

feature

Today's cup of coffee

by Jennifer Roos

Java, liquid energy, morning fix, whatever you want to call it—coffee is a key element in the daily lives of most people, especially us students. Think about it, what do you rely on each morning to help you make it to that 8:30 class, or to keep you awake for those late-night study sessions? In addition to these charms, coffee drinking has to it a social aspect as well, hence the creation of coffee shops.

In Halifax, you needn't stray too far to find one, they're everywhere. How do so many stay in business? Either the city is inhabited with caffeine addicts or perhaps each shop has its own unique appeal that draws to it a different crowd. While it may be a combination of the two, I am willing to bet that each one of these cafés is distinctive—so over the next few weeks I'll be making my way around on a coffee shop crawl to let you know all about their individual charm.

The first coffee shop on my café crawl, The Daily Grind News Stand and Coffee Shop, is conveniently located on Spring Garden Road. The Daily Grind is a magazine/newspaper shop and café all in one. So you can purchase some reading material and proceed to the back where you will find a roomy café with lots of tables. The area is well-lit, relaxing music is playing softly in the background and the overall effect creates an atmosphere that is comfortable and cozy.

On the menu you'll find a variety of homemade soups, sandwiches and salads, and baked goods that look, smell and taste out of this world! And better yet, almost all of the baked goods are made at the shop so they're always fresh. In way of coffees, The Daily Grind serves up all sorts of flavours and types. You can get lattes, cafés-au-lait, cappuccinos and more, and the staff is happy to substitute skim milk for anyone who prefers it. The Daily Grind also offers decaffeinated coffee and various herbal teas.

*you needn't
stray too far*

When asked what makes this coffee shop unique, waitress Monika replied that the store is entirely a non-smoking environment—pleasing news for any non-smokers. So, for a smoke-free, relaxing and easy-going cup of coffee The Daily Grind News Stand and Coffee Shop is the place to be. You can drop in seven days a week from 7 a.m. until 11 p.m. Enjoy!

The next café that I visited, The Great Taste Coffee Shoppe, is also located on Spring Garden Road. The Great Taste offers a relaxing, no-hurry environment with both a smoking and non-smoking section. The effect of displaying multi-coloured

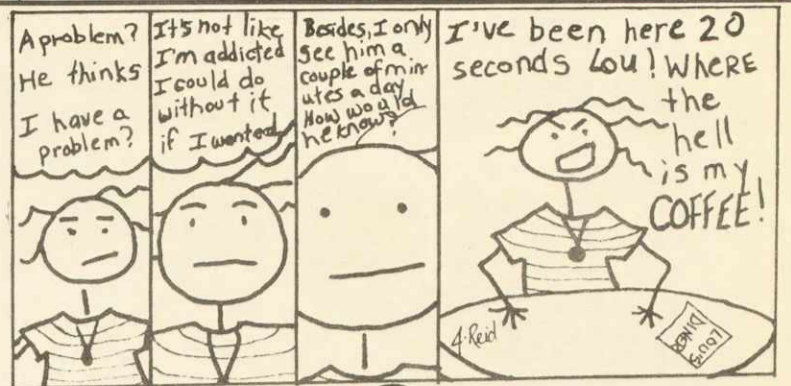
paintings and artwork (all for sale) in contrast with the brick wall creates an atmosphere that is at once bright and cozy. The background music is upbeat and pleasing, and the staff are friendly and ready to serve. While there are plenty of tables at the Great Taste, I found them a little on the small side if reading a newspaper is on your agenda.

Soups, sandwiches and bagels make up the menu at the Great Taste. You'll also find a variety of delectable baked goods and my weakness, cheesecakes. There are several coffee flavours to choose from and you can get cappuccinos, espressos, cafés-au-lait and more. If you want to brew your own coffee at home, The Great Taste also sells a variety of flavoured coffee beans as well as filters and mugs.

When questioned about the distinctiveness of this café, I was informed by one staff member, Heather, that The Great Taste Coffee Shop is unique because of its customers. She emphasised that she and fellow staff know a lot of the customers, making The Great Taste an ideal place to get a coffee and enjoy a friendly, familiar smile.

Join the club (The Great Taste offers free club cards where every 6th cup is free) for coffee, conversation, and even a game of cards, weekdays from 7 a.m. until midnight, and on the weekend from 8 a.m. until midnight.

Join me for coffee next week when I make my way to Café Amadeus and Grabba Jabba!



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Films on art and related cultural issues are screened every Wednesday at 12:30 pm and 8 pm in the Gallery.

This advertisement for the Dalhousie Art Gallery has been funded by the Canada/Nova Scotia COOPERATION Agreement on Cultural Development