

# CANMORE DINING

A TEMPTING SELECTION OF CANMORE'S FAVOURITE RESTAURANTS

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## Diving into a Pot of Seafood at Sage Bistro

May 26, 2015  
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After a week of relentlessly sunny skies, this week has the mountains covered with dreary grey skies and random rain showers. I decided that nothing cures rainy day blues like a good glass of white, so I headed over to Sage Bistro & Wine Lounge.

I had already toured the venue while working on the Canmore Dining Guide and I was keen on actually sitting down and sampling something from their menu.



While the upstairs wine lounge isn't open for lunch, I look forward to returning for an evening filled with wine and food. There is one patio in particular that I am dying to sit on, it's intimate and has a couple of couches gathered around a central table rather than multiple tables spread around.

When I was sat at my cozy corner table in the dining room, I asked to see the wine lists from the lounge and the bistro. The waitress was incredibly helpful, and explained that while many items on the list were the same, there were a few differences in the wines and the pour amounts. I opted for a German riesling from the dining room, since I prefer white wines that aren't dry and have a bit of sweetness to them.

The menu also made mention of the restaurant's Coravin system, a technology that allows access to bottles of wine without needing to pull the cork for a sample. A thin needle is inserted into the cork to draw the wine, and then pressurizes the bottle using argon (a naturally occurring gas) to allow the wine to pour. Once the liquid is extracted, the needle is removed and the cork naturally re-seals itself. How amazing is that?! It's perfect for those of us who wish to try really expensive wine but can't afford the whole bottle.

I ordered the PEI mussel appetizer, my go-to meal at restaurants I've never been to. I just can't help myself; the simplicity of shellfish with the restaurant's take on a complementary broth is too compelling to pass up!

Sage Bistro's mussels are served with creamy white wine sauce, filled with garlic and large chunks of roasted shallots and accented with fresh green onions. The dish came with thick-cut slices of warm bread with a housemade butter creation. I didn't realize there was a bread accompaniment, so I also ordered a small side order of fries to make the dish into moules frites. The broth was beautifully flavoured and thick enough to thoroughly coat the fries or bread, and the mussels were large and perfectly cooked.

The server did a wonderful job. I observed her help the other tables, and saw that she was extremely knowledgeable about the wines and menu items, and came around to check on me enough that I felt taken care of, but not often enough to be overbearing. I really appreciated that she allowed me to choose between the two different wine menus (other servers may not have been as flexible).

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