

## Aphrodite's Café and Pie Shop: Organic Delights

Healthy eating doesn't always mean home cooked meals. Take a step out of the kitchen and check out [Aphrodite's Café and Pie Shop](#) — located on W 4<sup>th</sup> Ave, Kitsilano — for some delicious Organic Delights.

Aphrodite's, and its all-organic menu, is open for breakfast, lunch and dinner, seven days a week. The café prides itself on dealing directly with the local farmers who supply all of the ingredients for their products (one of our vendors, [Glen Valley](#), has been supplying them since they opened in 2002). My eating assistants and I decided to check it them out for some tasty brunch — and we were not disappointed!

The café itself is decorated with, what appear to be, paper mache pirates (and a mermaid!) hanging from the ceiling. Those characters, along with the quaint atmosphere, made an excellent location for our meal. We were seated right away, beside the window, and before long we were delving into the wide variety of items on their all organic menu.

While sipping on my delicious organic blueberry lemonade (\$4.75), I decide to try the Aphrodite's Stuffed French Toast (\$13), which was stuffed with organic seasonal

fruit (it tasted like blueberries) cream cheese and was served with maple syrup and organic Chantilly whipped cream. My companions decided on a Spanish Banks Burrito (\$14) and one of Aphrodite's Special Bennys (\$18), respectively, both came with rosemary home fries and garden greens.

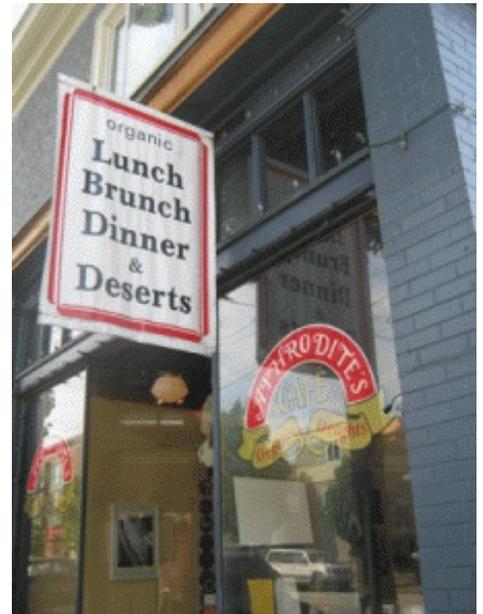
Overall, our trip to Aphrodite's was a great success. We enjoyed our meals, and our only regret was not having enough room for a piece of pie.

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3598 West 4th Avenue

604-733-8308

Posted by [Allie Davison](#) on Tuesday, July 19, 2011 at 5:16 pm  
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Eggs Benedict



Stuffed French Toast



Spanish Banks Burrito