

# gastropost

FOOD MISSIONS FOR FOOD LOVERS



## MISSION COMPLETED: NICE AND TOASTY

Last week, we asked you to post your favourite toasted foods. Gastroposters turned up the heat on everything from panini, French toast, tasty sandwiches and much, much s'mores. On these pages, [Twitter handles are in blue](#) and [Instagram in brown](#).



**Sophia Hu**  
[@sophia\\_smiles](#)  
Gotta have a hearty breakfast



**Nola Brown**  
[@nola1088](#)  
Sandwiches are always better nice and toasty



**Cat Currell**  
[@karahmelle](#)

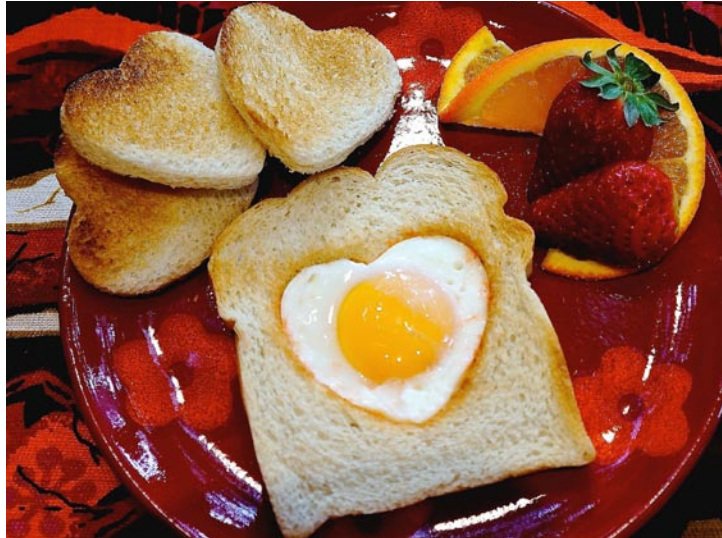
Vegan s'mores French toast.



**Vinita Trieu**  
[@vinitasfooddiary](#)  
Salami, spinach and goat cheese panini



**May Chau**  
[@may\\_chau](#)  
Omelette, hash browns and whole wheat toast



**Nancy Josland Dalsin**  
Frequent Gastroposter

Nice and toasty birthday breakfast for my husband.



**Kristen Ferma**  
[@bmiccalculator\\_\\_](#)  
Avocado toast



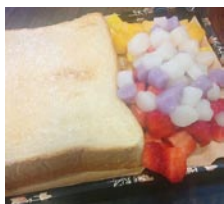
**Sarah Bogue**  
[@rahbogue](#)  
Toasty cauliflower crust pizza



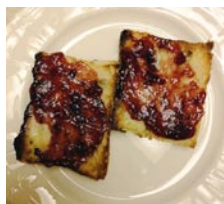
**GayLani Lumanog**  
[@gaylani](#)  
Whole wheat bread sticks



**Lexi Kish**  
[@wonderfultreats](#)  
We use up our leftover bread for French toast



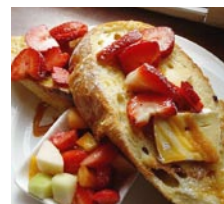
**Anita Quong**  
[@anita\\_quong](#)  
Mango, strawberry and mochi honey on toast



**Calyx Serafini**  
[@calyxserafini](#)  
Kicking it old school: toast with jam



**Angel Wong**  
[@bbangel86](#)  
Decided to make some snacks: raisin scones



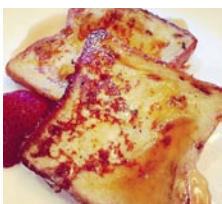
**Lisa Cheung**  
[@hungryvancouver](#)  
Sweet and salty French toast



**Nora Hamade**  
[@nomnomyvvr](#)  
Chicken brie sandwich from Terra Breads



**Christa Yeung**  
[@kuriboshi](#)  
Crispy egg avocado toast is back



**Jennifer Goldfinch**  
[@jgoldfinch](#)  
French toast made with orange juice and eggs



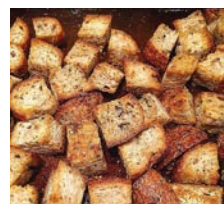
**Paula Spurr**  
[@cowpunkmom](#)  
Apple sunflower bread makes great toast



**Hanson Do**  
[@hansondee](#)  
The "El Rojo" from Sammich Café



**Bethany Ho**  
[@bitesofvancouver](#)  
Lobster rolls



**Stephanie Bury**  
[@stephanie\\_bury](#)  
Frozen/stale bread is destined for croutons



**Carmen Graham**  
[@carmenholly](#)  
Peanut butter, banana on toasted bagels



**Willa Tam**  
[@frvanilla12](#)  
French toast for breakfast



**Jodi Hill**  
[@algyax](#)  
Croissants = toasted perfection

# YOUR FOOD COULD BE IN THE PAPER, TOO



Lisa Nguyen  
@shortylis  
Roasted marshmallows this weekend

## Alannah Anslow

Second-time Gastroposter "Shark Tooth toast." Fig and anise bread, smoked cheddar and a touch of Dijonnaise.



Maria Masi  
Frequent Gastroposter  
Spicy toasted almonds



Jennie Yuen  
@jennieyuen  
Toasted bruschettas

## JOIN US!

- ✓ Get your food pics & ideas published in The Province
- ✓ Be the first to find out about new missions



Nana Mizuno  
@bananavox  
Lobster sandwich on the beach

## Eric Hamilton

@fotoauthor  
An assortment of quinoa and cheese buns toasted with cheddar cheese and topped with turkey. It's delicious!



Trudy Tran  
@trudytran  
French toast with a kaya filling. Yum!



Julia Liou  
@jurrial  
My boyfriend took me out for honey toast

## YOUR NEXT MISSION: MAKE IT GRAIN

High in fibre, vitamins and minerals, there's so much to be gained from grains. Health benefits aside, they also bring a variety of flavours and versatility to the table. So it's no wonder why grains are on food lovers' radars as a hot trend for 2015. **This week, your mission is to make it grain.** Whether it's beer, bread or brownies, rice, farro or quinoa, enjoy it and share it with your fellow Gastroposters.



Photo of quinoa bowl by Gastroposter *Jessica Steele*



Madeleine Quon  
Frequent Gastroposter  
Tea and crumpets, anyone?

## Grant Snow

@chefsbackpocket  
Applewood smoked pulled pork and aged Gouda cheese on artisan sourdough.



Mary Sheridan  
@maryinvancity  
Ahi tuna tostada from Earls Restaurant



Coco Chan  
@hungerventure  
Toasted banana bread

## GASTROPOST IT

Whatever you eat in order to complete the mission, **the important part is sharing it with the Gastropost community.** There are several ways to do that:



Follow us on Instagram and tag a photo with #gastropost



Post a photo through Twitter and tag it with #gastropost



Post directly to our website



Jessie Liang  
@jessieksf  
French toast

## Tammy Ross

@tross1171  
Burrata and prosciutto on crostini from Trattoria.



Julia Zhou  
@heartfood\_yvr  
Cattle French toast



Marialyn Carolino  
@marialync78  
Seafood fettuccine and grilled garlic toast

Visit [gastropost.com](http://gastropost.com) to see what your fellow Gastroposters have been eating.



Elaina Yuan  
@laineeb  
Sunday breakfast with toast, egg and cheese

## Dominic Dobrzensky

@count3d  
Cheese and hummus English muffin.



Brayden Beenewbs  
@beenewbs  
Toast



Angie Wright  
@fridaycakenight  
Toasty s'mores dip

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DON'T HESITATE TO GET IN TOUCH WITH US. WE'D LOVE TO HEAR FROM YOU.

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