

**1. Toronto Rehabilitation Institute**  
550 University Ave  
[www.uhn.ca/TorontoRehab](http://www.uhn.ca/TorontoRehab)

The Toronto Rehabilitation Institute helps people overcome the challenges of disabling injury, illness or age-related health conditions to live active, healthier and more independent lives.

**2. Princess Margaret**  
610 University Ave  
[www.uhn.ca/PrincessMargaret](http://www.uhn.ca/PrincessMargaret)

The Princess Margaret Cancer Centre, previously called Princess Margaret Hospital, is a scientific research centre and a teaching hospital in Toronto, Ontario, Canada, affiliated with the University of Toronto Faculty of Medicine as part of the University Health Network.

**3. Mount Sinai**  
600 University Ave  
[www.mountsinai.on.ca](http://www.mountsinai.on.ca)

Mount Sinai Hospital is a hospital in Toronto, Ontario, Canada. Mount Sinai is the main hospital of the Sinai Health System, although it is linked by bridges and tunnels to three adjacent hospitals of the University Health Network.

**4. SickKids**  
555 University Ave  
[www.sickkids.ca](http://www.sickkids.ca)

The Hospital for Sick Children, corporately branded as SickKids, is a major pediatric teaching hospital located on University Avenue in Toronto, Ontario, Canada. It is affiliated with the Faculty of Medicine of the University of Toronto.

**5. Toronto General**  
200 Elizabeth St  
[www.uhn.ca/OurHospitals/TGH](http://www.uhn.ca/OurHospitals/TGH)

The Toronto General Hospital is a major teaching hospital in Toronto, Ontario, Canada and the flagship campus of University Health Network.

**6. University of Toronto St George Campus**  
27 King's College Cir  
[www.ryerson.ca](http://www.ryerson.ca)

The University of Toronto, founded by royal charter in 1827 as King's College and the first institution of higher learning in the colony of Upper Canada has its colleges and campuses extending all over the city. The main campus is home to hundreds of faculty and students located steps away from The Bread Company.

**7. Ryerson University**  
350 Victoria St  
[www.harbourfrontcentre.com](http://www.harbourfrontcentre.com)

A career-oriented public research university known for many of its programs including engineering, business and the arts, Ryerson University is located in the heart of the city.

**8. OCAD University**  
27 King's College Cir  
[www.ocadu.ca](http://www.ocadu.ca)

OCAD University, officially the Ontario College of Art and Design University, is a public university located in Toronto, Ontario, Canada. The school is Canada's largest and oldest educational institution for art and design.

**9. Krispy Kreme Cafe**  
164 McCaul St, Toronto  
[www.krispykreme.ca](http://www.krispykreme.ca)

A longtime classic in the donut business, this Krispy Kreme is one of the few franchise locations located right outside The Bread Company, serving a variety of the signature, mouth-watering taste of Krispy Kreme donuts.

**10. Art Gallery Of Ontario The Grange**  
317 Dundas St W (located in Art Gallery of Ontario)  
[www.ago.ca](http://www.ago.ca)

Set in the historic Art Gallery of Ontario, the cafe offers a unique daytime experience for visitors to enjoy high-tea or coffee.

**11. Nathan Phillips Square**  
100 Queen St W  
[www.toronto.ca](http://www.toronto.ca)

Popular tourist attraction located in the heart of Downtown Toronto. TORONTO sign can be found here, food trucks, Toronto's national pet - the pigeon, as well as live free concerts and events

**12. Lucca Ristorante**  
308 Dundas St W  
[www.luccatoronto.com](http://www.luccatoronto.com)

Casual Loft experience, serving international tapas, small plates and craft beer

**13. Café Plenty**  
250 Dundas St W  
[www.cafeplenty.com](http://www.cafeplenty.com)

Enjoy freshly baked goods, gourmet sandwiches and salads made in house and served fresh at this independent cafe inspired by European cuisine.

**14. Kensington Market**  
Downtown Toronto (Spadina Ave, Bathurst St, Dundas St, College St.)  
[www.kensington-market.ca](http://www.kensington-market.ca)

A Toronto hotspot for all things thrifed, fresh food markets, and hidden resto bars that come alive at night. The market is a walkable hub to get a feel for the vibe and culture of Toronto

**15. Alo**  
163 Spadina Ave  
[www.alorestaurant.com](http://www.alorestaurant.com)

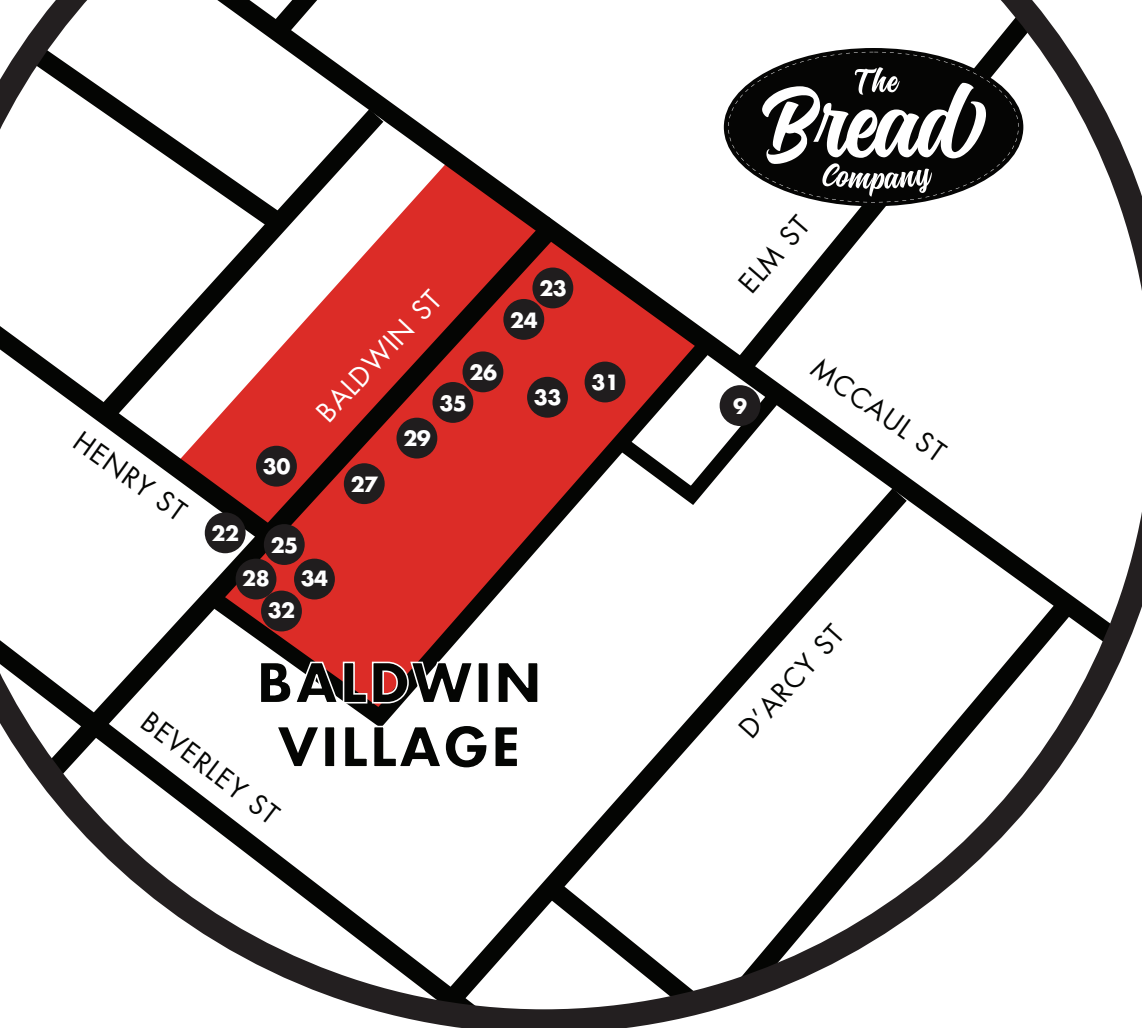
Voted #1 restaurant on Canada's 100 Best list, for the third year in a row, Alo is Toronto's most coveted dinner destination. Serving guests a multi-course menu of French cuisine, the walk-in bar offers seafood à la carte, and meat-based entrées, vegetable-focused sides and desserts.

**16. Bolo Love**  
364 Richmond St W  
[www.bodyloveinc.com](http://www.bodyloveinc.com)

A hip, fun, and dynamic atmosphere to get a sweat in, grab a green smoothie on-the-go, or sit down for a casual coffee.



193 McCaul St.,  
Toronto, Ontario



**17. Barry's Bootcamp**  
310 Richmond St. West Unit 1  
[www.barrysbootcamp.com](http://www.barrysbootcamp.com)

The original high intensity interval workout. Barry's Bootcamp, Richmond was the first Canadian studio and first Red Room in Toronto, Richmond will wow you with its expansive lobby and dedicated FLEX space. Fun fact: Richmond was also the first studio to feature escalators.

**18. Fit Squad**  
111 Peter St Unit 102  
[www.fitsquad.ca](http://www.fitsquad.ca)

Fit Squad delivers result-based group and personal strength training in Toronto, scheduled at your convenience and hosted in a fully equipped premium training facility.

**19. Sweet Jesus**  
106 John St  
[www.sweetjesusicecream.com](http://www.sweetjesusicecream.com)

I scream, you scream we all scream for 'Sweet Jesus ice-cream'! Try the signature soft serve ice cream with creative toppings located right around the corner from The Bread Company.

**20. The Porch**  
250 Adelaide St W  
[www.theporchto.com](http://www.theporchto.com)

A Toronto hotspot for enjoying patio season, this seasonal rooftop restaurant offers panoramic views of the CN Tower and the city skyline.

**21. CF Toronto Eaton Centre**  
220 Yonge St  
[www.cfshops.com](http://www.cfshops.com)

The mall has over 300 stores providing a true shopping experience. Conveniently located, the mall is served by two subway stations, Queen and Dundas.

**22. Bodega**  
30 Baldwin St  
[www.bodegarestaurant.com](http://www.bodegarestaurant.com)

Bodega is an intimate French bistro located in an old Victorian era home serving classic French cuisine, brunch on weekends and happy hour during the week.

**23. Omai Restaurant**  
3 Baldwin St, Toronto  
[omairestaurant.ca](http://omairestaurant.ca)

Omai is a Japanese restaurant that serves Pan-Asian inspired cuisine, specializing in sake and sushi handrolls by Chef Edward Bang. It was nominated as Canada's Best New Restaurant by Air Canada in 2018.

**24. The Winding Road**  
5 Baldwin St.  
[the-winding-road-restaurant.business.site](http://the-winding-road-restaurant.business.site)

The Winding Road is a Northern Chinese styled restaurant that serves-up a delicious menu which includes happy hour bites and vegetarian options.

**25. Koh Lipe**  
35 Baldwin St.  
[www.kohlpe.com](http://www.kohlpe.com)

Koh Lipe is named for the beautiful island in Southern Thailand and specializes in dishes from the region. It is part of the same family of restaurants as Eat BKK and Si Lom.

**26. Charidise**  
27 Baldwin St.  
[www.charidise.com](http://www.charidise.com)

Charidise is a gourmet Taiwanese restaurant serving up traditional Taiwanese food as well as their spin on North American favourites like burgers and poutines.

**27. PanPan Noodle Bar**  
21 Baldwin St

PanPan Noodle Bar specializes in hot-dry alkaline noodles, a popular street food from the Chinese city of Wuhan. This is the perfect place when you have a noodle craving and want an alternative to the city's many ramen spots.

**28. Kinton Ramen**  
51 Baldwin St  
[www.kintonramen.com](http://www.kintonramen.com)

Kinton Ramen was the first authentic Japanese ramen bar to open in Toronto. Focusing solely on ramen in the kitchen, executive chef Aki Urata is uncompromising in his pursuit to serve the best quality noodles and broth.

**29. Valens**  
19 Baldwin St  
[www.valens.ca](http://www.valens.ca)

Casual grill featuring breakfast, Italian-inspired dishes & steaks, with a leafy patio & a full bar.

**30. Café La Gaffe**  
24 Baldwin St

Cozy, colourful bistro featuring a bohemian vibe, Mediterranean fare & a lengthy wine list.

**31. Midi Bistro**  
168 McCaul St

Upmarket French fare with a variety of mussels & fixed-price meals in a boîte with bistro chairs.

**32. Some Time BBQ**  
43 Baldwin St  
[www.sometimebbq.expancio.com](http://www.sometimebbq.expancio.com)

Some Time BBQ is a comprehensive restaurant with Sichuan cuisine, home cooking, barbeque, grilled fish, and noodles.

**33. Cubeshops**  
11 Baldwin St  
[www.cubeshops.com](http://www.cubeshops.com)

Cubeshops specializes in products that are unique and will appeal to people of all ages; the trend-setters of the world. From office supplies to housewares, from entertainment to functionality, Cubeshops looks for the best undiscovered manufacturers in the world.

**34. Carbonic Coffee**  
37 Baldwin St

This simply decorated haunt offers espresso drinks made with house-roasted beans plus baked goods.

**35. Light Cafe**  
23 Baldwin St  
[www.lightcafe.ca](http://www.lightcafe.ca)

Trendy, modern setup for colourful Taiwanese drinks paired with sandwiches, salads & desserts.