

New food choices on menu in Kelowna, Westside, Big White

Agostino's Italian Cuisine and Wine Bar is expanding. Agostino Masi, owner and chef, has taken over the restaurant at the Shannon Lake Golf Club on the Westside and is set to open New Year's Day.

Agostino's at Shannon Lake will cater special events including weddings, private parties, as well as offer a Sunday brunch. Phone: 979-1555.

Markets seem to be popping up all over the place these days, making the lives of urbanites as well as busy folks much more convenient — especially during the holiday season.

Sometimes, lining up in a huge supermarket is the last thing you want to do at the end of a busy day.

O'Rourke's Uptown Market has just opened downtown on St. Paul Street and is already doing a bustling business.

Locals can pop in and grab a wide array of foods from appetizers to desserts.

They offer a full range of deli products as well including ready-mades and they do special-order meat, cheese or sandwich platters as well.

Check them out at 1315 St. Paul St. (across from the famous GW Graphics building). Phone: 712-0759.

Or, if you are a health-food loving Missionite, you can save yourself the busy drive to Nature's Fare in Orchard Plaza and just buzz over to their new store on Lakeshore Road.

Offering all the same health food products and service as the Cooper Road shop, this cute little market makes for another welcome addition to our expanding organic food scene. Located in the old Mission Market at 4624 Lakeshore Rd. Phone: 764-9010

To make life even easier than that,

locals can rely on SmartStart Meals as the ultimate time and stress saver.

This business not only prepares healthy meals for you, but also delivers them to your door.

Customers are also able to order online from SmartStart's diverse menu for delivery to Kelowna, Westside, Lake Country, Peachland and Oyama.

Items range from one-pot meals such as jambalaya to shepherd's pie to ready-to-go stir fries or curries. They all come ready to pop in the oven, crock pot or finish on the stove-top.

Their web menu includes prep time as well — which is perfect for those who want minimal kitchen time and meals come with a nutritional content list to boot.

It's a Godsend for stressed working parents who want to feed their kids healthy meals, but are strapped for time. Families can enjoy home-cooked meals together at the table, instead of running around getting groceries and then spending all of their time preparing and cooking with no time to visit.

Owners Susanne and Ken Scott came up with the idea after living that bustling lifestyle with kids.

SmartStart will also deliver meals to your Big White condo or chalet for an additional charge of \$25.

They have tailored their winter menu to a "comfort food" theme, with many crockpot or "one-dish" type dinners.

You can always plan ahead as well, and have your meals delivered to your home before driving up to the



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