

On the Menu

Paige Matthie takes us with her as she samples the best Charlottetown has to offer, and at prices acceptable for the average student.

I'll try anything once - just as long as it's on my plate.

I have this idea about food that if people somewhere in the world eat it, it can't be that bad. In fact, it's probably amazing!

I've always plunged head-first into flavours and tastes with a sort of reckless abandon. It's food; it won't kill me to try it. In this column, I will venture out and explore all this city has to offer us in the way of food and drink.

Allow me to be your taste buds and take you along on

my foodie travels. With any luck, I'll introduce you to a new favourite eatery, or in the very least, save you some legwork. I may not have gone to culinary school, but I am fearless and love fun and fine food. So next time you're out, thinking of where to grab your next meal, go ahead, eat dangerously. I dare you.

Last week I went out to lunch with a friend and we dared to try Taiwanese food for the first time.

We headed to the Interlude

Café at 233 University Ave. and, as we stepped through the rainbow curtain at the door, we were greeted by the sunny glow of the goldenrod walls and charming music, which sounded like Taiwan's version of elevator tunes.

We seated ourselves and poured over the menu. The choices drew upon many different culinary cultures from the region, including a Thai hot and sour soup, and Chinese-style fried pork.

I started with a lemon chiller to drink, which had a glorious cooling effect on a rather humid day, and my friend opted for the mango version.

The drinks were basically just fruit pulp and ice blended together (mine with a touch of sugar to prevent

puckered lips), yet the flavours were so strong and fresh that they danced on the tongue and made for a very pleasing beginning to our meal.

Next up, I had the spicy mango salad. The combination of mango, honeydew melon, cucumber, and various shredded root vegetables surprised me, but it was a zingy and powerful surprise—they weren't kidding when they said spicy.

The chili pepper played nicely with the sweetness of the mango and was an exciting first course. For the main course, I decided to go with a classic wonton soup. The piping hot broth was a subtle complement to the punchy flavour of the salad.

The wontons were freshly made with a savoury and

lightly spiced pork filling and were swimming in crunchy Chinese cabbage and scallions. The flavours were intense yet well balanced and I left feeling satisfied, yet not stuffed.

In sum, the ingredients were fresh, the atmosphere was fun, the service was fast and friendly, the combinations were flavourful, and the price was right too.

This great lunch came in at under \$15.

The Interlude Café is now on my list of hot Charlottetown eateries. I'll definitely be making a return visit.

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