

Eat Out Local Organic Guide

A listing of restaurants in
Perth-Waterloo-Wellington & surrounding area
serving up local organic fare

Perth County

Bijou Restaurant

Aaron and Bronwyn Linley

105 Erie Street, Stratford

519-273-5000

French restaurant with daily changing menu using in-season local organic vegetables from Soiled Reputation and some local organic meat

Rundles Restaurant and Bistro

9 Cobourg Street, Stratford

519-271-6442 www.rundlesrestaurant.com

Open from mid-May to mid-October, using in-season local organic vegetables, meat, cheese, seafood, eggs, and wine (60% of menu is organic)

Westover Inn

300 Thomas Street, St. Marys

519-284-2977 www.westoverinn.com

Uses a variety of in-season local organic produce from Soiled Reputation and Koert Organics

Woolfy's at Wildwood

Chris and Mary Woolf

Highway 7 & (118) 119, St. Marys

519-349-2467 www.woolfys.com

Uses a variety of local organic food

Waterloo Region

Café Pyrus

Kate Fraser, Owner & Danielle Archer, Kitchen Manager

16 Charles Street West, Kitchener

519-954-7705

100% certified organic and vegan menu featuring ingredients from Pfenning's and the Ontario Natural Food Coop

Nick & Nat's Uptown 21

21 King Street North, Waterloo

519-883-1100 www.uptown21.ca

Menu highlights what Waterloo farms and businesses have to offer and features organic ingredients from Transpire Organic Farm and Soiled Reputation

Seven Shores - Urban Market and Café

Sean and Amy Zister

8 Regina Street North, Unit 5, Waterloo

519-342-0916 www.sevenshorestrading.com

Serves a local fresh menu with soups, salads and sandwiches. Includes a market with local organic produce, preserves, baked goods and fair trade organic coffee & tea.

Valentino's Organic Pizza

255 Highview Drive, Kitchener

519-747-5000 www.valentinosorganicpizza.ca

Organic pizzas with gluten, dairy-free and raw options. Canadian organic ingredients used where possible.

The Village Creperie

Jean & Bob Balahura

703 Belmont Ave, Kitchener

519-576-5796 www.villagecreperie.ca

Serves savoury and dessert crepes using nearly 90% organic ingredients obtained from Pfenning's, Oak Manor, Arva Flour Mills, Field Gate Organics, and Slegers Greenhouses; also preserves fruit in-house for use year-round

Wellington County

Artisanale Café & Bistro

Chef Yasser Qahawish

41 Quebec Street, Guelph

519-821-3359 x2 www.artisanale.ca

Simple, freshly made French dishes with in-season and in-house preserved, organic ingredients from local farms including Whole Circle Farm

Bin 23

Graham Black, Chef/Owner

6 Carden Street, Guelph

519-780-2BIN (2246) www.bin23.ca

Featuring Deerfield's organic greens from Erin

Borealis

1388 Gordon Street, Guelph

519-341-9752 www.borealisgrille.ca

Featuring local organic greens

The Cone Shoppe

Sheri Andrews

23 Wellington Street East, Guelph

519-836-1822 www.letsgetbaked.ca

Offering Mapleton's Organic ice cream, as well as freshly baked goods prepared with Oak Manor flours and grains and Just Us organic cane sugar

Enver's of Morriston

42 Queen Street, Morriston

519-821-2852 www.enversofmorrison.ca

Consistently sources unique quality items from local organic and artisanal producers

Wild Organic Way

Carin Balint & Stephanie Morrison

22 Carden Street, Guelph

519-766-1701 www.wowrawcafe.ca

100% certified organic, raw, vegan and gluten-free menu featuring local organic produce from Pfenning's, Deerfield's, and Bowman's Organic Produce

Middlesex County (London area)

Garlic's of London

Wade Fitzgerald, Executive Chef

481 Richmond Street, London

519-432-4092 www.garlicsoflondon.com

Offers a monthly changing menu highlighting the seasonal harvests of the London area with some organic features, including greens from Slegers Greenhouses

Veg Out

646 Richmond Street, London

519-850OUT (8688) www.vegoutrestaurant.com

Vegan restaurant using in-season local organic vegetables sourced from On the Move Organics (www.onthemoveorganics.ca); also serving organic beer and wine

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