






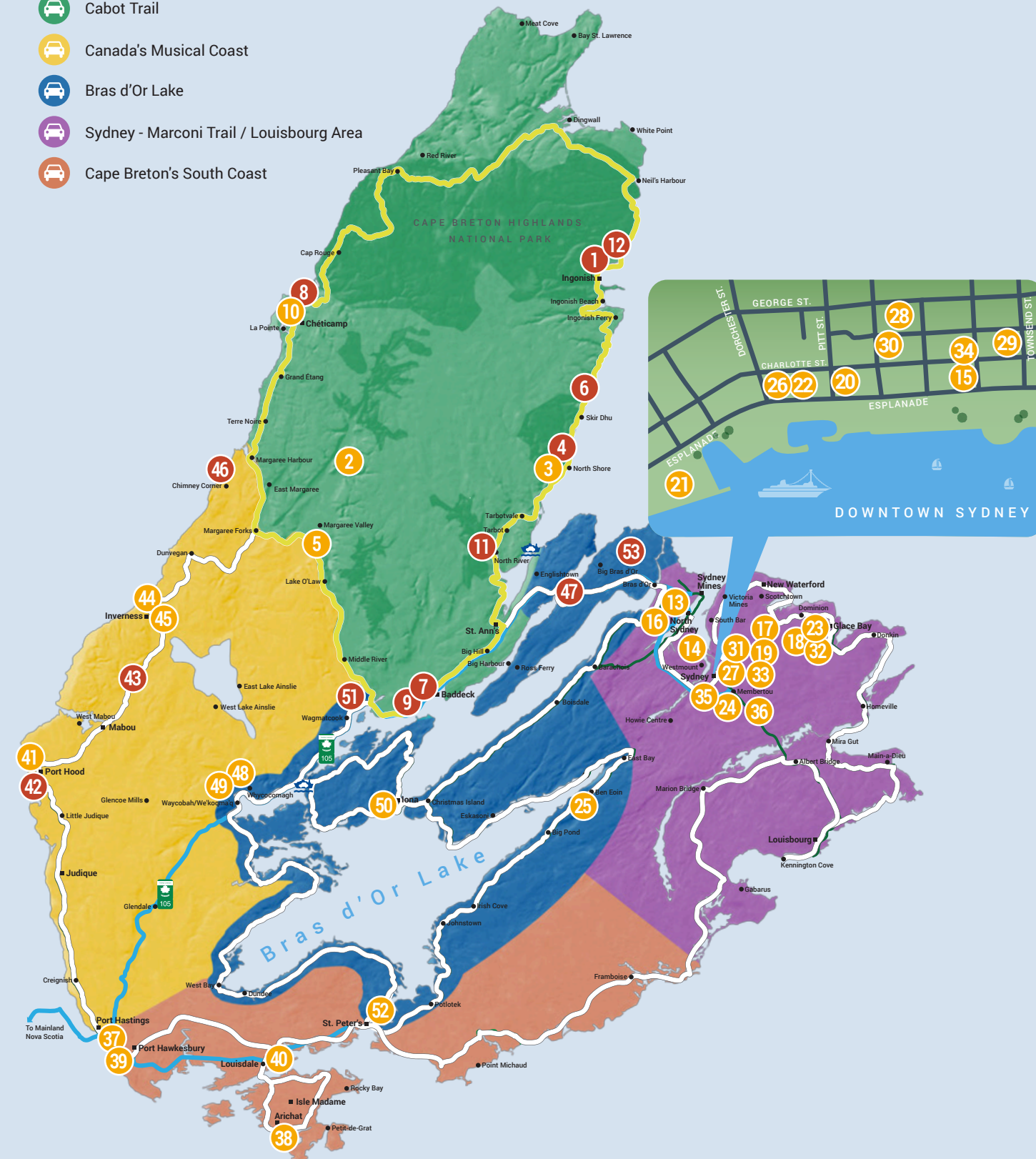


WHERE TO EAT

-  Open until October 31st
-  Open year-round
-  Cabot Trail
-  Canada's Musical Coast
-  Bras d'Or Lake
-  Sydney - Marconi Trail / Louisbourg Area
-  Cape Breton's South Coast



Taste your way around the Trail

OCTOBER 26 & 27, 2019

Hit the road this Fall and enjoy some great eats along the way! The very first Cabot Trail Food Truck Rally debuts the last weekend in October.

This event will feature food truck vendors from across Cape Breton Island using fresh, local ingredients. Grab a bite, take a hike and enjoy the spectacular fall colours!

For more details, visit:
CabotTrailFoodTruckRally.com

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TASTE OF AUTUMN

2019 Fall Season Eating Guide




**CAPE BRETON
ISLAND**

Your Heart Will Never Leave

CABOT TRAIL

- 1

Bean Barn Café & Deli
902-285-2767 • 36741 Cabot Trail, Ingonish Beach
DAILY: 7AM-6PM
- 2

Big Intervale Fishing Lodge
902-248-2275 • 3719 Big Intervale Road, Margaree Valley
MONDAY: CLOSED • TUESDAY-THURSDAY: 5PM-9PM
FRIDAY-SUNDAY: 12PM-9PM
- 3

Cabot Shores Wilderness Resort
902-929-2584 • 30 Buchanan Drive, Indian Brook
DAILY: 5:30PM-7:30PM
- 4

Cabotto Chocolates (Colouratura Fine Art Gallery)
902-929-2324 • 45943 Cabot Trail, Englishtown
DAILY: 9AM-5PM
- 5

Dancing Goat Café & Bakery
902-248-2727 • 6289 Cabot Trail, Margaree Valley
MONDAY-THURSDAY: 7:30AM-5PM • FRIDAY: 7:30AM-8PM
SATURDAY: 7:30AM-5PM • SUNDAY: 8AM-5PM
- 6

The Dancing Moose Café, Cottage and Camping Cabins
902-929-2523 • 42691 Cabot Trail, Birch Plain
DAILY: 7AM-4PM • TUESDAY: CLOSED AT 1PM
- 7

Freight Shed
902-295-1389 • 2 Jones Street, Baddeck
DAILY: 7:30AM-9PM
- 8

L'abri Café, Restaurant & Bar
902-224-3888 • 15559 Cabot Trail, Chéticamp
SUNDAY-THURSDAY: 11AM-9PM • FRIDAY-SATURDAY: 11AM-11PM
- 9

Lakeside Landing (Inverary Resort)
902-295-3500 • 368 Shore Road, Baddeck
DAILY: 7AM-10AM & 5PM-9PM • LIVE ENTERTAINMENT: 8PM-11PM
- 10

Le Gabriel Restaurant & Lounge
902-224-3685 • 15424 Main Street, Chéticamp
DAILY: 11AM-8PM
- 11

Restaurant 100km (Chanterelle Inn & Cottages)
902-929-2263 • 48678 Cabot Trail, North River Bridge
DAILY: 6PM-8PM
- 12

Salty Rose's and the Periwinkle Café
902-202-2431 • 36056 Cabot Trail, Ingonish
DAILY: 8AM-5PM

SYDNEY - MARCONI TRAIL / LOUISBOURG AREA

- 13

The Black Spoon Bistro
902-241-3300 • 320 Commercial Street, North Sydney
MONDAY-THURSDAY: 11AM-8PM • FRIDAY-SATURDAY: 11AM - 9PM
SUNDAY: CLOSED
- 14

Breton Brewing Co.
902-270-4677 • 364 Keltic Drive, Sydney
MONDAY-WEDNESDAY: 10AM-8PM
THURSDAY & SATURDAY: 10AM-11PM • SUNDAY: 12PM-5PM
- 15

Cape Breton Farmer's Market
902-564-9948 • 15 Falmouth Street, Sydney
SATURDAY: 8:30AM-2PM

- 16

The Clansman Motel and Restaurant
902-794-7226 • 9 Baird Street, North Sydney
DAILY: 7AM-9PM
- 17

Chef Todd's Catering & Deli
902-317-0269 • 280 Silver Dart Way, Sydney Airport, Sydney
DAILY: 6AM-7PM
- 18

Colette's Family Restaurant
902-849-8430 • 201 Brookside Street, Glace Bay
DAILY: 6AM-9PM
- 19

Flavor 19
902-562-2233 • 1225 Grand Lake Road, Sydney
SUNDAY & MONDAY: CLOSED • TUESDAY-THURSDAY: 11:30AM-8PM
FRIDAY & SATURDAY: 11:30AM-9PM
- 20

Flavor Downtown
902-562-6611 • 16 Pitt Street, Sydney
MONDAY-WEDNESDAY: 9AM-7PM • THURSDAY-SATURDAY: 9AM-8PM
- 21

Flavor on the Water
902-567-1043 • 74 Esplanade, Sydney
MONDAY-THURSDAY: 11AM-9PM • FRIDAY & SATURDAY: 11AM-10PM
SUNDAY: 11AM-9PM
- 22

Governor's Pub & Eatery
902-562-7646 • 233 Esplanade, Sydney
Restaurant: MONDAY-FRIDAY: 11AM-10PM
SATURDAY & SUNDAY: 10AM-10PM
Pub: SUNDAY-MONDAY: 4PM-12AM • TUESDAY: 11AM-2AM
WEDNESDAY: 11AM-12AM • THURSDAY-SATURDAY: 11AM-2AM
- 23

Kayla's Pizza & Grill
902-842-0953 • 99 Union Street, Glace Bay
DAILY: 11AM-12AM
- 24

Kiju's Restaurant
902-562-6220 • 50 Maillard Street, Membertou
SUNDAY-THURSDAY: 11AM-9PM • FRIDAY-SATURDAY: 11AM-10PM
- 25

Founders Restaurant at the Lakes Resort
902-828-4653 • 5153 East Bay Highway, Ben Eoin
DAILY: 7AM-9PM
- 26

Lebanese Flower
902-562-3412 • 14 Dorchester Street, Sydney
DAILY: 11AM-10:30PM • SUNDAY: 2PM-10:30PM
- 27

Mezza Lebanese Kitchen
902-270-5999 • 266 Prince Street, Sydney
DAILY: 10AM-10PM • SUNDAY: 12PM-8PM
- 28

Mian's Restaurant
902-270-2821 • 416 George Street, Sydney
MONDAY-FRIDAY: 10AM-9PM • SATURDAY: 12PM-10PM
SUNDAY: 1PM-8PM
- 29

Naru Sushi
902-270-8800 • 216 Bentinck Street, Sydney
MONDAY-SATURDAY: 11AM-9PM • SUNDAY: CLOSED
- 30

Selkie's Neighbourhood Diner
902-578-6659 • 54 Prince Street, Sydney
SUNDAY-TUESDAY: CLOSED • WEDNESDAY-FRIDAY: 8AM - 2PM
SATURDAY: 10AM-3PM

- 31

Swaagat Restaurant
902-270-5686 • 453 Prince Street, Sydney
DAILY: 12PM-10PM FRIDAY & SATURDAY: 12PM-11PM
- 32

TALO Cafébar
902-842-2195 • 195 Commercial Street, Glace Bay
SUNDAY-TUESDAY: 11AM-8PM • WEDNESDAY & THURSDAY: 11AM-9PM
FRIDAY & SATURDAY: 11AM-11PM
- 33

The Gaslight Café
902-270-3135 • 1467 George Street, Sydney
DAILY: 8AM-8PM
- 34

The Old Triangle Irish Alehouse
902-270-8003 • 424 Charlotte Street, Sydney
SUNDAY-THURSDAY: 11AM - 12AM • FRIDAY-SATURDAY: 11AM - 1AM
- 35

The Ugly Mug Café & Emporium
902-270-8459 • 1290 Kings Road, Sydney
MONDAY-FRIDAY: 7:30AM-5PM • SATURDAY: 9AM-5PM
SUNDAY: 10AM-3PM
- 36

Tom and Ett's Kitchen
902-270-2343 • 1678 Louisbourg Highway, Sydney
DAILY: 11AM-9PM

CAPE BRETON'S SOUTH COAST

- 37

Country Kitchen (Hearthstone Inn)
902-625-2480 • 388 Highway 104, Port Hawkesbury
DAILY: 6AM-9PM
- 38

La Goélette à Pépé Café
902-631-4051 • 2393 Highway 206, Arichat
DAILY: 7AM-7PM • SUNDAY: 9AM-5PM
- 39

Miller's Seafood & Chophouse
902-625-0320 • 717 Reeves Street, Port Hawkesbury
MONDAY-FRIDAY: 6:30AM-10PM • SATURDAY & SUNDAY: 7AM-10PM
- 40

Seal Cove Restaurant & Lounge
902-345-0655 • 474 Highway 320, Louisdale
SUNDAY-TUESDAY: 9AM-8PM • WEDNESDAY-SATURDAY: 9AM-10PM

CANADA'S MUSICAL COAST

- 41

Admiral Lounge and Café
902-787-3494 • 148 Main Street, Port Hood
Kitchen: MONDAY & TUESDAY: 12PM-7PM
WEDNESDAY-SATURDAY: 12PM-8PM • SUNDAY: 1PM-8PM
Bar: MONDAY-SATURDAY: 12PM-10PM • SUNDAY: 1PM-9PM
- 42

The Clove Hitch Bar & Bistro
902-787-3035 • 8790 Route 19, Port Hood
DAILY: 11:30AM-8PM
- 43

Glenora Inn & Distillery
902-258-2662 • 13727 Route 19, Glenville
DAILY: 7AM-11PM • CLOSES OCTOBER 27

- 44

Route 19 Brewing
902-550-2739 • 16030 Central Avenue, Inverness
DAILY: 1PM-12AM
- 45

Westside Cookhouse
902-258-3477 • 15844 Central Avenue, Inverness
DAILY: 7AM-3PM
- 46

Woodroad Restaurant
902-235-2912 • 2815 Shore Road, Margaree Harbour
WEDNESDAY-SUNDAY: 6:30PM-9PM
MONDAY-TUESDAY: CLOSED

BRAS D'OR LAKE

- 47

Cedar House Bakery and Restaurant
902-674-2929 • 899 Highway 105, Boularderie East
DAILY: 10AM-8PM
- 48

Charlene's Bayside Restaurant and Café
902-756-8004 • 9657 Highway 105, Whycocomagh
DAILY: 8AM-8PM
- 49

The Farmer's Daughter Country Market
902-756-9042 • 9393 Highway 105, Whycocomagh
DAILY: 7AM-7PM
- 50

The Frolic'n Folk Pub & Grill (Iona Heights Inn)
1-844-733-4662 • 4115 Highway 223, Iona
DAILY: 11AM-9PM
- 51

Herring Choker Deli
902-295-2275 • 10158 Highway 105, Nyanza
DAILY: 9AM-5PM
- 52

Louie's Cosy Corner
902-535-3195 • 9985 Grenville Street, St. Peter's
DAILY: 8AM-9PM
- 53

Thyme for Ewe Farm Market
902-674-2885 • 784 King Grove Road, Millville
WEDNESDAYS: 3PM-6PM

Open until October 31st

Open year-round

In addition to the eateries listed on this brochure, there are numerous year-round dining options, particularly in the Sydney Area and Port Hawkesbury.

