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## Five Places To Try First Nations Cuisine

Check out one of these popular spots across Canada

JUNE 18, 2015 - BY KAT TANCOCK



Throughout the country, restaurants and cafes are using local ingredients to showcase tasty indigenous cuisine.

Here are five places to try.

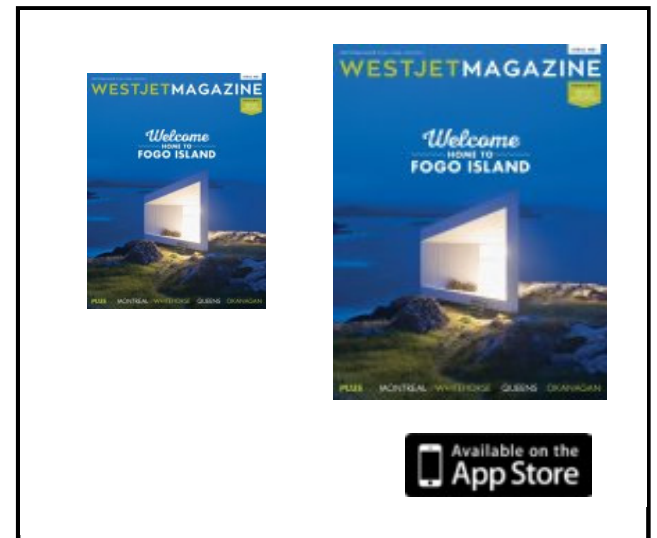
### Salmon 'n' Bannock Bistro, Vancouver

Voted best dining experience during the 2015 Dine Out Vancouver Festival, this [welcoming bistro](#) focuses its lunch and dinner menus around wild fish, free-range game meat and fresh-baked bannock. Try the sockeye salmon gravlax with bannock crackers, or the elk burgers with sautéed mushrooms and alder-smoked bacon.

### Kekuli Cafe, Merritt and Westbank, B.C.

"Don't panic, we have bannock" boasts this [Interior B.C. cafe](#) whose breakfast and lunch menus include options such as wild salmon "bannodict," a buffalo bannock burger with saskatoon berry barbecue sauce and a vegetarian bannock taco, all served with the classic fry-bread. To finish your meal, try a maple iced coffee, saskatoon berry tea lemonade or dessert bannock in flavours like maple walnut and lemon butterhorn.

### Neechi Commons, Winnipeg



Founded as an aboriginal-owned co-operative, this [north-end complex](#) houses a supermarket, an arts store (with artisans often working on-site) and a casual lunch and brunch space featuring indigenous ingredients such as wild blueberries, Manitoba-caught fish and wild rice. Menu items include bannock pizza, pickerel or bison burgers, and a vegetarian "three sisters" soup with squash, beans and corn.

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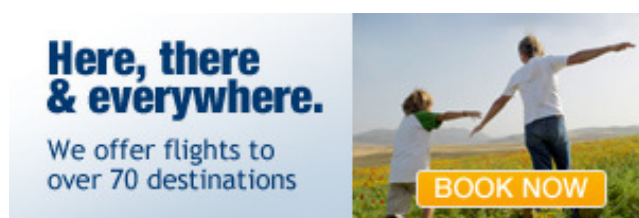
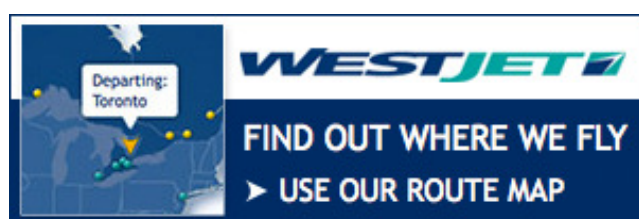
To use Facebook's social plugins, you must switch from using Facebook as Tourisme Wendake to using Facebook as Jason Picard-Binet.

## Tea-N-Bannock, Toronto

Billing itself as "a taste of aboriginal Canada," this [friendly cafe](#) in Toronto's east end offers a dine-in or take-out menu packed with indigenous ingredients including salmon, buffalo, elk, blueberries and wild rice. The salmon or trout on fry-bread bun comes with a side of coleslaw and dill pickles, while the eight-ounce buffalo rib-eye steak is served with a bannock appetizer, sautéed wild rice and mushrooms, and mashed potatoes.

## Restaurant La Traite, Wendake, Quebec

Less than 30 minutes from the core of Quebec City, the First Nations community of Wendake is a year-round tourist destination in its own right, with attractions including historical and cultural sites, walking and biking trails and canoeing or kayaking. Housed in the boutique Hôtel-Musée des Premières Nations, this [cozy upscale restaurant](#) creates dishes with ingredients from the northern forests it's surrounded by: a venison terrine with fiddleheads and wild mushroom tapenade, for instance, or brook trout with a cattail and corn crisp and warm sea buckthorn jam.



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