

# Merritt Dining Guide



# Merritt Dining Guide



PHOTOS: BRIAN CARGNELLI

## Dining out becomes a more affordable option

Individuals who were hard hit by the economy saved money by reducing the number of meals eaten out, preferring to cook at home. But with grocery store prices now rising faster than restaurant menu options, many people could be turning back to dining establishments for one or more daily meals.

According to analysts, grocery stores tend to pass charges in food costs on to consumers faster than operators of large restaurant chains, which keep key food item prices relatively steady. Factor in slight improvements to the economy, and restaurant dining could be popular once more.

Individuals who live alone or retired couples could find it's more affordable to eat the majority of their meals outside of the home instead of stocking up on grocery items that could spoil before they are enjoyed. For those who do choose to dine out, follow these tips for even more savings.

- Dine early. Live up to those early-bird stereotypes. Head to restaurants when they offer special discounted prices, whether for breakfast, lunch or dinner.
- Share a meal. Dine at establishments that don't charge for an extra plate. Order a meal (which tends to be an oversized portion anyway) and split it.
- Clip coupons. Restaurants routinely

offer coupons for "buy one, get one," and other deals. Scour advertisements for the restaurants you enjoy.

- Curbside pickup. Instead of dining out and paying for a tip or items you don't need, consider curbside pickup and simply dine at home.
- Just order appetizers. Sometimes a salad and a side item can be a filling meal — and one that's less expensive.
- Skip the soft drink. Choose water with the meal, which is often complimentary. Beverages can quickly run up a bill.

These tips can make dining out even more affordable for the average diner. Dining out can be an affordable option if you follow a few strategies for saving money.



### Delivery & Take Out

Mon-Fri: 11:00 a.m. - 9:00 p.m.  
 Sat-Sun: 12:00 p.m. - 9:00 p.m.  
 Lunch Buffet - Mon-Fri: 12:00 p.m. - 2:30 p.m.  
 Dinner Buffet - Fri-Sun: 5:00 p.m. - 8:30 p.m.

**Canada Café**  
 Chinese Restaurant

2055 Quilchena Ave. across from Fields • 250-378-5551

*Relax & Unwind*  
*It's Your Time*

**Mandolin's**  
 Bagel & Coffeehouse

- Organic drinks
- Great breakfasts
- Fresh lunches
- Serving Seattle's best coffee
- Home baked goods
- Blender drinks & specialty coffees
- Diverse Tea Rack
- Great patio, comfortable decor
- FREE wireless internet

In the Railyard Mall next to Coopers • 250-315-0007

**We're a Slice Above the Rest**

- Gourmet Pizza
- Wraps and Salads
- Subs & Calzones
- 2 for 1 Pasta
- Kids Combo
- Wings

**Dine In Take Out Delivery!**  
 Longest Established Pizza Shop in Merritt

**YAKI JOE'S**  
 250-378-5154 • 2190B Voght St

# Merritt Dining Guide

## Savor some hamburger history

Most people know that a hamburger is a juicy patty of cooked ground meat served on a bun with a variety of toppings. What is not as well known is just how this beloved food became as popular as it is today.

Despite illusions to the contrary, a hamburger is not made of ham. In most instances, the term is used to describe a beef patty. Although burgers have been made from turkey, ostrich, bison, and even alligator, very rarely are they made from pork products.

The term “hamburger” is actually a misnomer. The name was derived from Hamburg, Germany, where the food was

thought to originate. Just as the frankfurter is a food from Frankfurt.

The hamburger evolved from another dish that was named the “Hamburg Steak.” Immigrants traveling from Hamburg to New York were treated to the tastes of home on the shores of America with a Hamburg Steak. This was essentially a dish of salted and spiced beef. It bears little resemblance to the hamburger of today. Shredded beef that was seasoned with regional spices — either cooked or served raw — became the Hamburg Steak that Germans enjoyed to reconnect to their homeland.

Eventually the Hamburg

Steak caught on and was included as a menu item at many American restaurants in the 19th century. Surprisingly, it was served as a breakfast food.

Dr. James Salisbury invented his own take on the Hamburg Steak at about this time, serving it as a lunch or dinner food with gravy. It was dubbed the Salisbury Steak.

In terms of the first time a Hamburg Steak was placed between bread to form the crude beginnings of a hamburger, the mystery continues. There are several who have laid claim to the burger origins, but none can be validated as the true inventor. One such person is Charlie Nagreen

of Seymour, Wisconsin, who began selling Hamburg Steaks flattened and between bread at a state fair so that visitors could move freely from booth to booth. There are others who argue that the burger can be traced back to other innovative cooks.

Meat-grinding machines of the 20th century helped propel the burger into a mainstream food. Fast-food chains eventually picked up on the concept of the hamburger and began mass-producing burgers for the public. Vegetables, like onions and lettuce, were eventually added to give the burger a more “natural” appearance. Ketchup became the condiment of

choice, with mayonnaise and mustard also placed on burgers.

It’s hard to argue the popularity of burgers today. They show up in all shapes and sizes at just about any restaurant imaginable. From meager beginnings as a food

for the poor and vague history on its origins, the burger is perhaps now as American as a food can get but also an international delight. Millions are consumed every year and likely will continue to be enjoyed for years to come.



MERRITT'S PREMIER DINING DESTINATION

**CATCH THE GAME ON BIG SCREEN WITH US!**

GREAT FOOD • GREAT SERVICE • GREAT ATMOSPHERE



Enjoy Our Patio with a Stunning Valley View

Wireless Internet Off Sales

Exclusive VQA Wine List & Great Selection of Taps!

**MAKE YOUR RESERVATIONS NOW**



250-315-1022 • www.middlesboropub.com

Immediately off of Exit 290, Hwy 5  
3701 DeWolf Way, Merritt B.C.

## Best View in the City ...

At the Middlesboro Pub, quality, quantity and selection make for a one-of-a-kind experience. From Guinness on tap, to a large OK springs and Sleemans Brewery selection, the Middlesboro Pub has a diverse selection of beers not offered anywhere else in Merritt. They also boast an exclusive VQA Okanagan wine list, and the menu offers something for every taste. Thursday is wing and prawn night, Friday is steak night, and every day has its own food and drink special. All beef used is 100 per cent Canadian, and everything you'll find is homemade.

Established in 1998, the Middlesboro is the first thing seen by many coming off of the highway into Merritt, off exit 290. It is surrounded by beautiful scenery, and offers a view of the Nicola Valley, which makes the dining experience truly unique. With large, open windows, the days are

filled with sunshine even when you're inside. From the patio you can glimpse Lower and Upper Nicola Valley, roaming ranchland hills, winding rivers and streams, and the site of the former coal mining village of Middlesboro.

“We’re not your average pub,” says owner Stefan Bothe who bought the pub in 2003.

The Middlesboro can accommodate group functions, and offers free wireless internet, perfect for business meetings. They also have Keno and Pacific Hold ‘Em Poker, and the pub is a great place to catch your favourite sporting event in high definition.

The Middlesboro opens its doors every day at 11 a.m., making it the perfect place to meet for lunch, dinner, drinks or appies, and the kitchen is open to 10 p.m. most nights.

The Middlesboro boasts of its great food, great service, and great atmosphere, and it certainly delivers.



Owner Stefan Bothe pours a drink for thirsty patrons from his selection of beers.

# GRAND TIMES ...

With its 80th birthday approaching in the next few years, the Grand Pub and Grill is looking better than ever. The Grand itself has been standing on the streets of Merritt since 1931, and the building has taken on a personality of its own. The Egan family has owned the Grand Pub and Grill since 1996, and have been running hotels and restaurants in the area since 1963.

The pub has a pioneer theme, with pictures of the Nicola Valley through the years adorning the walls.

"These days you don't necessarily want to drink," says Egan, who prides herself on the hospitality and kindness of her staff. She says that the Grand would be nothing without her staff, who "spoil the customers" with their great service and "hometown hospitality." The Grand is run by Egan and her two brothers, making sure that the pub maintains a family atmosphere, so you always feel like you belong. The motto at the Grand is "good food, great service, Grand times," welcoming everyone in the area to come and eat, drink, or just enjoy the company of friends. There are televisions in every corner, which makes the Grand the per-

fect place to watch the big game.

The Grand is renowned for its food, with everything from traditional pub food to steaks, as well as the most extensive wine list in town. With an expanded kitchen, the Grand is able to offer customers a myriad of choices. "We like to experiment with our menu," says Egan.

The Grand is also known for its renowned support within the community and its groups, hosting fundraising dinners weekly to show their support. From the staff to the patrons, everyone is friendly. You will always leave with a full stomach and a smile on your face.



The Grand was recently awarded the title of best burger in town, and best wings in town.

# YOUR HOME-TOWN HOSPITALITY SPECIALISTS

## COME TRY OUR

Diverse Menu, full of homemade pub-style classics & fresh new favorites, & our Cold Draft & Vast Wine List.



2099 GARCIA ST • 250-378-4618



- Premium Fruit Smoothies
- Light Smoothies
- Julius Fruit Drinks
- Food & Snacks

CHECK OUT THE  
**VARIETY**  
WE HAVE IN STORE  
**FOR YOU!**



**BUY 1 GET 1 FREE!**

Buy any size of Orange Julius Premium Smoothie Drink and receive the second OJ premium Smoothie Drink of equal or smaller size absolutely FREE

Limit one per coupon, per customer • Expires: July 31st, 2011



**3673 DEWOLF WAY • 250-378-5030**