

CONSCIOUS



CITY GUIDE

TORONTO, CANADA



# ABOUT

These guides serve to steer you in being more conscious and environmentally-minded when deciding where to eat, stay, and play when visiting a city. I've done the legwork for you, so you can feel good knowing you are making the most conscious choices to minimize your impact.

*Victoria*

STAY





# I HOTEL TORONTO

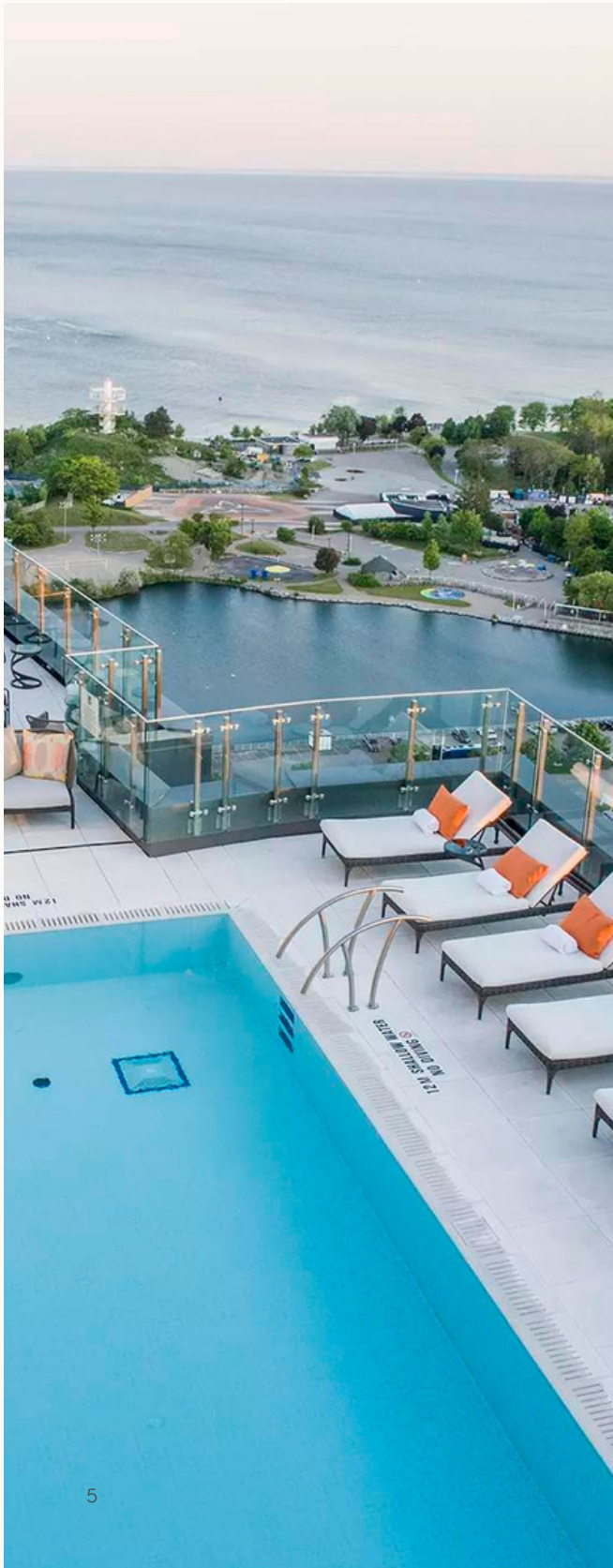
This mission-driven hotel – located in Toronto's fashion district – features meaningful materials like reclaimed timber, native plants, driftwood, and local marble.

The hotel's zero-waste commitment diverts more than 85% of waste from landfills. Water and energy consumption is kept to a minimum with low-pressure showers/faucets, and energy-efficient heating and cooling systems. The operational footprint is further reduced with carbon offsets, and guests' loyalty points can be redeemed to offset the impact of their stay by funding projects like reforestation, renewable energy and conservation.

The hotel boasts a zero-waste restaurant, serving sustainably sourced farm-to-table cuisine, with 100% of the kitchen oil and grease being converted into biofuel. An on-site composter keeps organic waste out of landfills, and put to use to feed plants across the property and neighbouring parks. The on-site garden pavilion grows a selection of 100% organic herbs, fruits, vegetables and pollinator perennials. It is also home to a "Bee Hotel", a habitat to attract pollinators.

Guests can borrow a complimentary bike, or have the energy-efficient house vehicle take them within 3km of the hotel.

550 Wellington Street West  
Toronto, ON  
[ihotels.com/toronto](https://ihotels.com/toronto)



## HOTEL X TORONTO

Located on Toronto's Exhibition Place grounds, Hotel X pursues a number of sustainability initiatives.

On-site renewable energy systems and efficient lighting and controls are used throughout the facility to minimize consumption. Food and beverage adheres to a 'buy local' program that promotes Ontario grown produce, and a food composting program helps reduce organic waste. A garbage compression program helps reduce not only the volume of waste generated, but also limits the carbon emissions from transporting disposed items.

Rain water is collected in an underground cistern and the gray water is used for irrigating green spaces. Green roofs help reduce the reflective heat radiation from the building, using climate appropriate plants.

Tesla charging stations (including 12 superchargers) are available on-site for electric vehicles..

111 Princes' Blvd.  
Toronto, ON  
[lhotelxtoronto.com](http://lhotelxtoronto.com)

# ANNEX HOTEL

This boutique hotel – located in Toronto's Annex neighbourhood, has breathed new life into its 100-year old 3 storey structure. The minimalist accommodations have everything you need and nothing you don't. It is entirely mobile, meaning there's no front desk, but hosts are just a text message away and replies are swift.

Rooms are modern and stylish with clean-lined wood furnishings, crisp white linens and unique artwork from Canadian artists. Large-format bathroom amenities from Grown Alchemist are used in place of wasteful minis, and housekeeping is by request. Bonus: Each room has its own turntable and record selection, and access to guided breathing exercises through *Othership*.

The in-house wine bar has a unique wine list that is curated with natural and biodynamic wines. In the cafe, recycled paper cups and metal straws are used.

To help guests get around the city, electric scooter rentals will soon be available, and the new Annex vehicle is a sleek Tesla.

296 Brunswick Ave  
Toronto, ON  
[theannexhotels.com](http://theannexhotels.com)



EAT





## 1 KITCHEN

For this zero-waste restaurant, preserving the beauty and bounty of nature and supporting local farmers and growers is central to their sustainability mission. Local purveyors provide 1 Kitchen with the freshest, most ethically-sourced ingredients to ensure a mindful dining experience.

On this farm-to-table menu you'll find fare like avocado toast, salads, burgers, charcuterie and cheese boards, and more. The wine list highlights many biodynamic or organic wines, as well as handcrafted cocktails using cold-pressed juices.

1 Kitchen partners with 5n2 Food For All and Second Harvest to provide meals for those suffering from food insecurities.

550 Wellington Street West  
Toronto, ON  
[1hotels.com/toronto](https://1hotels.com/toronto)





## MOTHER

Named one of North America's 50 Best Bars of 2022, Mother Cocktail Bar is a must-visit. Their name comes from a key ingredient in kombucha-making and fermentation called the 'scooby', otherwise known as the 'mother'.

With World Class Canada Bartender-of-the-Year Massimo Zitti at the helm, their entire drink program is rooted in fermentation and natural preservation techniques that preserve the essence of simple ingredients and give life to brand new flavours. All of the bitters, mists, infusions, sodas and tinctures are made in-house, reusing botanicals and fruits as much as possible.

More than a cocktail bar, their sustainable food menu showcases their philosophy of zero-waste, by reusing most of the ingredients at least twice. Hot tip: The house-baked sourdough bread is not to be missed.

In keeping with their commitment to upcycling, empty liquor and spirit bottles are used as table water vessels.

874 Queen Street. West.  
Toronto, ON  
[motherdrinks.co](https://motherdrinks.co)

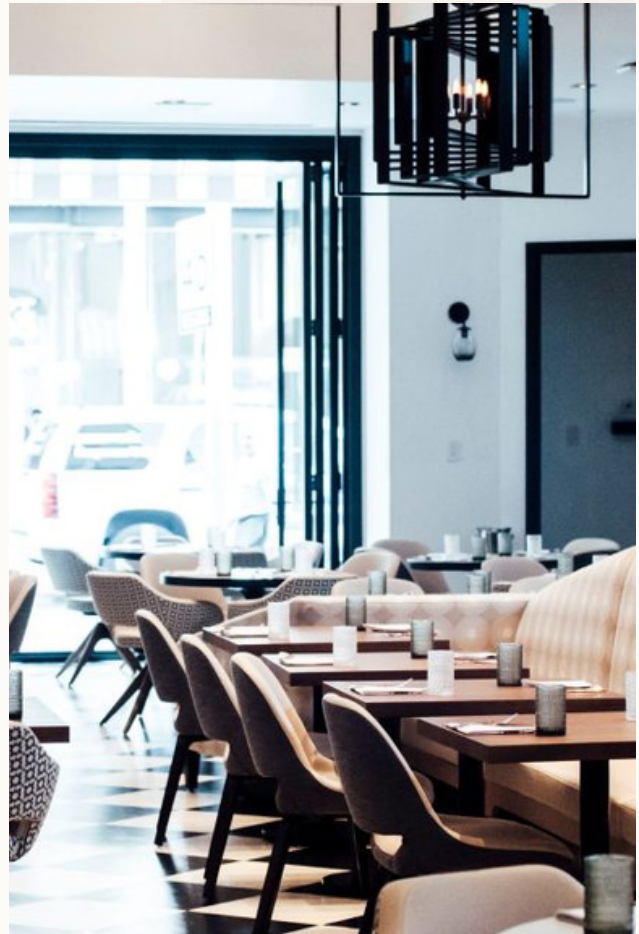
# PLANTA

The environmental impact of animal agriculture is well established, so if we all scale back on the amount of meat we eat, the planet will thank us. Needless to say, this restaurant is 100% plant-based, but you don't need to be a plant-based diet devotee to enjoy it.

With locations in Toronto, New York and Florida, the menus reflect seasonality and available local produce to reduce the impact of long-haul transport whenever possible. You'd never know the Planta Burger is plant-based, and the Habibi Bowl with roasted cauliflower, falafel and tahini is stellar.

They strive to operate in a paperless and reduced-waste environment, eliminating printed materials, single-use water bottles and coffee cups. They also ensure all of their produce and supplies are delivered in reusable containers to reduce waste and their takeout packaging is made from 100% compostable materials.

1221 Bay Street  
Toronto, ON  
[plantarestaurants.com](http://plantarestaurants.com)





## AVLING

Located in Toronto's Leslieville neighbourhood, this farm-to-table restaurant and brewpub fosters relationships with suppliers who prioritize regenerative production methods and sustainable approaches.

Their 4,000 sq. ft. rooftop farm grows everything from tomatoes to apples and garlic, and even the hops used to make their beer. They grow their crops using ecological farming methods, such as crop rotation, composting, organic seeds and natural fertilizers. They chose them based on flavour, increasing biodiversity, particularly to attract native pollinators and crops suited to their unique rooftop environment.

Their brewery sources ethically and responsibly-farmed Canadian ingredients. The 99% symbol, now found on a number of their cans, means that everything that goes into the beer comes from Ontario.

1042 Queen Street East  
Toronto, ON  
[avling.ca](http://avling.ca)



## BALZAC'S

Balzac's is continuously committed to reducing the environmental impact of their operations, both in their cafes and their coffee production. They roast beans with the eco-friendly Loring Smart Roaster, reducing energy consumption and greenhouse gas emissions by up to 80% compared to a conventional coffee roaster.

They are a certified green restaurant and they were the first coffee company in Canada to become LEAF (Leaders in Environmentally Accountable Foodservice) certified. All of their cocoa, sugar and espresso coffee are Fairtrade Organic.

Partnerships with Second Harvest and Foodrescue.ca help minimize food waste, feeding people in need and keeping food out of the landfill. Guests can bring their own reusable cup and receive \$0.25 off the beverage price. They use biodegradable cutlery and straws, and their yellow lids are recyclable.

Multiple Locations  
Toronto, ON  
[shop.balzacs.com](http://shop.balzacs.com)



# STEAM WHISTLE BIERGÄRTEN & TAP ROOM

One of Canada's most beloved independent breweries, Steam Whistle is committed to minimizing their impact by continually seeking out initiatives to improve their footprint.

A deep lake water cooling system temperature controls their building (The Roundhouse), providing a sustainable, low-carbon and energy-sharing alternative to energy-intensive compressors and chillers. The system is estimated to displace 55 MW of energy a year from Toronto's electricity grid.

Their iconic green pilsner bottles are used with 33% more glass than the traditional brown bottle, allowing them to be reused multiple times. The bottles also use less waste by foregoing sticker labels in favour of painted labels.

They support a number of community organizations including The Gord Downie & Chanie Wenjack Fund, to raise awareness for Indigenous reconciliation and the urgency to work together as Canadians to build a more inclusive and united country.

255 Bremner Blvd.  
Toronto, ON  
[steamwhistle.ca](http://steamwhistle.ca)



PLAY



## PROVINCE OF CANADA

Located in Toronto's East end Leslieville neighbourhood, Province of Canada is a great shop to browse for apparel and home textiles that are honestly made in Canada.

For this anti-fast fashion brand, made in Canada is central to their brand, and every single one of their products is designed and manufactured locally. The majority of their cotton is 100% organic and knit locally and grown sustainably.

Every piece with a silkscreen or raised print is printed using environmentally friendly, plastisol inks. They do not use inks that contain ozone depleting substances. Their online orders are shipped in certified compostable packaging. The brand continually strive to reduce their environmental footprint.

My pick: Flag Long Sleeve Tee Black - Unisex. 100% GOTS certified organic 9oz cotton.

1004 Queen Street East  
Toronto, ON  
[provinceofcanada.com](http://provinceofcanada.com)



# FORMULA FIG

A skin care staple in BC, Fig Bar has landed in Toronto offering high-tech and results-driven facials that are done in 30 minutes.

The minimalist design-forward studio – with its sleek lines and rich green hues – uses mindfully sourced materials as well as low VOC paints. Fun fact: The tiles are sourced from the same supplier as the London tube. Shelves are kept clutter-free by foregoing point of sale type materials. Their office space is furnished using only re-purposed furniture and fittings.

By using facial chairs instead of beds and biodegradable sponges in their treatments, they use 75% less laundry than a traditional spa.

Purchases are bagged in reusable totes that can be used to bring empty skincare, makeup or other personal care product bottles back in exchange for credit as part of their TerraCycle recycling program.

50 Ossington Ave  
Toronto, ON  
[formulafig.com](http://formulafig.com)







## EVERGREEN BRICKWORKS

Once an industrial brick factory, this dynamic public space—located in a 200-hectare park— is an internationally-renowned showcase of green design and urban sustainability.

The year-round Saturday farmers market offers the widest variety of local and seasonal food in the city. Visitors can meet and shop from farmers and vendors whose products are sustainable and ethical. Feast ON certification guarantees vendors are committed to strengthening Ontario's local food economy.

The Sunday artisan and vintage market (running May - November) connects visitors with local artists, makers and vintage sellers, offering products from eco-friendly beeswax wraps and candles to locally-made clothing, unique hand-made jewelry, wood and leather goods.

Recycling and organic composting initiatives have diverted 25.09 tonnes of waste from landfill.

550 Bayview Ave.  
Toronto, ON  
[evergreen.ca](http://evergreen.ca)



## BIKE SHARE

Reduce emissions by exploring the city by bike. Readily available throughout the city, you'll find Bike Share kiosks, where at the click of a few buttons you can be on your way.

Just download the app, unlock a bike and away you go. For just \$7 you can enjoy 24hr access to unlimited 30min rides. If you want to ride longer, just dock your bike and unlock another.

Multiple locations  
[bikesharetoronto.com](http://bikesharetoronto.com)



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WRITER • CREATIVE