



Next Chapter

In a multi-ethnic, restaurant-heavy country like Canada, it can

"Canadian food." In general, most Canadians eat a largely "western" diet broadly similar to the diet of Americans and Europeans, with a heavy focus on processed grain and dairy products, farm-grown beef and chicken, certain cooked or fresh fruits and vegetables, and questionable amounts of salt and sugar. The Canadian Diet Canadians usually eat three standard meals a day **breakfast**, **lunch**, and **dinner** — each of which is quite

distinct.

sometimes be a bit of a challenge to define what exactly counts as



mostly eaten as a topping on pancakes. Dinner is almost always the largest and most wellprepared meal of any Canadian's day, something one

Breakfast is eaten first thing in the morning to provide fuel for the day ahead. Unfortunately a lot of Canadians

tend to be too rushed in the morning to give the meal much effort, and as a result it tends to be the most widely skipped or half-hearted meal. Traditional breakfast foods in Canada are cooked eggs, fried pork

sausages or bacon, fried or deep-fried potatoes, toasted

bread, pancakes (or egg-battered French Toast) and

breakfast may only consist of one of the above; for those who take it seriously, it's not uncommon for a "hearty" Canadian breakfast to contain almost everything mentioned. **Lunch** can often be a light meal as well, as it's traditionally eaten on or around noon, a time when most Canadians are still at work. Traditional Canadian lunch foods have tended to be those which are portable or easy to make, such as sandwiches, soups, or salads. On occasions when more time and effort is available (for instance, on the weekend or when visiting a restaurant), lunch meals can be largely indistinguishable from dinner meals.

dinner, however, and it can be hard to summarize a "traditional" Canadian dinner food as a result. Broadly speaking, Canadian dinners will usually feature a large Foodio/Shutter: meat entrée of some sort, such as chicken breast, steak,

cauliflower, broccoli, or corn), and a grain or starchbased "side" such as rice, pasta, potatoes, or bread. **A Selection of Typical Canadian Foods** Because a lot of Canadians tend to define their culture in contrast to the > United States , many lists of "Canadian foods" only focus on relatively minor snacks that can't be bought in the U.S., or other obscure foods Americans would be unfamiliar with. In an attempt to get beyond that limited perspective, the following list combines such "exclusively" Canadian foods with less exclusive ones that are nevertheless a common part of the broader North American diet. **Staples**

vegetables (most commonly carrots, peas, green beans,

featuring eggs, meat, and toast, and often pancakes as well. If it's especially large, it might be called a **lumberjack** or **trucker** breakfast instead. A continental breakfast, by contrast, is a much lighter meal usually consisting of toast, pastries, juice, oatmeal, and other things that don't require much cooking.

A Canadian homestyle breakfast is one

Canola The canola flower — once known by the less flattering name, "rapeseed"

— is Canada's most profitable crop,

including snapper, halibut, haddock,

tuna, and — most famously —

Harvested from Canada's Atlantic

standard cheddar, though Quebec's grown all across the Prairie provinces. It's made into oil that can be used for higher-class soft French cheeses are cooking and frying food. quite beloved as well. Corn **Beef** Native to the continent, corn is one of Canada has an ample domestic beef supply thanks to Alberta, the the staple foods of the North



Bread Canada is home to enormous fields of

Cheese

Over a thousand varieties of cheese

are produced in dairy farms across

Canada. The most popular variety is

American diet. Canadians eat corn on

the cob directly or serve the kernals as

a side dish. Popcorn is a popular snack

when watching movies and TV.

wheat and rye, which have been

quality breads. The most iconic

harvested for centuries to make high

Canadian bread is "Canadian-style"

rye, known for its light, fluffy texture.

Fruit Warmer parts of Canada particularly the interior of British Columbia — are home to large fruit orchards. Popular crops include apples, peaches, grapes, and a wide

variety of berries.

Canada produces a lot of dairy

products, particularly the province of

Quebec. In the eastern provinces, milk

Canadian Pizza

is often sold in plastic bags which

Americans find fascinating.

Milk

Entrées and Side Dishes



Canada is one of the largest fishproducing nations on earth, with a wide variety of species harvested on both the Pacific and Atlantic coasts,

salmon.

Lobster

The tiny province of Prince Edward Island is known for little else.

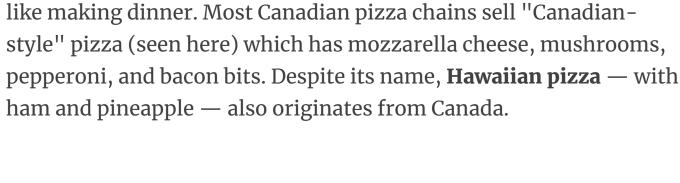
crop of farmers across the country.



Scalloped Potatoes This dish, made of thinly-sliced potatoes oven-baked in a creamy

flavor for Lay's.

Favorites Menu" promotion.



Originally from Italy, pizza has become a staple of the Canadian diet.

It's a common food to get delivered to your door when you don't feel

Chicken burgers are common in Canada, with a fried or grilled patty

covered with melted mozzarella and tomato sauce. In 2019,

McDonald's introduced "Canada's Tomato Mozzarella Chicken

Sandwich" to international locations as part of their "Worldwide

mixture of butter, milk, and flour has been a staple of Canadian

Burger Hamburger beef patty sandwiches are a staple of Canadian restaurant dining and home barbecues. Common toppings include cheese, tomato, lettuce, onions, and bacon. **Fried Chicken** A popular fast food, but generally too complicated to cook at home. Breaded

Pancakes

An incredibly iconic Canadian food

served with an even more iconic one:

such as burgers or pizza, will feature

breasts, wings, and legs deep-fried in oil. Not the healthiest of meals.

French Toast — thick slices of bread maple syrup. Traditional Canadian that have been dipped in egg and fried pancakes are thick and doughy. Though they seem more like a in the pan. Like pancakes, they're dessert, they're often eaten as a usually eaten with syrup, or sometimes berries. **Poutine**



Onion Rings Rings of deep-fried battered onion. A beloved salty accompaniment to burgers, and particularly beer.

Garlic Bread

Smoked Beef

Sandwich

grilling contraption.

called simply "KD").

Sometimes a breakfast food,

sometimes just a sugary snack, these

fried, sugary dough rings are available

in an enormous rainbow of flavors

cherry, rhubarb, or even pumpkin.

A flaky pastry shell filled with a rich,

sugary mixture of buttery baked

Tarte Au Sucre, or sugar pie, is a

traditional French-Canadian dessert

in which a pie crust is filled with of a

dense, rich goo made of eggs, butter,

and brown sugar. Not terribly unlike

butter tarts, just bigger.

Nanaimo Bar

two kinds of chocolate.

Cotton Candy

Originating from the British

Columbian town of the same name,

these treats are made from a thick, buttery cream sandwiched between

Also known as candy floss, cotton

Maple syrup taffy is a simple-to-

make treat that's been popular in

Canada for centuries. All you do is

pour fresh syrup on cold snow, then

scoop up the semi-hardened goop on

cream and raisins. Delicious!

Best with vanilla ice cream.

Butter Tart

Sugar Pie

Thick cuts of white bread slathered

with melted butter and garlic. Usually

an accompaniment to Americanized

Combine beef and rye and you get a

favourite offering of Montreal delis.

"Italian" food like pasta or pizza.

back bacon.

Thick, peppery slices of spiced beef cold cuts served on equally thick rye bread. **Grilled Cheese Sandwich** A cheddar cheese sandwich that's

cheddar cheese. Though high-class

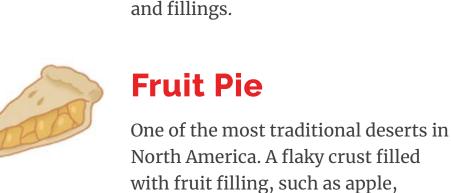
varieties exist, Canadians are known

for preferring the cheap, boxed kind,

particularly Kraft Dinner brand (often

Tourtiere Another French-Canadian favourite, tourtiere is a savoury pie made with

Chili A hearty stew made of beans, tomato, beef, and spices. First enjoyed by cowboys on the Prairies. been cooked in the frying pan, or, increasingly, a special sandwich-**Mac and Cheese Nachos** Macaroni noodles covered in melted Fun to share with friends at the pub.



Snacks and Sweets

Donut



candy is simply flavored sugar spun into a sitcky cotton-like substance through a special machine.

Syrup Taffy

a stick.

Popsicle

Cheesecake

truck.

Coffee

Drinks

S'more The iconic snack of Canadian campers. Made by smooshing a campfire-toasted marshmallow between two graham crackers and a few squares of chocolate.

Fun for kids in the summer months,

juices, cream, or chocolate. Often sold

from the back of a touring ice cream

Cheesecake is a standard, somewhat

amounts of sweetened cream cheese

sitting on a crust of cookie crumbs.

Coffee remains the go-to morning

drink for many Canadians. It's often

provided for free at workplaces and

can be bought at all manner of fastfood restaurants and corner stores. A

"double double" is coffee with two

Homegrown beers, particularly

proudest Canadian drink. Mega-

corporations **Molson** and **Labatt's**

dominate the market, but most major

lagers, are perhaps the single

and Clamato juice, sometimes

and garnishes as well.

Spruce Beer

accompanied by various other spices

At one time, spruce beer was literally

beer made of fermented shoots from

Canadian pioneers. Today, it's a soda

Hot chocolate, or cocoa, is a hot drink

powder that's mixed with heated milk

(or for cheaper folks, water). For extra

deliciousness, top it with whipped

made out of some form of chocolate

spruce trees, brewed by desperate

with a mild, pine-like taste.

Hot Chocolate

cream and two sugar.

Beer

as well.

classy desert made out of copious

popsicles are made of frozen fruit



Beaver Tail A thick piece of deep-fried dough, often covered with cinnamon and sugar or chocolate spread and banana

Wine

More About Canadian Food The Great Canadian Cookbook, Food Network Dairy Goodness, Dairy Farmers of Canada Canadian Beef

Quick Facts

snacks.

Most Canadians eat a

typically American/western

Uniquely "Canadian" meals

are rare, and are mostly

Some of the most famous

Canada such as fruits, vegetables and meats.

Canadian foods are raw

natural ingredients grown in

cream.

As Canada's population becomes more multicultural through immigration, foreign cuisine has become very popular.

Shutterstock Serve Yourself A **buffet**, also known as a **salad bar** or **smorgasbord**, where diners serve themselves from a long table of many heated dishes, is a common sight at some Canadian restaurants. It's a particularly familiar sight at hotels and weddings, as well as restaurants that offer a special Sunday morning "brunch

buffet."

water is sold just about everywhere.

Brunch — a combination of

"breakfast" and "lunch" — is an

meal that is basically a large, late

breakfast, often as late as noon,

usually eaten on the weekend.

increasingly popular term for a

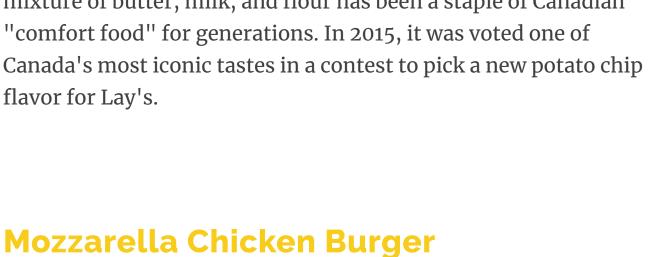
Brunch?

syrup, cereals, or hot oatmeal. For those in a rush, a

looks forward to enjoying after a long day of labour. This desire to make the meal enjoyable and satisfying means Canadians tend to have a lot of different things for **Canadian Breakfasts** pork chop, hamburger, or ground beef, cooked

country's thriving capital of cattle ranching. Canadian steaks and burgers will often brag about being "Alberta-fresh." **Fish**

coast, boiled lobsters are considered a delicacy in Canada, and usually quite expensive as a result. A symbol of wealth and luxury. **Potatoes** Potatoes thrive in winter climates and have remained another popular staple



Hotdog

events.

Beef weiner served in a special bun,

relish and onions. Popular at

barbecues, picnics, and sporting

Rotisserie Chicken

Slow-roasted chicken cooked in a

After pancakes, the second-most-

common sweet breakfast meal is

and lumps of white cheese curd.

French Toast

topped with mustard, ketchup, pickle

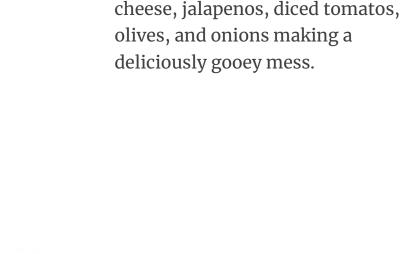
rotisserie, an oven that uses a rotating spit. There are a number of popular chain restaurants that sell this sort of chicken, particularly in Quebec.





halibut.





Timbits

holes."

Cake

Mexican corn tortilla chips baked with

Bite-sized, round balls of fried dough. Available in all the same flavors as the

Soft cakes with sugar or butter cream

icing are a very common dessert treat

at the end of a big meal, as well as the

standard dessert at parties for a

special event, like a birthday or

wedding. Common flavours are

Cupcakes

cheese icing.

chocolate, vanilla, or "Red Velvet."

Though just a muffin-sized cake with

have become a trendy food known for

thick frosting, recently these things

unusual flavors and stylish

Bread Pudding

softened with milk.

Snack Cakes

A somewhat old-fashioned desert

made from cut-up bread and raisins

According to a recent newspaper poll,

individually-sized, store-bought snack cakes are one of Canada's

Maple-flavoured

The national symbol you can eat!

Along with the ubiquitous maple

slices. A popular treat at tourist-

Potato crisps are perhaps Canada's

most common snack food. Available

in a vast variety of flavors including

sour cream, barbecue, pickle, "all-

dressed," and ketchup.

Glacier Water

Canada is home to some of the largest

freshwater reserves on earth, due to

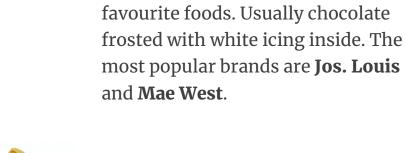
an abundance of lakes and glaciers. "Glacier fresh" Canadian bottled

syrup, Canada is home to all sorts of

maple-flavoured cookies, candies and

real thing. Also known as "donut

decorations. **Cinnamon Bun** A large, swirled bun filled with cinnamon goo and covered in cream



Sweets

treats.

heavy areas.

Chips



Canadian winemaking has undergone a bit of a renaissance in recent years, mainly in warm regions of B.C. and Ontario. Chardonnay, Cabernet and Pinot Noir tend to be standard fare.

Toronto pharmacist in 1919. Canada

Root beer is another odd soda with a

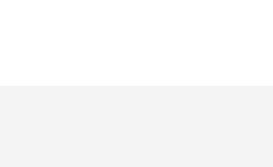
something like a mix of licorice and

vanilla. Many Europeans find it gross.

taste that's hard to describe —

Dry remains the leading brand.

Root Beer



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cities have their own local breweries **Ice Wine** Whisky A delicacy of many cold countries, ice Rye whisky has long been Canada's wine is produced by pressing grapes most famous hard liquor, with while they're still frozen. The result is Canadian Club and Crown Royal among the most well-known brands. an extremely sweet wine usually drunk as a dessert. **Ginger Ale** Caesar Dubbed the "only truly Canadian Ginger ale is a somewhat bitter, cocktail," the Caesar is a mix of Vodka ginger-flavoured soda invented by a

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