

The Hired Belly: Bites that thrill and chill

Seafood, shots and sips to keep cool this summer

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Patio-friendly Provence Marinaside gets jiggy with the lobster dishes this month.

The Hired Belly has been researching ways to stay cool during the current warm spell, which promises to continue for quite some time. While these tried and true methods may not be cure-alls in their own right, they might serve to mollify marginal mercurial suffering.

Consider the lobster

It's tough to beat a seat on Provence Marinaside's patio, overlooking False Creek, savouring crab and shrimp cakes with watercress salad and smoked tomato relish plus a glass of floral and citrus-toned Unsworth Allegro. Worth a nod: the new and smarter Provence sports an impressive post-makeover array of 32 wines on tap in an airy, casual setting. Coolest plate this month? Lobster Provençal-style (or grilled or steamed) with rice, grilled asparagus and peppers, lobster Thermidor, or local Lois Lake Steelhead trout and lobster — all part of the Atlantic lobster festival, through July 31. Details at provincemarinaside.ca.

