The Resturant List

I walked this route from the Youth Centre and talked with many owners or managers as available. The site is in a light industrial area. Two short blocks south on 10th Ave takes you to the corner of 10th and Rodgers. Here are two strip malls kitty corner.

Little Valley Deli serves sandwiches, soup, wraps and breakfasts. Small dining area. Hours: Fri and Sat 6am to 4 pm.

Across the intersection there is a tiny convienience store, a sushi place and a health bar.

Sushi Alberni, 4264 10th Ave, 250-723-3377. They do take out and have limited seating. Hours: Fri and Sat, 11:30 am to 3 pm and 5pm to 9:30 pm. Sun, 11:30 am to 3 pm and 5 pm to 8:30 pm. Large menu. I don’t do Japanese food but the customers looked happy.

Krush in the same mall has a wall of smoothies to choose from, (I am working my way thru and all were good)the standard espresso bar coffees and soups, salads sandwiches and seriously addictive desserts. They do their own baking. Limited seating. This I recommend. Hours: Fri, 8 pm to 5:30 pm. Sat, 10 am to 4 pm.

Continuing down 10th Ave brings us to a chinese resturant on the left. Lots of parking.

Yellow River, 3987 10th Ave. They do lunch and dinner smorgasbord as well as a standard Chinese-Canadian menu. Lunch smorg is $9.45 and Dinner smorg is $12.45. Seniors get $1 off. Hours: Fri and Sat, 11 am to 9 pm. Sun, 4 pm to 8 pm. They take reservations. Tableclothes under glass.

Two more block down 10th takes you to the main intersection of 10th and Redford. Lots here. There is a 7-11 on one corner that has a CIBC instant teller. They are open 24 hrs.

Petro can on another corner. With Safeway next to it. And the BC Liquor Store in the back end of the parking lot. Hours for Liquor Store are: Fri, 9:30 to 9 pm. Sat, 9:30 to 6 pm.

Safeway has a deli counter roughly the same hours as the store. Hours: Fri, 8 am to 9 pm. Sat, 9 am to 6 pm. Sun, 10 am to 6 pm. Has a decent selection of flowers. Within the store is a Starbucks kiosk. There are 3 sets of table outside the store.

Starbucks Hours: Fri, 7 am to 7 pm. Sat and Sun 8 am to 7 pm.

The other corner has a bigger strip mall.

Scotia Bank hours: Fri 9 am to 5 pm.

Wait You Chinese Restauant, this is the cheap, quick meal with a more limited menu. Still good for the price. Hours: Fri, 11 am to 8:30. Sat, 11:30 to 8:30.

Serious Coffee has a fireplace and some comfy chairs, internet etc. Hi noise level. Hours: Fri 7am to 5:30pm. Sat, 7 am to 5 pm. Sun, 8 am to 5 pm.

Subway hours: Fri, 7 am to 11 pm. Sun, 9 am to 11 pm. Sun, 9 am to 10 pm.

I Hour Drycleaner Hours: Fri, 9:30 to 5:30. Sat, 10 am to 5 pm.

Fairway Market (another supermarket) also has a little deli and bakery. This is where we get the ethnic stuff. Hours: 8 am to 10 pm dailly. A mini Post Office inside. Hours: Fri, 8 am to 8 pm. Sat, 8 am to 5 pm.

Shoppers Drug Mart, Hours: 8 am to 10 pm daily.

Moving up Redford on the Scotia bank side of the parking lot there are a string of fast food places.

Domino’s Pizza at 452 Redford. Hours: Fri and Sat, 2pm to 12 midnight. Sun, 3:45 to 10 pm.

Continuing up Redford on the same side of the street is McDonalds. Hours: 5 am to 11 pm.

Up another smidge is KFC. No hours posted.

Crossing Redford to the other side is RHM Subs. They do soups and donairs as well. Hours: Fri and Sat, 10:30 to 7:30. Sun, noon to 7 pm.

Same side is the Dugout Café attached to the 11th Ave side of Tyee Village Motel. A family restaurant that does take out and an all day breakfast. 250-723-1882.