

# SUMMER SWEET TREATS & EATS in Downtown Brockville

By Andi Christine Bednarzig

Ah, it's summertime, and Downtown Brockville on a beautiful sunny day offers many opportunities to shop at some interesting boutiques and retailers. What is really a lot of fun is to visit some unique Cafés and Restaurants that offer some really intriguing and delicious food fare for the "Foodies" of all ages.

It was with this in mind that I decided to investigate with what I call the "Summer Sweet Treats & Eats Stroll" in the heart of downtown Brockville to find out what sumptuous treats I could find and taste to satisfy my "Sweet Tooth Cravings"

Here are some of the places I visited and what truly outstanding owners and food treats or desserts they had to offer:



## Boboli Café

**Owner: Kathy Lewis**  
**613-498-2957**  
**32 King St. W.**

For 26 years Kathy Lewis has been rising early to bake fresh fruit pies, chunky jumbo cookies and delectable cakes from recipes of her own creation at her café. Boboli, named after a romantic garden in Florence, is one of Brockville's oldest established businesses.

When asked what peoples' favourite treats were, Lewis replied that customers are anticipating her seasonal strawberry rhubarb pie. She picks the berries and rhubarb stalks herself, bakes everything from scratch, using no preservatives or thickeners.

Her diverse clientele includes travellers between Montreal and Toronto who pull off the 401 for some bold, beautifully-crafted coffees and sumptuous desserts. She's also served Americans who cross the border from the U.S. to have a taste of her home baked goodness.

*"Last week I sent a cake to New York City,"* she said.

Sampled were a mixed berry pie, with plump burgundy fruit and a crunchy crumble topping. Also, on sample, was a silky-smooth marble cheesecake, which perfectly melded the cocoa and vanilla flavours.

No wonder customers keep returning to this funky bistro-themed café. Just look for the orange Vespa in the window!



## Tait's Fresh Start Bakery

**Owner: Jay Leroux**  
**613-865-8800**  
**31 King St. W.**

**Website: [www.taitsfreshstart.com/](http://www.taitsfreshstart.com/)**

**or follow on facebook: @taitsfreshsince1908**

Since 1908, Tait's bakery and deli has been tantalizing Brockville residents with custom made birthday cakes, seasonal delights, and exquisite charlotte russe (assembled with lady fingers, Bavarian cream and fruit).

"The classic carrot cake," explained Pam Parr, a forever smiling employee, "is from a recipe from an old Chatelaine Magazine."

Owner, Jay Leroux and head baker, George Miedema, fill the trays behind the glass counter with time-honoured treats and new creations.

On weekday lunchtimes, Leroux is busy in his immaculate kitchen with preparations for the Meals on Wheels Program. Currently, the team is experimenting with diabetic friendly cuisine as well as gluten-free desserts.

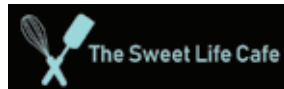
Sampled were a mille-feuille crisp, paper thin layers of puff pastry between creamy custard, coated with a thin white glaze and a drizzle of chocolate. Also tasted was the popular carrot cake, chock-full of walnuts and carrot threads, with smooth cream cheese icing.

Step into this old-fashioned, bustling deli and sample a treat your grandparents may have enjoyed while courting or try something exotic and new.



### The Sweet Life Café

**Owners: Jenn and Shawn Mills**  
**613-803-8882**  
**7 King St. W.**



**Follow on facebook @thesweetlifecafe**

Natural light streams through the large windows at The Sweet Life Café. The Tuesday morning Brockville Walking Group has congregated at a long table as Shawn Mills is busy ensuring that all coffee cups are filled.

For six years, Shawn and his wife Jenn have offered their sumptuous baked goods at the Brockville Farmers' Market. An opportunity arose, and they were able to open their own place. They can now offer their treats year-round. Jenn explained that her recipes have been gleaned from the internet and from her mum's friends' cookbooks.

Jenn offered two customer favourites to sample; a scone with plump blueberries with a lemony drizzle; and a cinnamon bun, which was not at all doughy, and had a bit of a crunch. When asked how his pastries turned out so incredibly light, Shawn replied enthusiastically that sour cream is an integral ingredient in making this tasty treat so successful!

A close stroll from the harbourfront, a stopover at this bright, cheerful café, and its lighter-than-air pastries will leave you on cloud nine.



### Cosies British Tea Room & Café

**Alison and Paul Goodyer and son Nick**  
**613-865-9179**  
**45 King St. W.**  
**Fb page: Goodyercosies**  
**Website: <https://cosiestearoom.com/>**



Step into an authentic British Tea Room, with Union Jack motif and miniature double decker buses. Cosies also houses a vast collection of tea pots and bone china cups donated by customers.

Alison and Paul Goodyer brought a bit of England with them when they emigrated from Devon. In 2017, they opened their own traditional tea room in partnership with their son Nick.

The Goodyers make their own signature flaky, buttery pastry for their many creations, such as eccles cakes, a round pastry with a nugget of currants, brown sugar and butter tucked inside. This recipe, according to Alison, was handed down from Paul's mother.

Recently enjoyed was a Cream Tea comprising a steaming pot of tea, a crock of clotted cream and strawberry jam made from local berries, alongside a scone. The clotted cream, as explained by Nick, is made by the Goodyers, involving a 12-hour cooking process.

Nostalgic for a British tea and sweets? Visit Cosies and be prepared to be charmed.



### Mrs. B's Variety & Dairy Bar

**Owners: Dave and Donna Fitzpatrick**  
**613-498-0377**  
**45 King St. E.**



Blink and you'll miss one of the last of old-fashioned convenience stores around.

At Mrs. B's you'll find ever smiling Dave Fitzpatrick or his wife, Donna, at the register, dispensing and verifying lottery tickets, reaching behind the register (for secured) tobacco products, preparing UPS packages for delivery, and ringing up sales.

Shelves are lined with chocolate bars, candy, assorted gums, and stacks of translucent plastic containers of wiggly gummy worms, jellies and other sweet treats.

Reach into a fridge for a refreshing Tim Horton's Ice Cap, Peak Ice Tea, an Energy Drink, or a Classic Coke in a glass bottle.

A freezer holds tubs of Kawartha Ice Cream, a local Canadian, family-owned dairy company.

Why Mrs. B's? The shop was originally owned by Mrs. Belanger. When the Fitzpatricks purchased the business 10 years ago, they kept the business name and it remains one of the favourite old-time convenience stores in the area!

Keep Mrs. B's in mind for a cool treat when strolling the hot sidewalks on the sweltering summer days ahead. **LH**