

CONTROVERSIES  
& CONVERSATIONS  
in Laser & Cosmetic Surgery  
*an Advanced Symposium*

August 11 - 13, 2023  
JW Marriott Parq Vancouver  
Vancouver, BC, Canada



# Controversies and Conversations 2023: A Guide to Vancouver

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## Table of Contents

<b>COFFEE SHOPS</b>	<b>4</b>
JJ BEAN COFFEE ROASTERS	4
NEMESIS COFFEE GASTOWN	4
PARALLEL 49 AND LUCKY'S DOUGHNUTS	4
PRADO	4
ROCANINI COFFEE ROASTERS	4
REVOLVER	4
<b>BREAKFAST/BRUNCH</b>	<b>5</b>
CAFÉ MEDINA	5
CHAMBAR	5
JAM CAFÉ	5
MARCHÉ MON PITOU	5
SMALL VICTORY BAKERY	5
THE TEAHOUSE IN STANLEY PARK	6
<b>DINNER</b>	<b>7</b>
ANCORA IN FALSE CREEK	7
ASK FOR LUIGI	7
BLACK + BLUE	7
BLUE WATER CAFÉ	7
BOTANIST	7
HAWKSWORTH	8
LE CROCODILE	8
MIKU	8
NUBA	8
OSTERIA SAVIO VOLPE	8
VIJ'S	8
TASTY INDIAN BISTRO	9
<b>PASTRY SHOPS / DESSERT</b>	<b>10</b>
L'ATELIER PATISSERIE	10
BÂTARD BAKERY	10
BEAUCOUP BAKERY	10
CHEZ CHRISTOPHE	10
EARNEST ICE CREAM	10
PURE BREAD	10
RAIN OR SHINE ICE CREAM	11
THIERRY CHOCOLATES	11
THOMAS HAAS	11
TEMPER	11

**ACTIVITIES** **12**

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<b>SEAWALL DAY</b>	<b>12</b>
<b>KITSILANO HALF-DAY</b>	<b>13</b>
<b>NORTH SHORE EXPLORATION</b>	<b>14</b>
<b>EVENING DOWNTOWN</b>	<b>15</b>
<b>BREWERY TOUR</b>	<b>16</b>
<b>OTHER ACTIVITIES</b>	<b>17</b>

# Coffee Shops

## JJ Bean Coffee Roasters

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“... we source the highest quality green coffee and roast it in small batches daily, guided by one principle: the best taste wins.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

## Nemesis Coffee Gastown

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“Hip, light-filled coffeehouse with artisanal pastries & all-day brunch, plus coffee, tea & kombucha.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

## Parallel 49 and Lucky’s Doughnuts

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“This 49th Parallel & Lucky’s Doughnuts Cafe features a unique, small kitchen serving breakfast sandwiches, brunch plates and toasted items are topped with fresh, seasonal ingredients.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

## Prado

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“Cool, wood-accented coffeehouse brewing local coffee & espresso to go with baked goods & free Wi-Fi.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

## Rocanini Coffee Roasters

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“... a tremendously friendly and cozy place. It's got espresso drinks, pour over, assorted teas, great lunch, pastries and loads of seating. A cafe for coffee lovers!”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

## Revolver

---

“Detail-oriented shop with ethical & fair-trade coffee brewed fresh-to-order, plus baked goods.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

## Breakfast/Brunch

### Café Medina

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“Located in the Library District, Café Medina is a purveyor of fine Mediterranean-inspired cuisine, connoisseur-savvy coffee and sweet sustenance via the city’s best Belgian waffles.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: **Yes**

### Chambar

---

“Chic exposed-brick space serving creative Belgian cuisine & sustainable seafood, plus beer & wine.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: **Yes**

### Jam Café

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“An all-day breakfast and lunch cafe located in Victoria and Vancouver.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: **No**; can call to inquire about wait times as it gets busy between 9:30AM-12:00PM

### Marché Mon Pitou

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“Located in Vancouver’s charming Fairview neighbourhood, Marché Mon Pitou is a French café, bistro, and specialty grocer. Inspired by the French ‘savoir-vivre’, Mon Pitou celebrates the everyday indulgences.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: **Yes**

### Small Victory Bakery

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“Our morning ritual can make or break the rest of our day. Savouring fresh-baked bread and fantastic coffee is a definite victory over the rest of your day.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: **No**; limited seating available, but suggest grabbing food/drink and walking along the seawall

## The Teahouse in Stanley Park

“The Teahouse in Stanley Park offers unforgettable breathtaking views of English Bay and the North Shore Mountains. Join us for brunch, lunch or dinner!”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#)

# Dinner

## Ancora in False Creek

---

“Chic, bi-level space for seafood with West Coast, Latin & Japanese influences, plus water views.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#)

## Ask for Luigi

---

“Ask For Luigi is a casual and intimate Italian-inspired restaurant, specializing in fresh, handmade pasta and family-style dishes designed to share.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#)

## Black + Blue

---

“Bustling 3-level steakhouse with luxe decor, rare cuts of beef & a custom meat locker for dry-aging.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#)

## Blue Water Café

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“Destination in a heritage warehouse space offering sustainable seafood with innovative touches.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#)

## Botanist

---

“Airy, high-end restaurant in the Fairmont Hotel offering modern Canadian cuisine, wine & cocktails.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#)

## Hawksworth

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“Four-time winner Best Upscale Restaurant in Vancouver, showcasing ingredient led, contemporary cuisine that has become Chef David Hawksworth's trademark. Inventive Pacific Northwest cuisine & extensive wine list served in the Rosewood Hotel Georgia.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#)

## Le Crocodile

---

“French fine dining in the heart of Vancouver. Impeccable service with flair, never pretense or fanfare. Le Crocodile blends traditional French cooking with innovative Westcoast style.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#); 2 weeks  
in advance for weekdays,  
4 weeks for weekends

## Miku

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“Sushi & sustainable seafood are served in a sophisticated setting with a patio & water views.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#)

## Nuba

---

“Popular Lebanese eatery & juice bar with bright decor, plus many vegetarian & vegan options.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#)

## Osteria Savio Volpe

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“Housemade charcuterie & wood-fired Italian fare served in an industrial-chic restaurant/bar.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#)

## Vij's

---

“Celebrated Indian restaurant offering inventive cuisine & a lively atmosphere.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: [Yes](#)



## Tasty Indian Bistro

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“Refined eatery offering Indian dishes & tandoori fare, plus patio seating & craft cocktails.”

[Website](#)

| [Directions from JW  
Marriott Parq Vancouver](#) |

Reservation: [Yes](#)

## Pastry Shops / Dessert

### L'Atelier Patisserie

---

"Petite bakery specializing in artisanal French pastries, desserts & breads, plus coffee."

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

### Bâtard Bakery

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"Breads, pastries & light fare with local ingredients offered in a cozy space with gourmet groceries."

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

### Beaucoup Bakery

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"Casual patisserie & cafe for croissants and other French-style baked goods."

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

### Chez Christophe

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"International pastries & cakes are served at this upmarket bakery with a cafe for light meals."

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

### Earnest Ice Cream

---

"Popular ice cream shop doling out creative scoops & sundaes in a cool, modern-rustic space."

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

### Pure Bread

---

"We are purebread, a family bakery established in Whistler with one simple mission: to bake delicious bread, savouries, cakes & treats that bring a smile to peoples' faces."

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

## Rain or Shine Ice Cream

“Unique & seasonal flavors of ice cream are made in house using local & natural ingredients.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

## Thierry Chocolates

“Renowned counter-service cafe & shop luring foodies with savoury fare and artisanal confections.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

## Thomas Haas

“World Famous Artisan Chocolates, Pastries & Desserts - Handmade in Kitsilano and North Vancouver.”

[Website](#)

[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

## Temper

“European pastries, cakes, chocolates & sandwiches offered in a modern space with patio seating.”

[Website](#)

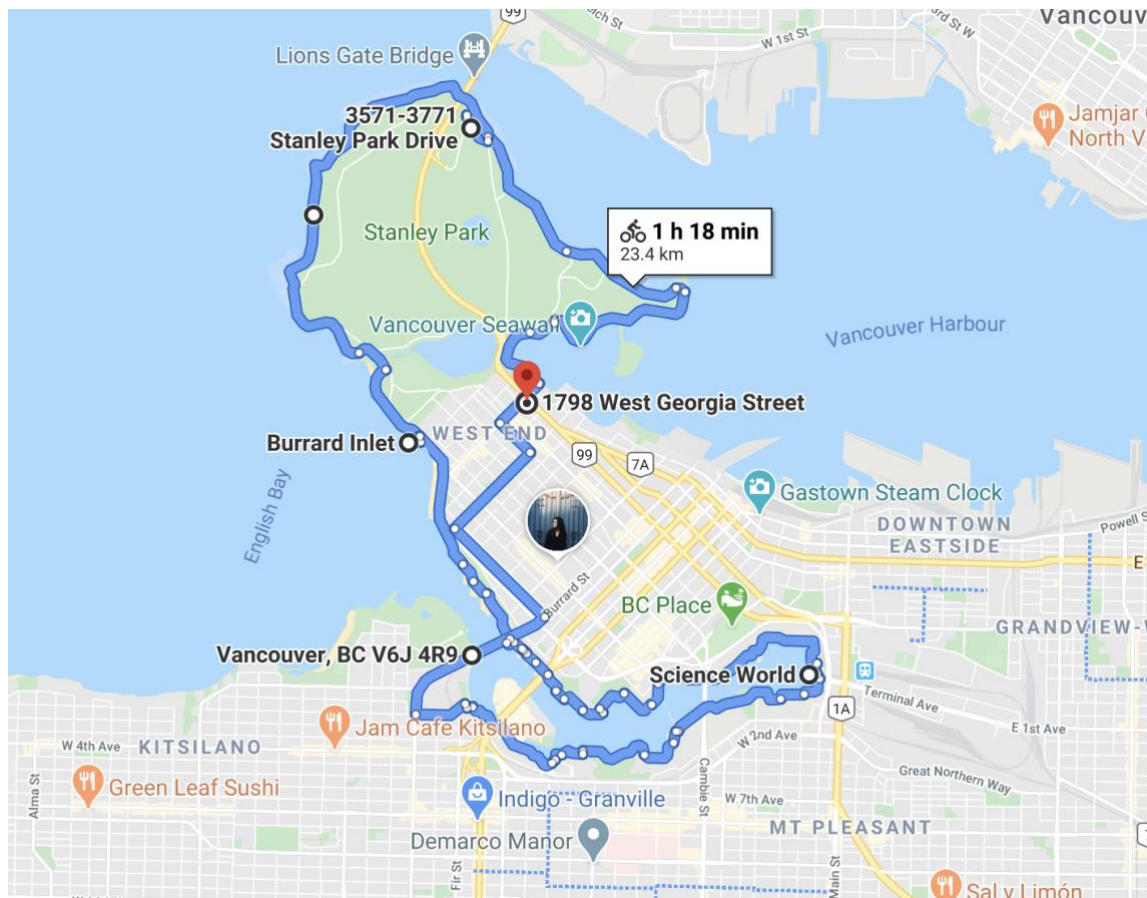
[Directions from JW  
Marriott Parq Vancouver](#)

Reservation: N/A

# Activities

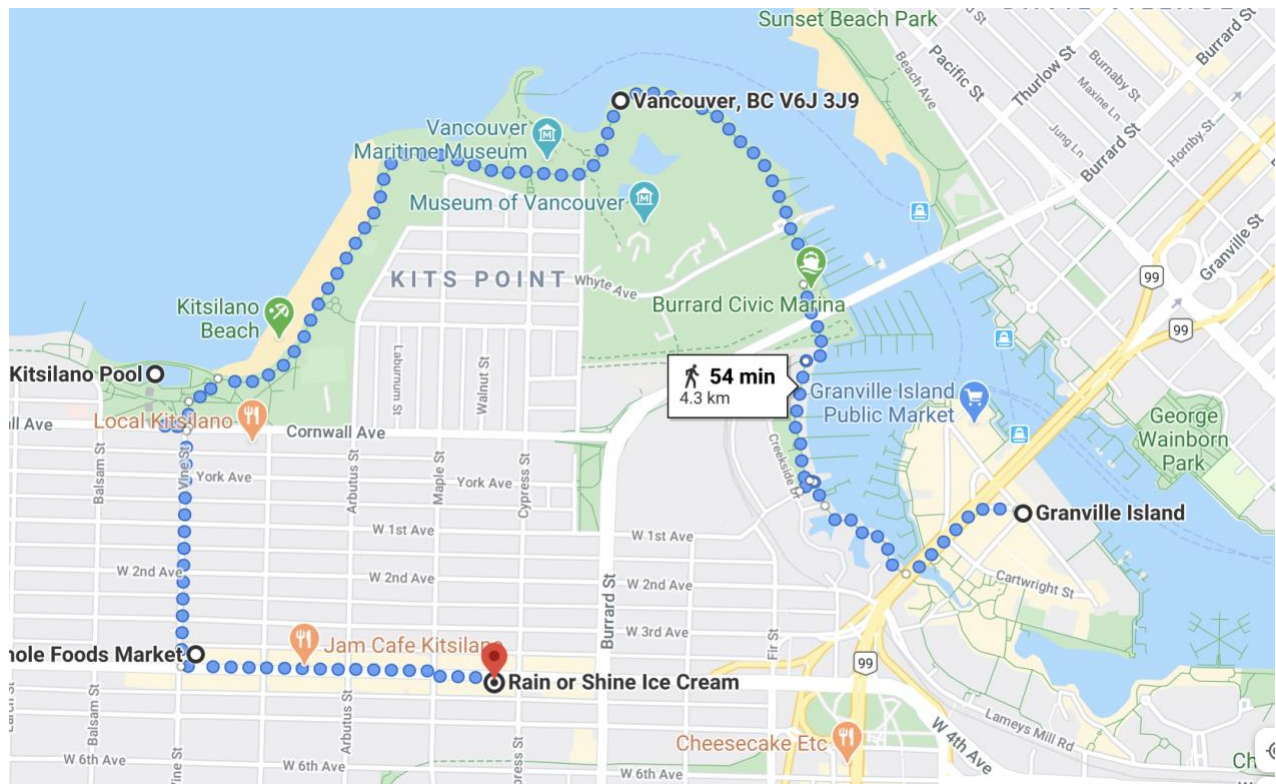
## Seawall Day

- Rent bikes or rollerblades from [Spokes](#) or any other rental place on Denman street downtown
- From there, bike counter-clockwise around Stanley Park. Continue on through English bay, False Creek, around Science World, Olympic Village, and cross back at Burrard St. Bridge
- Leisurely, flat ride that will show you some of the different areas of downtown Vancouver
- If you can borrow a lock, then stop at any patio along the way for lunch/a drink
  - Cactus Club in English bay, Craft Beer Market, Tap and Barrel
  - Good ramen and Korean restaurants around Denman and Robson



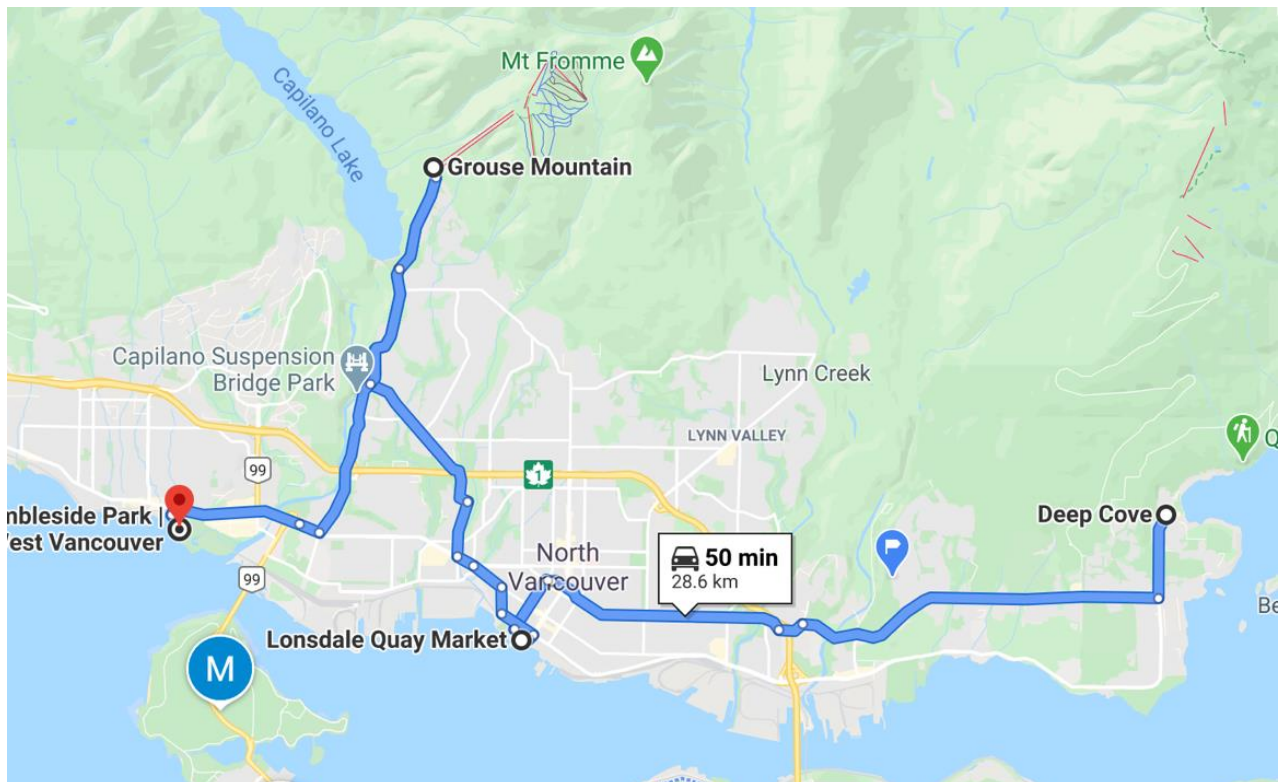
## Kitsilano Half-day

- Start at [Granville Island](#) – look around the market, walk along the water
- Grab a donut at Lee's Donuts or pad thai/pad siew at Sen Pad Thai
- Walk the sea wall from Granville Island to Kitsilano Beach
- Relax on the beach or at Kitsilano Park (grass)
- Walk south to west 4<sup>th</sup> Ave – lots of shops along this strip
- Grab an ice cream at Rain or Shine
- Alternatively, start in Kitsilano with brunch or lunch at Jam Café and do the route in reverse!



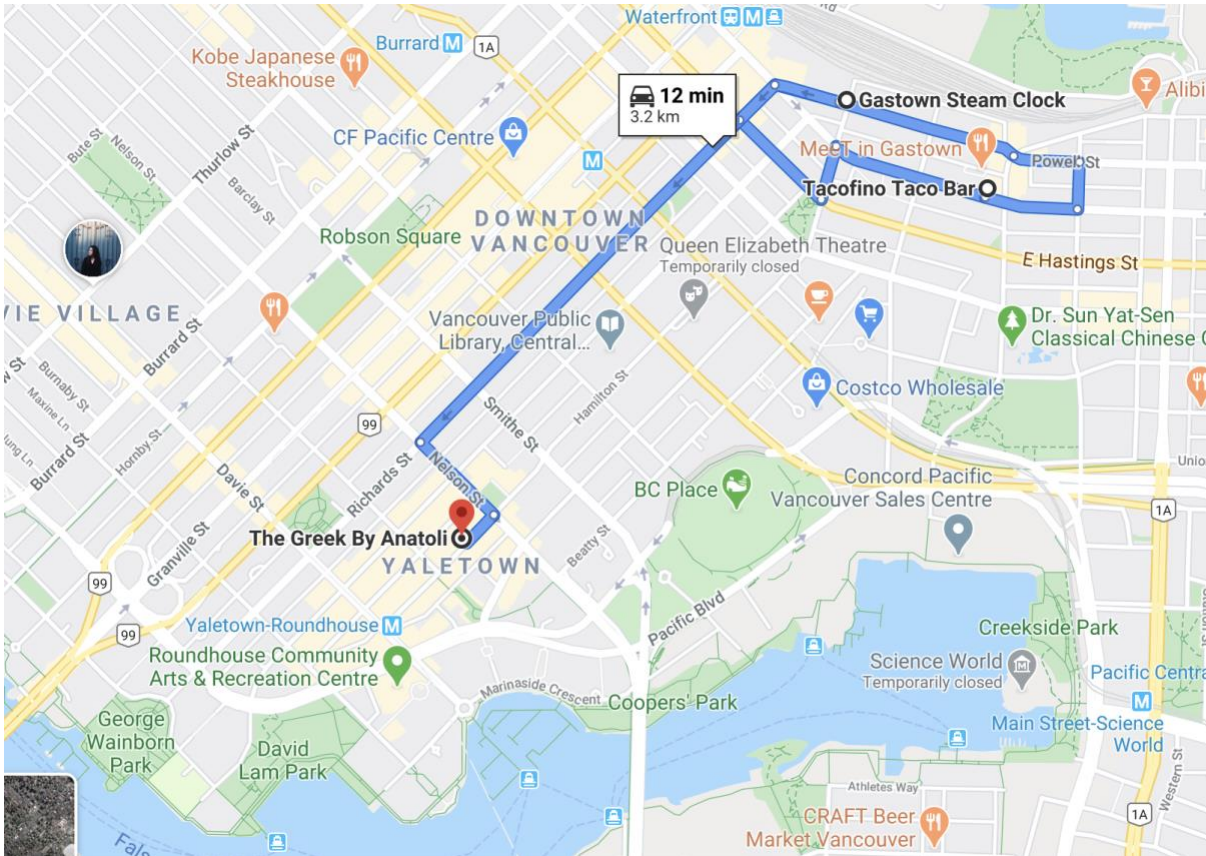
## North Shore Exploration

- [Deep Cove Kayak](#) – book a kayak or paddleboard in advance and spend a couple hours in the peaceful cove
  - Make sure to visit [Honey's Doughnuts](#) for delicious doughnuts
- [Lonsdale Quay](#) – nice market and area to walk around
  - Lunch options: Jamjar Canteen, numerous patios
  - Brewery area
- Grouse Mountain – either do the “[Grouse Grind](#)” (challenging hike, ~1h climbing stairs to the top of the mountain) or simply take the gondola up. Explore at the top, or you can elect to do smaller hike loops.
- [Capilano Suspension Bridge](#) – scenic suspension bridge
- [Ambleside Beach](#) – seawall walk, lots of good restaurants and cafes
- **NB: Time your visit so that you're not crossing the bridge over rush hour ~4-6PM**



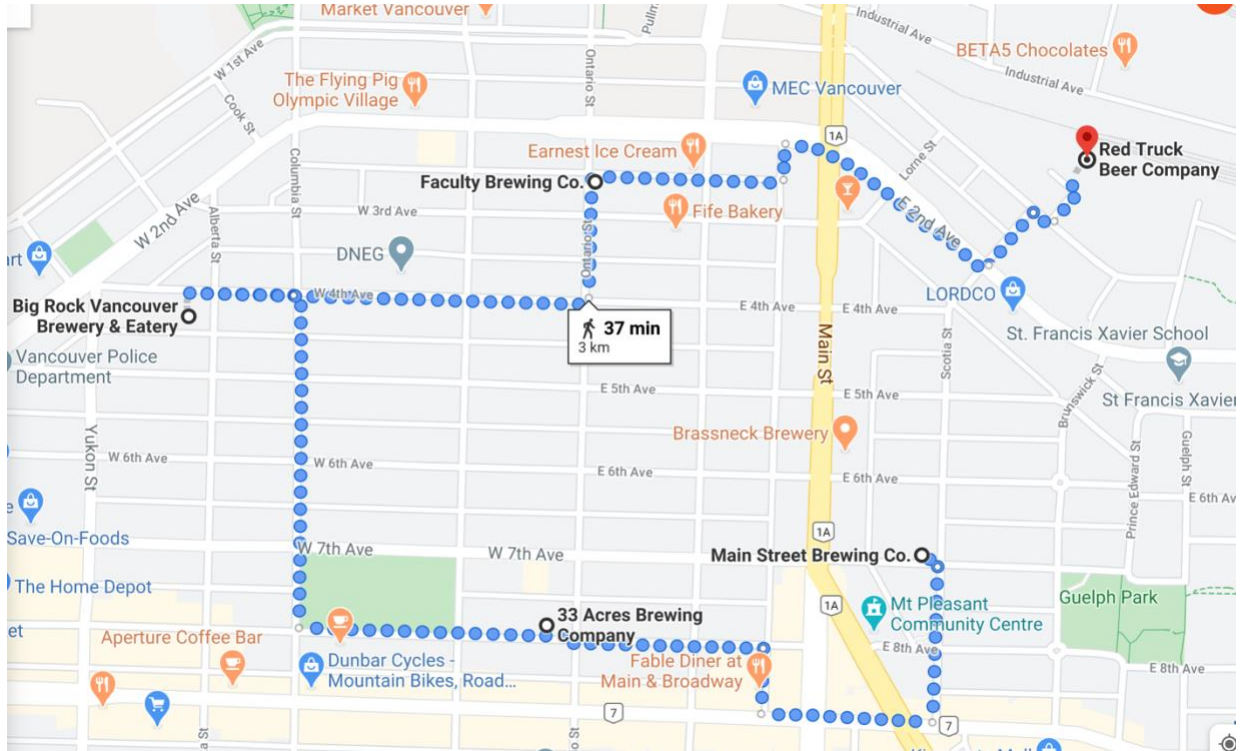
## Evening Downtown

- Gastown is a historic part of Vancouver—walk the streets and shop the boutiques
- Walk through downtown, check out Pacific Centre or Robson Street for shopping
- Head to Yaletown for dinner or drinks – lots of shops, restaurants in all price ranges (see above)



## Brewery Tour

- So many in the main street area – if you go, just ask at the brewery which one to try next!
- 33 Acres is a great stop (specifically their Sunshine beer)





## Other Activities

- Walk around [Queen Elizabeth Park](#)
- Visit the University of British Columbia's gorgeous campus and the [Museum of Anthropology](#)
- [Jericho/Spanish Banks beach](#)
- Drive [sea-to-sky highway](#) to Squamish and do the "Stawamys Chief" hike
- Visit the [VanDusen Botanical Gardens](#)