisine in an inspired and romantic environment. This restaurant has long been a great favorite of restaurant reviewer John Gilchrist. Reservations recommended. Entrees \$30 - \$45

***The Saltlik Steakhouse*** - This is Banff’s famous steakhouse. Steaks cooked to order in a fun and lively environment, right on Bear Street in the heart of downtown Banff. If it is a great piece of Alberta meat you are looking for, this is the place. Entrees \$25 - \$40. No reservations taken.

### **CASUAL:**

***Coyotes*** - This wonderful, but small, restaurant offers fresh, homemade food with a Southwestern flair. The personalized service here is what really makes this restaurant stand out. Entrees \$15-\$25. Reservations recommended during busier times.

***Too Lou Lou’s*** - This Cajon styled restaurant offers a bit of spice right in the heart of downtown Banff. The generous, tasty portions, and certain to leave you satisfied. Reservations recommended during busier times. Entrees \$15-\$30

***Nourish*** – This is Banff’s vegetarian/vegan specialty restaurant. Even the most die-hard of carnivores won’t be put off by the amazing array and variety of selections. If not convinced, pop by one lazy afternoon for a lovely glass of wine or specialty beer and try the nachos. You will be simply amazed. No Reservations taken. Entrees \$15- \$30

***Magpie and Stump*** - This restaurant offers simple Canadian/Mexican cuisine in a Rockies-esque cantina. The food is great, the portions sizeable, and if you manage to finish your meal, you might just lick your plate clean. No reservations required. Entrees \$10- \$20.

### **BREAKFAST:**

***Coyotes*** - This restaurant has amazing breakfasts for those with a little more time to spare. They offer vegetarian and vegan options as well. Coyote’s is certainly a great favorite among locals.

***Too Lou Lou’s*** - This new comer to the Banff scene has been winning guests over since it opened in its new location on Caribou street in downtown Banff. The eggs Benedict are simply wonderful

***Melissa’s Misteak*** - This Banff institution is a great option for those in a rush. Hearty servings of bacon, eggs, pancakes and the like make breakfast the best meal of the day. Be warned however, you will be seated, fed, and billed quite quickly, so for those of you interested in lingering this may not be the best option for you