



P.O. Box 1749  
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**Item No. 11.5.5**  
**REVISED**

<b>Request for Council's Consideration</b>		
<input checked="" type="checkbox"/> <b>Included on Agenda</b> (Submitted to Municipal Clerk's Office by Noon Thursday)	<input type="checkbox"/> <b>Added Item</b> (Submitted to Municipal Clerk's Office by Noon Monday)	<input type="checkbox"/> <b>Request from the Floor</b>
<b>Date of Council Meeting: Tuesday, October 20, 2015</b>		
<b>Subject: Donair: Official food of Halifax Regional Municipality</b>		
<b>Motion for Council to Consider:</b>		
<b>Halifax Regional Council request a staff report to consider approving the Donair as the Official Food of Halifax Regional Municipality</b>		
<b>Reason:</b>		
<p>The Donair is Halifax's most unique and famous delicacy. The recipe for the Donair was founded by Peter Gamalakos. He opened Halifax's first Donair shop, The King of Donair on Quinpool Road in 1973. The Donair was a staple food item for families and students in the area. It has since become an iconic food and symbol of Halifax Regional Municipality and Nova Scotia. The Province of Nova Scotia has advertised the Donair across Canada to attract tourism and the Downtown Halifax Business Commission has used it to promote downtown Halifax. Visitors come to Halifax to experience their first Donair. The Donair has brought recognition to Halifax unlike any other food. Examples of where it has been noted:</p>		
<ul style="list-style-type: none"><li>- National Geographic's World Best Cities</li><li>- Numerous versions of Air Canada's EnRoute Magazines</li><li>- Halifax Magazine</li><li>- Halifax Herald</li><li>- CNN's Anthony Bourdain sought out a Donair and ate one while attending the opening ceremonies at the 2013 Devour Foodfest</li><li>- President's Choice Insider's Report</li><li>- The Food Network's Great Canadian Cookbook</li><li>- Roger's TV shows and promotion for the 2015 Blue Jays team.</li><li>- The former Daily News named it Number two in its listing of Seven Wonders of Halifax, behind Citadel Hill</li><li>- Described in the Globe &amp; Mail</li><li>- Classified's music video</li><li>- Culturetrip.com – Donair is one of Canada's Eight National Dishes</li></ul>		

**Discussion:**

The Donair is made of heavily spiced ground beef that is shaped into a large loaf and roasted on a vertical rotisserie, then shaved and seared on a flat top range. The meat is placed on a thin, Lebanese-style pita and topped with tomatoes, raw onions and a sauce. The Donair Sauce is an addictively sweet blend of evaporated milk, vinegar, garlic powder and sugar. The sandwich is wrapped in tinfoil and eaten out of hand.

The Donair's unique blend of spicy meat and sweet sauce has brought recognition for Halifax unlike any other food. Many magazines, websites and articles cite the Donair as Halifax's official food; however, we do not have this specific designation. In the summer of 2015 Edmonton Council was looking into designating their food and articles mentioned that some Edmontonians wanted the Donair as their official food, but noted that Halifax already has the Donair as our official food. The Donair was invented in Halifax Regional Municipality and we need to make this official.

**Outcome Sought:**

It has been 42 years since the Donair was invented and it has become an important part of Halifax Regional Municipality's culture and identity.

"The donair is to Halifax what the *banh mi* is to Saigon, the *jambon-beurre* to Paris. It is a quintessential Haligonian gastronomic experience, as East Coast as Jiggs dinner." *The Globe & Mail*\*

In addition to these Cities, others are known for their foods such as Philadelphia for the cheesesteak, and Chicago for its deep dish pizza, The Donair should be proclaimed as Halifax's official food.

\*Halifax's donair: The tastiest treat you have probably never heard of - **SIMON THIBAUT**, Special to The Globe and Mail, Published Wednesday, Jun. 13, 2012 6:06PM EDT

*Councillor Linda Mosher*

*District 9*

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## HALIFAX

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### VITAL STATS

- Year the Old Town Clock was installed: 1803, and still ticking
- Number of *Titanic* victims buried in Halifax: An estimated 150
- Number of college students: Approximately 81 per 1,000 people, three times the Canadian average
- Year Halifax-Dartmouth ferry service started: 1836, making it the oldest continuous saltwater ferry service in North America
- Number of lighthouses: 25

**H**aligonians celebrate a roster of year-round pleasures. Winter offers sleigh rides, harvests, ice wines, and ice-skating. Come summer, this coastal city blossoms for vibrant shopping, nightlife, and dining.

### A LA CARTE

#### Halifax's Hoagies and, Yes, Wines

- Raise a toast to Nova Scotia's growing wine industry. The small province is home to more than 70 grape growers, producing rustic wines, plus notable ice and sparkling wine at **Obladee Wine Bar** (1600 Barrington St.) and stock up on Benjamin Bridge and yards bottles at **Bishop's Cellar** (1477 Lower Water St.).
- The doner kebab is a quintessential Mediterranean dish; the donair is a uniquely Canadian variation on the classic. It replaces the traditional spit-roasted lamb with spiced beef, a sweet secret sauce, diced tomatoes, and diced onion, all wrapped up in pita. The donair is its 1970s originator, **King of Donair** (original location: 6420 Quips), which parlayed the sandwiches' popularity into a well-loved franchise. ■

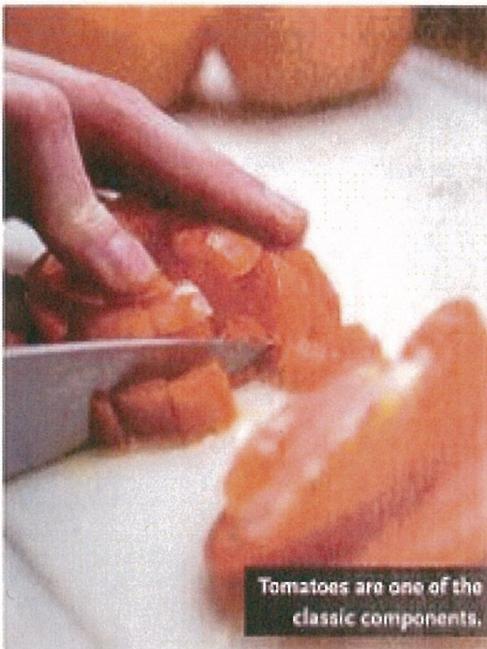
# A perfect mess

ITS INVENTOR DIDN'T LIVE LONG ENOUGH TO SEE WHAT A LOCAL ICON IT WOULD BECOME—THE DONAIR'S 40-YEAR HISTORY

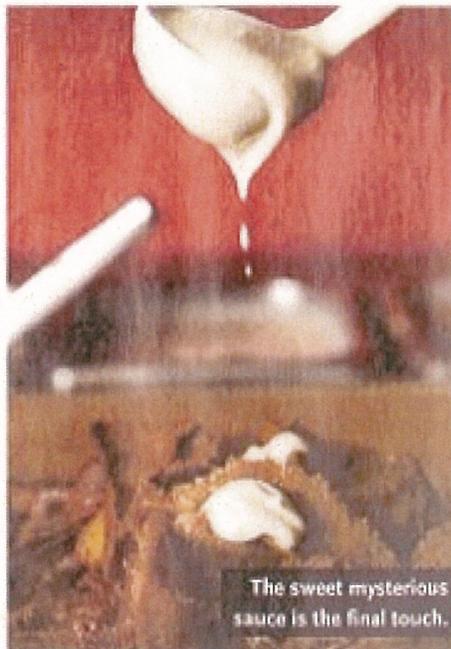
BY RICHARD WOODBURY  
PHOTOS BY STEVE JESS



It took a lot of tinkering to develop the classic Halifax donair.



Tomatoes are one of the classic components.



The sweet mysterious sauce is the final touch.

Just as mysterious as the meat is, the same could be said of the origin of the delightful donair. An internet search will yield conflicting information on its origins, as does researching local newspaper archives. "As you can imagine, the story ends up growing over the years," says Norman Nahas, whose family owns King of Donair. "It's like the Chinese telephone game."

Most stories about the donair begin and end with King of Donair, as it says it was the first to introduce the donair in Canada in 1973. While it was popularized at the King of Donair location on Quinpool Road, the donair actually came into existence one year earlier. But not in Halifax.

The setting was a pizza shop in Bedford called Velo's Pizza, owned by a Greek immigrant named Peter Gamoulakos who came to Canada in 1959. At Velo's, he sold the traditional Greek gyro—and it wasn't a hit. "People didn't like the [tzatziki] sauce," says Leo Gamoulakos, Peter's son. So Gamoulakos set out to retool it into something that appealed to local taste buds. "He noticed the trend in Nova Scotia was all about sweet things... so he created donair sauce," says Leo.

The sauce consisted of five ingredients: evaporated milk, sugar, vinegar, garlic powder and parsley. "The reason why Dad would use parsley was because...your breath would smell," says Leo. "The parsley would kill that and took away the smell."

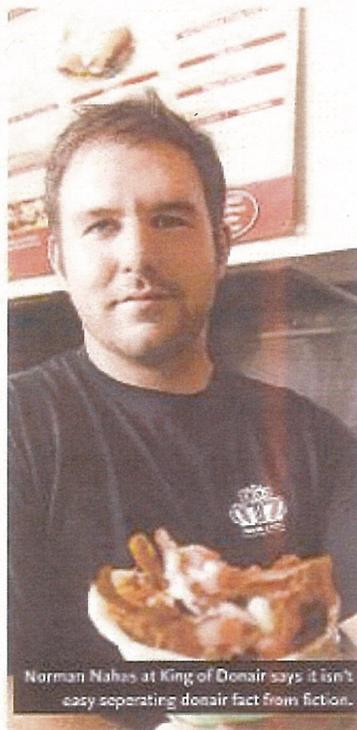
The next thing Gamoulakos worked on was the meat. He changed it from lamb to hamburger and



Norman Nahas carves donair meat from the vertical spit.

## HOW TO EAT A DONAIR

There's a sign at King of Donair's Quinpool Road location that explains how to eat a donair. It advises people to simply peel back the foil and eat it like an ice cream cone. Seasoned donair consumers know that can be a messy proposition. In the interests of keeping one's face and hands clean (as well as their shirt stain-free), there's no shame in using a fork and knife.



Norman Nahas at King of Donair says it isn't easy separating donair fact from fiction.

incorporated many spices, including salt, pepper, cayenne pepper and oregano. "There's a lot of them," says Leo. With the sauce and meat in place, the donair was born, but it attracted little attention at first. Leo attributes this to the fact that Bedford would have seemed considerably more distant from Halifax back then.

In 1973, Gamoulakos opened King of Donair on Quinpool Road. There, things changed for the donair. "When they went to Quinpool Road, you had all the late-night business, you had all the movie theatres, the Oxford Theatre was there, so there was lots of traffic there," says Leo. "It just started to take off."

Forty years later, the donair has become an important part of Halifax's culture and identity. In 2007, *The Daily News* named it number two in its listing of the Seven Wonders of Halifax. The province even used the donair as part of its Come to Life campaign in 2007, citing it as something that resonates with Nova Scotians, just like the ocean.

One of Canada's best known chefs, Michael Smith, once wrote in *The Daily News* that the donair was "a modern link to the ancient rituals of our ancestors. The primal essence of celebrating a successful hunt with fresh meat dates back thousands of years, and guys all over the world are still drawn to fire to relieve that genetic longing." That seems a little deep.

Nahas offers a simpler explanation, saying that part of the donair's appeal is watching it be cooked, cut and wrapped. (There is something almost hypnotic about watching the meat slowly rotate on its vertical spit.) The taste obviously has something to do with it too. "It's a fusion of flavours all at one time, between the spiciness of the meat and the sweetness of the sauce," says Nahas. "It's quite the contrast. It just makes the perfect melody when it's all put together."

Donair aficionado Jason Lindsay loves the food for a simple reason. "Whenever I eat donairs, memories come back to me," he says. In his case, it's the memories of the "innocent, carefree days" of his youth. Mention a donair to someone and it will likely trigger a memory. "There are people on every street in this country that I guarantee either have a story about a time

where they were eating a donair in their youth, or know somebody who has directly told them a story about eating a donair in Halifax," says Lindsay.

For Leo Gamoulakos, the donair serves as an important link between generations. His father died in 1991 and never got to see just how embedded the donair would become in Halifax's culture. "Prior to his death, he was extremely excited that it went as far as it did," says Leo.

Leo's only child, a daughter, never got to meet her grandfather. But thanks to the donair, there's a connection that will live on forever. "She's never met him, but she knows of him and she knows what he's created," says Leo. ■

### FEEDBACK

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## DONAIR, DONER AND GYRO?

Chances are if you describe a donair to somebody who's never heard of one, they'll think you mean a doner or gyro.

All three involve meat cooking on a vertical rotating spit, which is then carved and served on some form of bread with a sauce and other toppings. While a donair is easy to describe, as it's just donair meat, sauce, onions and tomatoes served on a pita, there really isn't such a thing as a typical doner or gyro. There are many regional variations, both within the country of origin and around the world.

While the doner is Turkish in origin, worldwide meat options include lamb, chicken, veal and beef. The gyro is Greek and its meat options include pork, chicken, lamb and veal. For this reason, trying to define a quintessential doner or gyro is a bit like trying to define the quintessential pizza—there is no such thing.

# Devour! The Food Film Fest: Donairs in Anthony Bourdain's future

THE CHRONICLE HERALD

Published November 13, 2014 - 7:57am

Famous chef puts delicacy on list of must-try foods



Chef and television host Anthony Bourdain addresses the media during a Devour! The Food Film Fest event at Acadia University in Wolfville on Wednesday evening (CHRONICLE HERALD)

Yes, Anthony Bourdain has heard of donairs.

And the man who makes his living travelling the globe and eating strange foods can't wait to try one.

"I don't think I'm going to get a chance to have one this time, but actually it's No. 1 on my list. And I'm not joking at all," said the host of *Parts Unknown* on CNN and *The Taste* on ABC.

"I look for unique foods, unique to the region. It is your most famous, it's the signature dish ... like the New York dirty water hotdog. We love it, we don't apologize for it. When we do a show in this area, (a donair) will probably be the first thing we go for."

Bourdain was in Wolfville on Wednesday to help kick off Devour! The Food Film Fest. Dressed in black except for low-cut canvas sneakers with no laces, he mingled at the festival's opening gala and sampled the wares from a dozen local chefs.

"Eating a lot of food, a lot of food," he said in between nibbling and posing when his lecture manager asked how he was doing.

Many of the chefs asked him to sign books or pose for photos, but Marc Gabrielle of Gabrielle's Bistro in Antigonish was less fazed, greeting him with "How ya doin', buddy?" and handing him a plate of lamb sweetbreads and chorizo gumbo, which Bourdain ate and then said "Whoa!"

He also singled out for praise chef Mark Gray of Halifax's Brooklyn Warehouse, who served rabbit in a pig blanket, a dish Bourdain described as "bat-crap crazy."

His TV shows have produced several episodes in Canada, but this was his first visit to the Maritimes, though he imported lots of food from Nova Scotia when he was a New York chef.

"I'm familiar with some of the history, with the Acadian diaspora. I'm very familiar with a lot of the products, a lot of seafood, a lot of shellfish over the years, mussels, oysters, a lot of fish."

Bourdain has a huge Twitter following but downplayed the relevance of social media.

"I'm often drunk when I tweet," he said, drawing a big laugh at the festival opening news conference. "If a restaurant is having a bad day, I'm not going to tweet-shame them. I don't like to tweet negative things, because people get hurt, so in that respect I try to be responsible."

Asked what has made him most proud during his varied career, he mentioned a recent show he did in Iran, and his fathering skills.

"And I was on The Simpsons."

About the Author

THE CHRONICLE HERALD

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## THE GLOBE AND MAIL

### Halifax's donair: The tastiest treat you have probably never heard of

**SIMON THIBAULT**

Special to The Globe and Mail

Published Wednesday, Jun. 13, 2012 6:06PM EDT

Last updated Thursday, Jun. 14, 2012 3:12PM EDT

There is a ritual that happens every weekend in downtown Halifax. It starts around 2 in the morning, when bars start to close and throngs of people congregate at the downtown intersection of Blowers and Grafton Streets, better known as Pizza Corner. They seek slices of pizza, subs and, above all else, donairs.

The donair is to Halifax what the *banh mi* is to Saigon, the *jambon-beurre* to Paris. It is a quintessential Haligonian gastronomic experience, as East Coast as Jiggs dinner. Best eaten late at night and on the street, it is a sweet and savoury, tasty and messy snack for meat lovers. For a long time, it was something you rarely found outside of the East Coast, save for poor imitations and pretenders.

To the uninitiated, the donair is intimidating. First, there is donair meat, heavily spiced ground beef that's shaped into a large loaf and roasted on a spit, then shaved and seared on a flat top range. The meat is placed on a thin, Lebanese-style pita and topped with tomatoes and raw onions. The donair sauce is an addictively sweet blend of evaporated milk, vinegar, garlic powder and sugar. The sandwich is wrapped in tinfoil and eaten out of hand. Kind of. As the pita has a tendency to sop up the juices and sauces, making the bread fall apart, donairs are best eaten over a cardboard plate and as far away from your body as possible.

The history of the donair is a little murky. Its predecessor, the doner kebab, was made in the 1950s by the owner of a Turkish kebab house in Berlin. The Greek adaptation, the gyro, soon followed, and it was this version that Peter and John Kamoulakos tried to introduce to Bluenosers during the late 1960s at their small restaurant in Bedford, N.S. The brothers soon found, however, that Nova Scotians weren't so fond of lamb served with a yogurt-based sauce. They ditched the lamb for beef and crafted the distinctive sweet sauce, creating something quite removed from shawarma and kebab.

Today, there's a restaurant chain named after donairs and almost every pizza place sells them. Chinese takeout joints serve donair egg rolls. Ontario-based chain Pizza Pizza had a donair recipe created for them when they branched out to Atlantic Canada.

Outside of the Maritimes, nostalgic diners have to be resourceful to get their fix. Food-based message boards are filled with questions about where to find “authentic” donairs. And some have taken matters into their own hands, fine-tuning recipes until they get the right mix. For instance, Glen Petitpas, a Hawaii-based Haligonian astronomer and computer engineer, gained a global following for posting detailed recipes on his website, using insider knowledge from a friend at a well-known Halifax donair joint.

The search for donairs outside of the Maritimes is getting easier. In Milton and Burlington, Ont., there’s a small chain called Halifax Donair and Pizza. In Calgary, Jimmy’s A&A offers a version. And in Toronto you can find it on the Danforth in a little place called The Fuzz Box. Owner and chef Neil Dominey, who hails from Berwick, N.S., was tired of his cravings going unfulfilled. “I tried 10 different donair recipes,” he says. “Some didn’t have enough paprika or oregano, but I combined a few recipes to get what I wanted.” His dedication to the creation of the perfect donair does not mean that he is a purist. He serves his donairs with Greek, rather than Lebanese pitas. “Customers love it,” he says. “They prefer it, as the thing holds together, but I do keep the Lebanese on hand, just in case someone asks.”

On the other side of town, Hopgood’s Foodliner is also serving them, albeit a slightly upscale version, adding a bit of pork in the mixture and folding them like tacos. Chef Geoff Hopgood, a Bluenoser himself, sells about 400 of donairs a week. “They’re tasty, grimy, fun and nostalgic for me,” he says. “They can be the perfect snack food with a can of Labatt 50.”

Many argue, however, that they are best experienced back East, preferably late at night, with a hankering for something greasy, sweet and meaty. Oh, and as for eating them? There is an unspoken code among donair diners. No one ever looks good eating them, so no one judges you, even if you do have sauce drizzling down your chin. Just give’er.

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# East Coast wrap stars: Toronto gets collectively obsessed with the Halifax-style donair

JON SUFRIN



**THE FUZZ BOX'S SIGNATURE HALIFAX-STYLE DONAIR: A SOFT PITA TOPPED WITH BEEF, ONIONS AND TOMATOES — BEFORE (L) AND AFTER (R) THE REQUISITE SWEET AND GARLICKY SAUCE**

Canadian food is disgusting. As a nation, we are stoically proud of this fact. Few countries are as talented at taking gross food and making it even more gross than it was previously. We think tomato juice should have clam juice mixed into it. Our French fries come drenched in gravy, with cheese curds that squeak. And when a pita wrap is put into the hands of a Nova Scotian, it ends up drowned in a sauce that's so sweet it simply defies common sense.

Until recently, many Torontonians were unaware that Nova Scotia had a distinctive take on the gyro (or, if you're Turkish, the doner kebab, or, if you're Arab, the shawarma), known variously as an East Coast donair, a Halifax donair or a Nova Scotia donair. This food is as Canadian as poutine and equally as obnoxious.

The East Coast donair is what happens when you take some pita bread, put meat on it (usually beef) and apply too much of a sauce made from evaporated or condensed milk. Add some chopped onions and tomatoes. Do not add tabbouleh, pickled beets or tzatziki.

Historical accounts of the donair are fuzzy. One version contends that they were invented in the '70s by brothers Peter and John Kamoulakos. They had been trying to sell standard lamb-based gyros, but pitas stuffed with meat and yogurt were somehow not as easy to sell as pitas stuffed with meat and yucky-yummy white sauce. The new sweet-

Originally from Albania, Musa doesn't centre his business around these donairs, but they are here for \$6.99 a pop. He's secretive about how they're made (this much is certain: the beef is cooked on a spit), but the sauce is sweet enough to be considered sufficiently obscene, which is really all that matters. Toppings are optional: tomatoes, red onions, tabbouleh or lettuce, and, yes, it's all packed inside a regular thin pita, which Musa says absorbs the sauce better.

Musa's donair is noticeably different than Dominey's or Hopgood's, but it hits the same notes, so any debate about "authenticity" is mostly irrelevant. Musa also makes a tastier, if less substantial, donair than Dominey.

Now that the secret's out — that pita wraps can indeed be made to suit the irreverent Canadian palate — East Coast donairs are bound to start popping up all over the place. And although that may be bad news for healthy digestive tracts, it's certainly good news for the hangover-afflicted.

*Hopgood's Foodliner, 325 Roncesvalles Ave., 416-533-2723*

*The Fuzz Box, 1246 Danforth Ave., 416-769-1432*

*College Falafel, 450 Ossington Ave., 416-532-8698*



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Canada is a country of immigrants. With the exception of the Aboriginal Peoples, all Canadians are from or are descended from peoples of other lands. Consequently, Canadian cuisine is an eclectic mix of many cultures. Canada was home to the first culinary society in the New World, the [Order of Good Cheer](#), founded by Champlain in early 17th century Nova Scotia.

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Popular ethnic cuisines include the omnipresent Italian and Chinese restaurants. In larger communities, you'll likely find Japanese, Vietnamese, Thai, Indian, German, middle eastern, and Greek cuisine. In the cosmopolitan hubs of Toronto, Montreal, and Vancouver, you'll find anything and everything under the sun. One interesting difference between Canada and its American neighbor is Mexican restaurants. Though plentiful south of the border, they are considered more of a specialized cuisine here (with the exception of Taco Bell).

**Hamburgers:** Although Canadians are just as fond of hamburgers as Americans are, Americans are sometimes dismayed that they are not able to order hamburgers cooked rare or medium-rare. Canadian health regulations require hamburgers to be cooked to well done due to the risk of contamination by E. coli O157:H7. So don't blame the restaurant for denying your request, their hands are tied.

**Canadian beer:** Americans may find Canadian beers strong in flavour. Europeans might prefer Canadian beers. The most popular Canadian beers are Molson Canadian and Labatt's Blue. Molson is the oldest brewery in North America, established in 1786 in Montreal. If interested in popular regional beers, try Moosehead (New Brunswick), Alexander Keith (Nova Scotia), Gahan House (Charlottetown, PEI), Unibroue (Quebec), Big Rock (Alberta), or Kekanee (British Columbia). There is also a burgeoning craft-brewing scene in Canada, particularly in British Columbia, Quebec, and Ontario. This link shows a list of craft breweries in Canada.

Canadian wines: Canada is famous for its ice wines, but there are many wine growing regions in the country. In the west, the Okanagan valley of BC has many wineries, while in eastern Canada, it is the Niagara peninsula of Ontario that is best known for its wines. Better quality Canadian wines have Vintners Quality Alliance (VQA) logo on the bottle.

Popular food culture in Canada is worthy of note. Families will generally gravitate towards countless "road houses" that seem to serve the same burgers, chicken wings, and salads. Large American family restaurant chains such as International House of Pancakes or Bob Evans have not had much luck in Canada. Typically, American chains in Canada charge the same prices as in their U.S. restaurants, adjusted to Canadian dollars according to the exchange rate.

Canadians seem to prefer less publicized independents or regional chains. An exception is roast chicken. Vying on national food status, Canadians have a love affair with the rotisserie roasted chicken. The mega chains of *St. Hubert* (ironic name) and *St. Hubert* can be found from coast to coast. They offer fresh food and a very good opportunity to go mingle with locals. The *King's Steakhouse* offers good quality fresh food in a casual atmosphere, but as a steakhouse, the *Keg* does not cater to families (although there is a children's menu). *Joey's* (formerly *Joey's Only*) specializes in seafood, most locations also offer rotisserie chicken and ribs. IHOP fans will find *Smarty's* a good source of pancakes and other comfort food, while *Cora's* offers fruit laden brunches.

Within the fast food scene, in addition to the usual global chains, *Harvey's* is a "made in Canada" alternative. This Canadian style fast food burger is typically grilled and you get to choose your toppings as your hamburger is prepared for you at the counter. Quebec has a unique fast food culture of its own and offers fast food items that are not available elsewhere.

*Subway* is a Canadian chain of submarine sandwich shops, somewhat analogous to Subway, which also is ubiquitous in Canada.

*Tim Hortons* is a national institution with coffee, baked goods, fresh sandwiches, and soups. Many offer 24 hour walk-in and drive-thru service. With over 2,500 outlets, "Timmes" is the largest fast food chain in Canada, surpassing the McDonald's hamburger empire both in earnings and number of stores.

Restaurant hints & tips: Like the southern United States, Canadians apparently prefer their iced tea prepared sweetened. Before you order, make sure it's the way you want it. Also, most places charge for refills of tea and coffee.

For information on tipping in Canadian restaurants, see [Inside Canada: Tipping and Etiquette](#).

Haute cuisine: Like all Western nations, Canadian cities have many fine restaurants. More recently, the major centers have begun gaining international reputations for their cuisine. Rob Feenie in Vancouver, and Susur Lee in Toronto are two examples of Canadian chefs gaining international attention and celebrity. Feenie and Lee have appeared on the popular TV series *Iron Chef America* twice. *Fraser Point Lodge* in Nova Scotia has gained international renown for its seafood cookery and culinary classes.

### Uniquely Canadian foods

If you ask a Canadian "What food is uniquely Canadian?" chances are, most will mention "poutine", a 20th century concoction from Quebec that combines french fries with cheese curds and gravy. Most visitors find the concept disturbing but quickly grow to love it. Poutine is now readily available across the country in many fast food and casual restaurants.

Tourtière is a meat pie made with ground pork, ground veal, and/or ground beef and spices. It is part of French-Canadian food culture across the country and throughout the year, but is especially popular at Christmas and New Year's. Ideally, it is home made, but it can also be bought premade in grocery stores across the country.

**Donairs are a Canadianized version of the middle eastern doner kebab, found most often in Atlantic Canada and Alberta (brought by Maritimers who travel there to work). A donair is made of donair meat (spicy meatloaf cooked on a vertical spit, sliced off the spit for serving), placed on a pita bread and piled up with chopped onions, lettuce, and/or tomatoes. Donair sauce (a sweet creamy sauce) is drizzled on top before the pita is folded to make the whole thing into a wrap. Careful, it is very messy to eat! Note that, for food safety reasons, the donair meat must be heated up (ined microwaved) after slicing. Fans of gyros may recognize the meat, but it is the garlicky sweet sauce that makes the difference. It is traditionally served in a steamed pita, which makes it potentially quite messy to eat. Atlantic Canadian pizza chains often make "donair pizza", another way to experience this uniquely Canadian meal.**

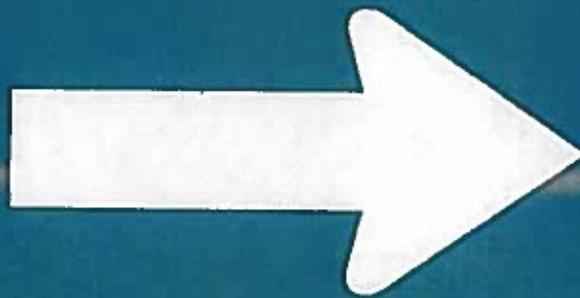
Thick pea soup, made from yellow or green split peas, is also an important French-Canadian contribution to food culture, and is a popular "comfort food" across the country.

Pickering fish (what Americans call "walleye"), smoked Winnipeg goldeye, whitefish, and of course wild salmon all have a special place in the hearts of many Canadians.



EAST

Donairs



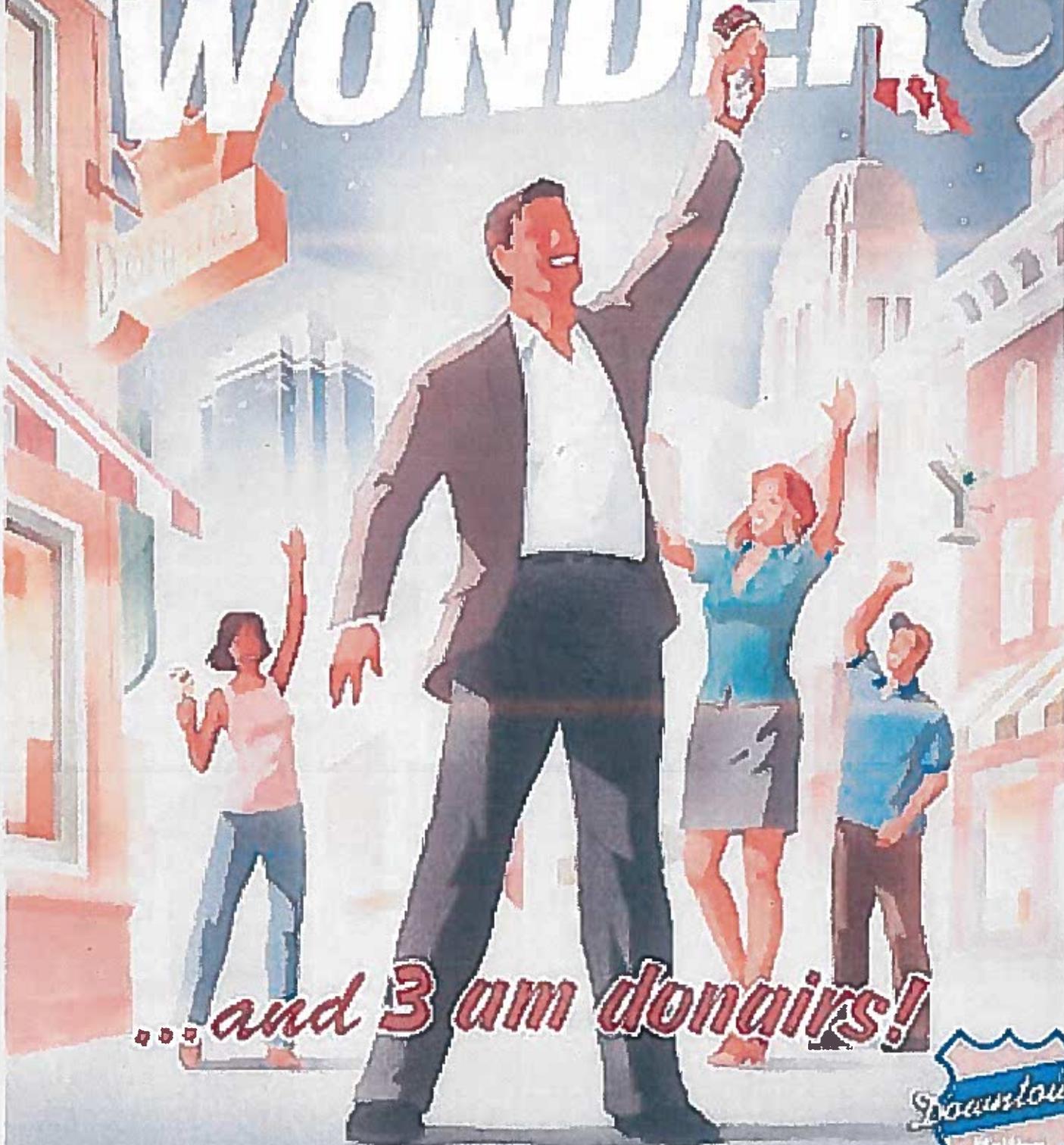
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# EXCITEMENT WONDER



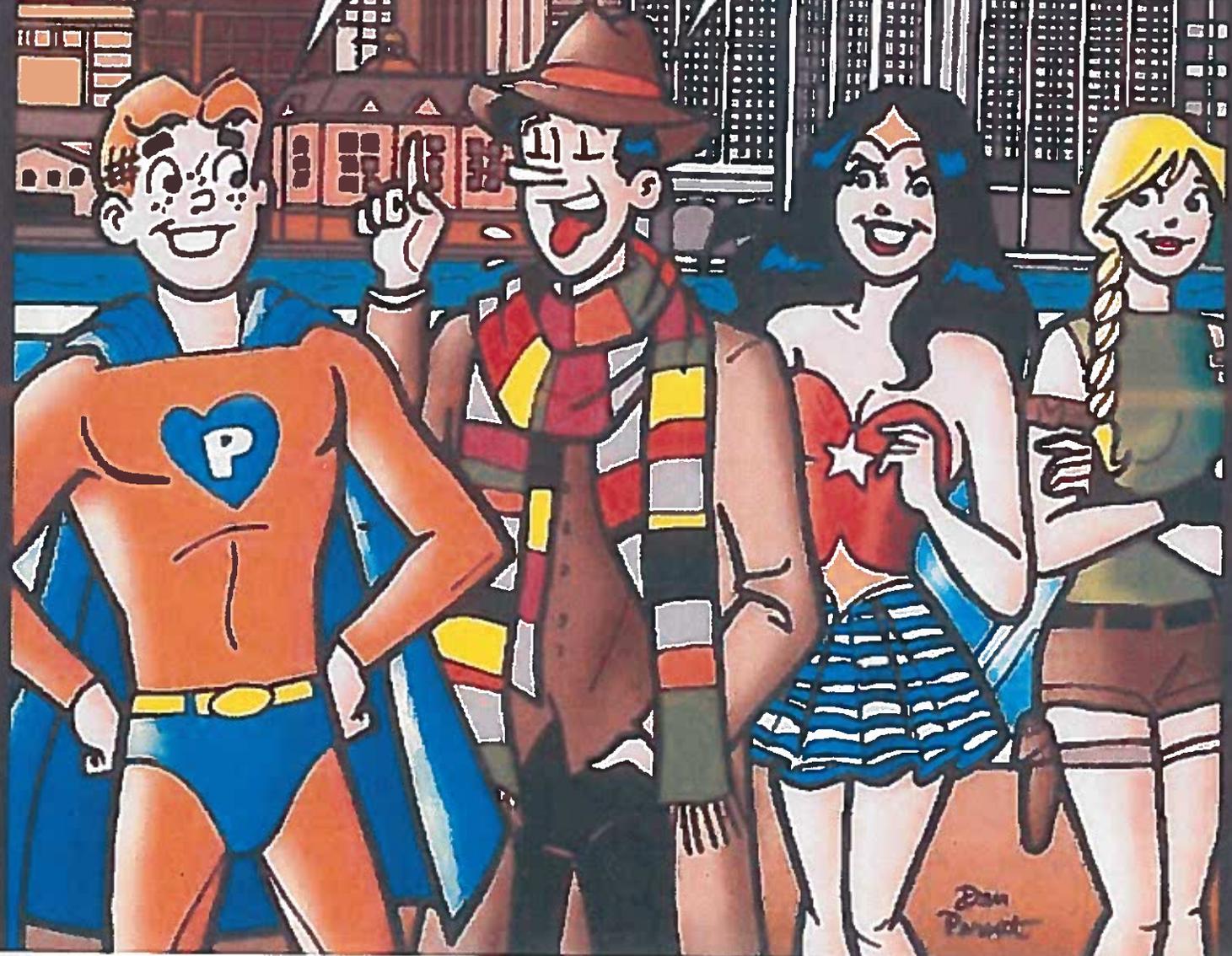
...and 3 am donairs!



# Archie

WHAT ARE YOU  
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TO MOST AT  
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# 1000 TASTES OF CANADA



Tandoori time pg 4



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**11** In 1973, future restaurant chain King of Donair opened in Halifax, Nova Scotia and claimed to be the first in Canada to serve a unique version of the Mediterranean sliced meat sandwich. Their first location on Quinpool Road is still there today.



**News / Edmonton**

**Green onion cakes proposed as City of Edmonton's official dish**



STEPHANIE DUBOIS/METRO

Kien Ngo, staff member at Pagolac Restaurant on 97 Street, says green onion cakes are ordered daily by customers

**By:** Stephanie Dubois Metro. Published on Thu Dec 05 2013

They're circular, they're edible and green onion cakes are Edmonton's unofficial dish of choice, according to one Edmontonian.

Salma Kaida has been working hard at convincing locals the deep-fried food has become a staple at local festivals and restaurants much like Quebec's poutine dish and **Halifax's donair claim.**

With a blog and a Make Something Edmonton web post dedicated solely to the dish, Kaida wants to make it official.

"There's something about green onion cakes and this city that really get along," she said.

Green onion cakes aren't native to Edmonton and as explained by Royal Alberta Museum (RAM) officials, the popular dish is a traditional northern Chinese food. It was first brought to Edmonton in the 1980s after the city saw an influx of Chinese immigrants, many of which came from northern parts of the country.

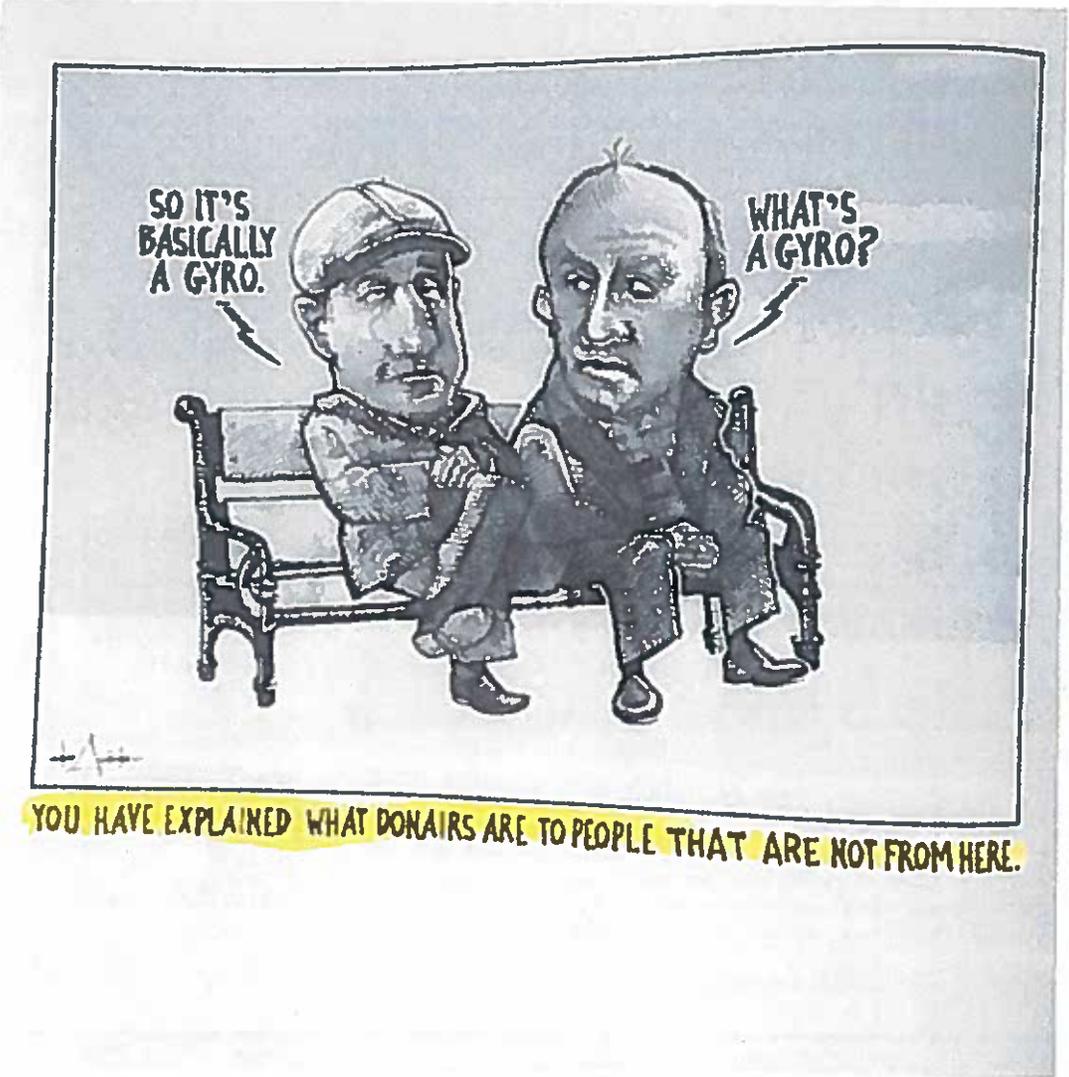
One of those immigrants decided to open up a restaurant and after needing a supplemental income, he started making green onion cakes at festivals, said museum officials. Since then, it has become a popular food staple at many local festivals such as Taste of Edmonton and Edmonton International Fringe Festival.

• NOVA SCOTIA •

DONNAIRS



CANADA'S OCEAN PLAYGROUND



Redacted comment text

# Canada's 8 National Dishes and Where to Find Them

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With diverse culinary influences ranging from European settlers to American neighbours to centuries of immigration, Canadian cuisine often proves difficult to define. While the overarching style of the country's eclectic cuisine is almost impossible to describe, there are many local dishes that Canadians take great pride in. Here are some of Canada's must-try meats.



Ottawa, Canada Day 2012 | © Joel Bedford/Flickr

## Montréal Smoked Meat Sandwich

A popular dish served at Montréal delis, the Montréal smoked meat sandwich consists of slices of spiced beef served on thick rye bread, along with plenty of yellow mustard. Although smoked meat is not unique to Montréal, its preparation is distinct from other types and typically involves a generous sprinkling of cracked peppercorns. The resulting meat is usually sweeter and less spicy compared to other kinds of smoked meat, though each deli has their own unique take on this national dish.

### Where to try it: Schwartz's Montréal Hebrew Delicatessen

Schwartz's Montréal Hebrew Delicatessen is easily the most famous spot in Montréal to try a smoked meat sandwich. The deli has been using the same recipe of marinated spices and herbs for their smoked beef brisket since it opened in 1928. The line-up is typically filled with both tourists and locals alike, but it's worth the wait for what many consider to be the best smoked meat sandwich in the city.

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**Nova Scotia Donair**

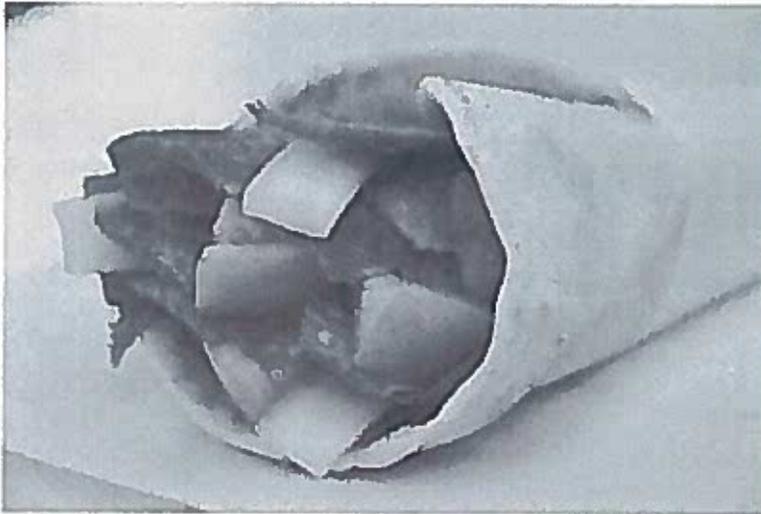
Sometimes called a Maritime donair or Halifax donair, the Nova Scotia donair is popular late-night street-snack consisting of spicy ground beef inside a moist pita, topped with tomatoes, raw onions, and a sweet sauce made with evaporated milk, garlic powder, sugar, and vinegar. The sweet sauce and use of beef, rather than lamb, distinguishes the Nova Scotia donair from similar dishes like shawarma, doner kebabs, and gyros. The dish is still mainly available on the East Coast, but it's gradually gaining popularity across the whole country.

Where to try it: King of Donair

Almost every late-night eatery on the East Coast serves donairs, but King of Donair continues to be one of the best places to try them. The chain's original Quinpool Road location is said to have invented the Nova Scotia donair in the 1970s.

King of Donair, 6420 Quinpool Rd, Halifax, NS, Canada, +1 902 421 0000

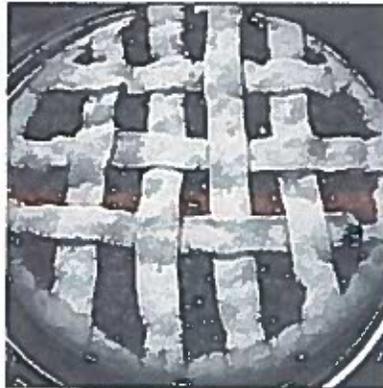
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Nova Scotia Donair | Courtesy Norman Nahes/King of Donair

**Saskatoon Berry Pie**

Named for the city of Saskatoon, Saskatchewan, these berries are sweet and bluish, and look similar to blueberries. Despite the resemblance, Saskatoon berries actually belong to the same family of fruit as apples and pears but have a drier, earthier flavour. They're excellent right off the bush or in preserves, but are especially popular in golden pies topped with ice cream or whipped cream.



Saskatoon Berry Pie | © Amy Th. Sodeau/Flickr

Where to try it: The Berry Barn

Saskatoon berries are native to British Columbia, the Canadian Prairies, Northern Canada, and parts of the Northern United States, but they're particularly well-loved in the city they're named for. The Berry Barn offers a chance to pick your own berries and finish the experience with a slice of homemade Saskatoon berry pie.

The Berry Barn, 830 Valley Road, Saskatoon, SK, Canada, +1 306 978 9797

# Canadian cuisine

From Wikipedia, the free encyclopedia

**Canadian cuisine** varies widely depending on the regions of the nation. The three earliest cuisines of Canada have First Nations, English, Scottish and French roots, with the traditional cuisine of English Canada closely related to British and Scottish cuisines, while the traditional cuisine of French Canada has evolved from French cuisine and the winter provisions of fur traders. With subsequent waves of immigration in the 19th and 20th century from Central, Southern, and Eastern Europe, South Asia, East Asia, and the Caribbean, the regional cuisines were subsequently augmented.

## Contents

- 1 Definitions
- 2 Cultural contributions
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A small sampling of Canadian foods  
 Top to bottom, left to right Montreal-style smoked meat, Maple syrup, Peameal bacon, Butter tart, Poutine, Nanaimo bar

## Definitions

Although certain dishes may be identified as "Canadian" due to the ingredients used or the origin of its inception, an overarching style of Canadian cuisine is more difficult to define. Some Canadians such as the former Canadian prime minister Joe Clark believe that Canadian cuisine is a collage of dishes from the cuisines of other cultures. Clark himself has been paraphrased to have noted: "Canada has a cuisine of cuisines. Not a stew pot, but a smorgasbord."<sup>[1]</sup>

Some have sought to define Canadian cuisine along the line of how Claus Meyer defined Nordic cuisine in his *Manifesto for the New Nordic Kitchen*; namely that dishes in Canadian cuisine should reflect Canadian seasons, that they should use locally sourced ingredients that thrive in the Canadian climate, and that they are combined with good taste and health in mind.<sup>[2]</sup> Others believe that Canadian cuisine is still in the process of being defined from the cuisines of the numerous cultures that have influenced it, and that being a culture of many cultures. Canada and its cuisine is less about a particular dish but rather how the ingredients are combined.<sup>[2]</sup>

## Cultural contributions

Canadian food has been shaped and impacted by continual waves of immigration, with the types of foods and from different regions and periods of Canada reflecting this immigration.<sup>[3]</sup>

### Aboriginal peoples

Much of what are considered "Chinese dishes" in Canada are more likely to be Canadian or North American inventions, with the Chinese restaurants of each region tailoring their traditional cuisine to local tastes.<sup>[3]</sup> This "Canadian Chinese cuisine" is widespread across the country, with great variation from place to place. The Chinese buffet, although found in the United States and other parts of Canada, had its origins in early Gastown, Vancouver, c.1870. This serving setup came out of the practice of the many Scandinavians working in the woods and mills around the shantytown getting the Chinese cook to put out a steam table on a sideboard,

## National food of Canada

Common contenders as the Canadian national food include:

- Poutine<sup>[9][10][11][12]</sup>
- Butter tarts<sup>[13][14]</sup>
- Kraft Dinner<sup>[15]</sup>

According to an informal survey by the Globe and Mail conducted through Facebook from collected comment, users considered the following to be the Canadian National dish, with maple syrup likely above all the other foods if it were considered.<sup>[12]</sup>

1. Poutine (51%)
2. Montreal-style bagels (14%)
3. Salmon jerky (dried smoked salmon) (11%)
4. Perogy (10%)
5. Ketchup chips (7%)
6. Nova Scotian Donair (4%)
7. California roll (1%)

In another survey from the Canadian Broadcasting Corporation in the summer of 2012:<sup>[16]</sup>

1. Maple syrup
2. Poutine
3. Nanaimo bars, smoked salmon, and butter tarts

## Regional

While many ingredients are commonly found throughout Canada, each region with its own history and local population has unique ingredients, which are used to define unique dishes.

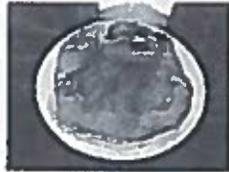
Ingredients and Defining dishes by Region

Ingredient	Defining Dish	Pacific	Mountain	The Prairies	Ontario	Quebec	Atlantic	Northern
Caribou	Caribou stew				X	X	X	X
Saskatoon berries	Saskatoon berry jam		X	X	X			
Fiddlehead ferns	Boiled fiddleheads				X	X	X	
Cloudberry	Bakeapple Pie					X	X	
Maple syrup	Pancake topping				X	X	X	
Dulse	Dulse crisps						X	
Harp seal	Flipper pie						X	X
Sockeye Salmon	Smoked Salmon	X						
West Coast Salmon	Cedar-Plank Salmon	X						
Atlantic Cod	Fish and brewis					X	X	
Winnipeg goldeye	Smoked goldeye			X				
Summer Savory	Dressing						X	

Dish	Description	Pacific	Mountain	The Prairies	Ontario	Quebec	Atlantic	Northern
Calgary-style Ginger beef	Candied and deep fried beef, with sweet ginger sauce.	X	O	X				
Roast beef with yorkshire pudding	Common Sunday dinner in English Canada, especially amongst Canadians of British ancestry.	X	X	X	X	X	X	
Roast Turkey	North American roast turkey	X	X	X	X	X	X	
Baked Beans	Beans cooked with maple syrup		X	X	X	X	X	
Jiggs dinner	A Sunday meal similar to the New England boiled dinner						O	
Back or peameal bacon	Called Canadian bacon in the US		X		O		X	
Tourtière	A meat pie made of pork and lard		X	X	X	O		
Montreal-style smoked meat	Deli style cured beef		X		X	O	X	
Bannock	A fried bread and dough food		X	X	X		X	X
Bouilli	Québécois ham and vegetable potroast					O		
Cod tongues and scrunchions	Baked Cod tongue and deep fried pork fat						O	
Yellow pea soup	Split pea soup eaten by settlers such as the Habitant				X	X	X	
Poutine	A dish of fries topped with cheese curds and gravy	X	X	X	X	O	X	X
Montreal-style bagels	A sweet, firm, wood-fired bagel				X	O		
Pemmican	Ground dried meat, fat, and berries			X				X
Oka cheese	Cheese originally manufactured by Trappist monks			X	X	O		
Flipper pie	Pie made with harp seal flipper						O	
Hot Chicken sandwich	Chicken (or turkey) sandwich doused in gravy and peas		X		X	X	X	
Toutons	Fried bread from Newfoundland						O	
Fish and brewis	Salt cod and hardtack, with pork cracklings						O	
Rappie pie	Grated potato and meat casserole						O	
Cretons					X	O		

*O - indicates area of origin*

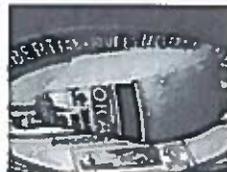
Dish	Description	Pacific	Mountain	The Prairies	Ontario	Quebec	Atlantic	Northern
	Pork spread containing onions and spices							
Poutine râpée	Grated Acadian stuffed potato dumpling						O	
<b>Nova Scotian Donair</b>	Ground beef doner kebab served with a sweet milk sauce		X		X		O	
Garlic Fingers	Dough with cheese, garlic, and sometimes meat on top. Similar to pizza.				X	X	O	
Lobster Roll	Lobster meat mixed with mayonnaise and served in a toasted hot dog bun				X	X	O	
Cipaille/Sea-Pie	Fish and meat layered in a pie.				X	O	X	



Inuit bannock fried bread



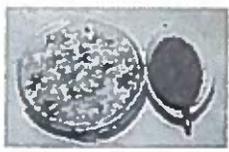
Calgary-style Ginger Beef



Oka cheese



Montreal smoked meat sandwich



Fish and brewis: salted cod and hard tack



Montreal-style bagels



Canadian peameal bacon



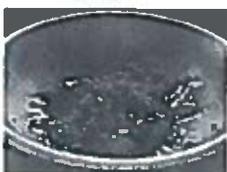
Poutine is made with french fries, curds and gravy.



Oreilles de crisse: Deep fried pork skin and fat



Arctic berries akutaq



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October 15, 2015

## Canadian Food: The Most 'Canadian' Foods Include Bacon, Poutine And Maple Syrup

The Huffington Post Canada | By [Ari Patel](#) and [Claire Sibenny](#)

Posted 03/16/2013 4:47 pm EDT | Updated 07/09/2015 3:59 pm EDT



**Saskatoon Berries:**

Very similar to blueberries (but a fascinating alternative), Saskatoon berries are native to the Canadian Prairies, British Columbia and Northern Canada. They're also rich in antioxidants and considered one of the world's "superfruits."

**Tim Hortons "Double-Double":**

A "Double-Double" has become somewhat of a popular slang term for Canadians. It refers to a coffee with two teaspoons of sugar and two teaspoons of cream. How popular is it? In 2011, Tim Hortons even released a "Double-Double" flavoured ice cream.

**Fiddleheads:**

Fiddleheads are curly, edible shoots of fern, often consumed in many provinces seasonally across the country. And like your mother always told you, eat your greens: Fiddleheads are high in potassium and vitamin C.

**Swiss Chalet Sauce:**

Canadian chain restaurant Swiss Chalet's rotisserie chicken and grilled ribs get a fair amount of attention, but there's always been something special about that secret sauce that people love to pour all over their food. What's in this sauce, you wonder? People have debated this point for a while and we're not exactly sure either. But we can assure you there are no milk, egg or fish products in it, (cue the vegetarian sigh of relief). But if you're still not convinced, try making your own knock-off version.

**Montreal Smoked Meat:**

Besides bagels, Montreal is also known for its kosher-style smoked meat. Schwartz's in particular has been using the same recipe of marinated spices and herbs in their smoked beef brisket for over 80 years. If you've never been, go early — the deli shop is usually packed with long line-ups.

**Halifax Donairs:**

This classic East Coast late night food "is to Halifax what the *banh mi* is to Saigon, the *jambon-beurre* to Paris," says the *Globe and Mail*. Evolved from the Turkish doner kebab, it's typically made of spiced ground beef that has been shaped and pressed into a large loaf and then roasted on a spit, like shawarma and gyros. It's then usually served on flatbread with fresh tomatoes, raw onion and a sweet, garlicky sauce.

**Cod Tongue:**

If you live in Newfoundland, you probably already know why cod tongue is a local treasure. Cod tongue is usually made by sautéing cod tongue with milk and flour, according to *The Globe And Mail*.

**Pemmican:**

Kind of like jerky, pemmican is a type of dried meat often made from bison or moose. The meat is usually pounded into a powder and mixed with melted fat, berries and other edible bits.

**Red Rose Tea:**

Canadians drink more than nine billion cups of tea every year, according to the *The Empire Of Tea*. If you've ever visited a Canadian hotel or even spent enough time at your grandparents' house you've probably seen Red Rose tea bags. How Canadian is Red Rose? They even have a Canadian-blended version.

**Foie Gras:**

As controversial as it is, Canadian foie gras, particularly from Quebec, is a hot commodity. Foie gras, French for fat liver, is made of liver of a duck that has been through a process called gavage (force-feeding.) But some foie gras is made more ethically.

**Oka Cheese:**

Oka cheese, a Quebec classic (named after the small village of Oka), is a semi-soft pressed cheese made with cow's milk. Oka's rind is often dark orange and has both a nutty and fruity flavour.

**Sugar Pie:**

Sugar pie or *tarte au sucre*, is a common dish found in Quebec. These desserts are made with a flour pie crust and are often filled with butter, flour, cream and maple syrup. They can also be topped with fresh fruits and English cream. Check out this recipe from Canadian Living to make your own.

**B.C. Spot Prawns:**

Wild B.C. spot prawns are actually the largest of seven species of shrimp found on the West Coast. These prawns are known for their sweet flavour and firm texture. Another fun fact: these prawns are often a reddish-brown colour but turn bright pink when cooked.

**Coffee Crisp:**

When it comes to food, Canadians concede there's far more selection in the U.S. but we're fiercely proud of the candy bars that can only be found here. Coffee Crisp is a great example. Consisting of a crunchy wafer, milk chocolate coating and slightest hint of coffee flavouring, the chocolate bar is true to its marketing slogan of making 'a nice light snack' and is adored by all moms and seniors. Rumour has it they've been spotted in a few U.S. border town convenience stores. We want proof!

**Caesar:**

It's the ideal summer drink and hair of the dog when you're hungover. The Caesar, Canada's favourite breakfast, lunch and evening cocktail is essentially a Bloody Mary with Clamato instead of tomato juice. Think of Clamato as a spicy tomato-clam juice. It's typically served with celery and lime in a celery salt-rimmed glass, and it's pretty amazing. (Please don't call it a Bloody Caesar, because that's just wrong.)



C L A S S I F I E D

# 2001 KING OF DONAIR MEN'S SOCCER CLUB

by Chris Kallan



A rainbow came out for our entire last practice at the old Halifax West school – the pot of gold thing just stuck in my head,” said team captain Mike Hasiuk. “It felt like maybe this was finally our destiny.”

Later that week, on Thanksgiving Monday, a team some felt had perhaps missed its chance at national glory battled poor weather, early starts, shortened games and injuries to nab Nova Scotia's first Canadian soccer championship at any level with a resounding 4-1 victory over B.C.-based Victoria Forge FC in the final. Several former King of Donair (KOD) stars that helped build the club into a provincial dynasty—including George Kyrcakalos, Tony Pignatello, Geoff Axell, Jeff Farquhar and Louie Kioyo—watched the historic game from the sidelines. A pair of goals by Trevor Reddick put the Nova Scotia champs up 2-0 at halftime. Hasiuk, who originally joined KOD

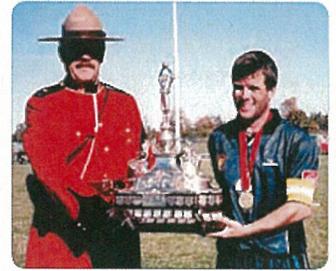
in 1990, and Idris Mert added second half goals against a powerful B.C. club that was undefeated with no goals allowed in its four previous games.

Reddick paid tribute to his teammates, but also offered kudos to those who contributed support in various capacities over the years.

“To see so many former players and supporters crying after we won really made it hit home how hard a lot of people had worked for this one special moment,” said Reddick. “That team will go down as the most successful KOD soccer team in history. I feel very proud about that.”

Added Hasiuk: “So much of how we prepared and what we learned came from all the players before us. It was a surreal experience.”

Reaching the pinnacle of the Canadian senior men's soccer club mountain, of course, had its challenges.



Team captain, Mike Hasiuk, receives the national senior men's soccer championship trophy.



Reddick scored a 90<sup>th</sup>-minute goal against P.E.I. to maintain gold medal aspirations and KOD needed a three-goal margin of victory against Saskatchewan and responded with a four-goal win. A freak snowstorm in an earlier round robin game prompted a move to an indoor field and had many players scrambling for proper footwear.

“We were ready on every level, from the water bottles to management, but the weather really threw a wrench into the mix,” said Hasiuk. “It was a bit of a scramble.”

Provincially, Tony Eghan and George Iatrou coached the club to an 11-0-3 record and first-place tie (extending KOD's regular season undefeated string to 62 games) to earn a bye into the two-game, total-goal final against archrival Dunbrack. After a 2-2 draw in the opener, KOD won the second match 2-0 for a 4-2 aggregate victory. Mesut Mert was co-winner of the Golden Boot award and a league all-star. Reddick, Jay Robinson, Tim Mullen and Idris Mert also cracked the all-star roster.

George Athanasiou, Nick Garonis and Takis Mitropoulos founded KOD soccer club in 1983. By the time the club folded in 2002, KOD had reached 20 straight provincial finals (including 11 titles), won four medals at nationals (gold, 2001; silver, 1995; bronze, 1994 and 2002) and ranked third in a 2008 Canadian Soccer Association report listing the most successful club teams of all time.

“We figured we could win a national title within the first five years, but it was harder than we thought,” said Athanasiou, CEO of Soccer Nova

## DONAIR DATA

### Career Highlights

- Toronto, Canadian Senior Men's Club champions, 2001
- NS Senior Soccer Premier Division, first-place tie (11-0-3), 2001
- Five players on league all-star team, 2001

### History over 19 years:

- 19 consecutive years in provincial men's finals
- 10 times provincial champions
- National silver medal, 1995
- National bronze medal, 1994
- Three times fourth at nationals, 1983, 1992, 1995



Scotia. “A few teams had knocked on the door, but that 2001 championship was historic and a source of great gratitude. It was special.”

Chris Kallan covered the Nova Scotia Senior Soccer League for the Halifax Daily News from 1998 to 2008. He's currently a freelance writer in Ottawa.



Assistant coach, Angelo Castiglione, celebrates with the championship trophy.

*Saputo*

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**2001 KING OF DONAIR  
MEN'S SOCCER TEAM**

on their induction into the  
Nova Scotia Sport Hall of Fame.



**Congratulations**  
on your induction into the  
Nova Scotia Sport Hall of Fame



Soccer Nova Scotia is proud to congratulate  
**2001 KING OF DONAIR**  
on their induction into the  
Nova Scotia Sport Hall of Fame

