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RECIPES DRINKS COOKING FOOD NEWS LIVING TRAVEL

GIFT GUIDES NEWSLETTER MAGAZINE



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DRINKS

Light, low and no alcohol drinks for summer

LATEST RECIPES



SHRIMP SALAD WITH MELON AND THAI BASIL COPY



SHRIMP SALAD WITH MELON AND THAI BASIL COPY

MASALA STREET CORN

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ACIDIC GUIDES low-alcohol drinks: There are numerous terms you'll see on cans, bottles and packaging for sober drink alternatives in Canada. What does each *actually* mean? We went straight to the official source – the [Government of Canada](#) – to find the difference between them each.

Light alcohol drinks

What does light alcohol mean?

Drinks labelled “light” are regulated by type – light wines must have 9% alcohol or less, while light ciders must have 4% or less and light whiskeys 25% or less. Beers between 2.6% and 4.0% are considered light.

Light alcohol drinks we love:



CHOCOLATE BUTTER TARTS

LATEST FOOD TRENDS



10 EASY MEAL SALADS TO PUT ON REPEAT THIS SUMMER



EXPERTS

5 MUST-TRY CIDER AND CHEESE PAIRINGS, ACCORDING TO



5 CANADIAN RESTAURANTS TO EAT AT LIKE YOU'RE IN 'THE BEAR'



PARADISUS BY MELIÁ IS SETTING THE STANDARD FOR ALL-INCLUSIVE VACATIONS IN THE DOMINICAN REPUBLIC AND MEXICO



18 CANADIAN-MADE HOST AND HOSTESS GIFTS

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GUIDES

NEWSLETTER

MAGAZINE

brewery out of a refurbished schoolhouse in Beamsville, Ont. – their new light American-style lager is called “Old School” in a nod to the origin story. Light-bodied and crisp with a subtle, herbal character, this beer has delicate aromas of aromas of maize, water crackers and light bread.

ABV: 3.8%

\$3

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from Bottega is a fresh, zesty blend of sparkling wine, Sicilian Limoncino and fresh mint. It’s fresh and full-bodied, with a slight bittersweetness and tart citrus taste. Mix with Prosecco or sip solo – don’t forget the lemon wedge or mint leaf to garnish.

ABV: 5.4%

\$15.50

SHOP NOW

Grigio is full-flavoured, elegantly balanced, bright and lively with only 1 gram of sugar and 90 calories per serving. With delightful notes of white peach, pink grapefruit and Meyer lemon, Sidney is the perfect treat for the moderation-minded. Available at the Wine Rack.

ABV: 7%

\$16.95

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Search input fields with a magnifying glass icon.

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Emerald Cruises May...



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Sortilège
Blueberry,
Sortilège

Quebec's **Sortilège** uses maple syrup in their whisky distillation process – a nod to the traditions of French Canada's early settlers, who added maple syrup to their *eau de vie*. This one is flavoured with wild blueberries from Lac St. Jean for a fruity, summer-ready whisky.

ABV: 23%

\$36

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NEWSLETTER
Bramble Berry
Light Cider,
Shiny Apple
Cider

Shiny Apple
Cider unveiled

their new Bramble Berry flavour this year, a vegan- and gluten-free Ontario light cider with a fruity kick.

Tart blackberry and lemon flavours lead to a subtle botanical finish. This one picked up two gold medals at the 2024 **All Canadian Wine Championships**.

ABV: 4%

\$3.50

SHOP NOW

MAGAZINE
Stoneleigh
Lighter Rosé,
Stoneleigh

The new easy-drinking wine from New Zealand's

Stoneleigh is an extra-light rosé with a bouquet of red berry and orchard fruit aromas.

Fresh and vibrant on the palate with delicate flavours of yellow plum, this wine is

made sustainably from orchard to bottle.

ABV: 9%

\$20

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mean? GIFT GUIDES NEWSLETTER MAGAZINE



According to federal Canadian regulations, “low alcohol” is an acceptable claim for a product with less than 1.1% alcohol by volume. “Contains less than (naming the percentage alcohol)” is also acceptable on low alcohol products.

Low alcohol drinks we love:



Paradisco
Hazy IPA,
*Tuesday
Brewing*

Tuesday
Brewing, a new
Canadian line
of non-
alcoholic beers,
has released
their Paradisco
Hazy IPA just
in time for
summer. The
tropical, hoppy



Pricky Red,
Studio Null

For a premium
low-alcohol
red, look
towards
California’s
wine country.
Studio Null’s
new Pricky Red
is a dry blend
of Tempranillo
and Syrah with
a carbonic bite
and savoury,



Golden Pale
Ale by Ellie
Black,
*Sober
Carpenter*

Halifax’s Ellie
Black is set to
become the
first Canadian
artistic
gymnast to
compete at four
Olympic
Games this
summer – and

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of resinous pine
GIFT GUIDES
– plus a kick of

Vitamin C.

ABV: 0.5%

\$12/4

SHOP NOW

French oak
NEWSLETTER
after

fermenting in
concrete tanks.

ABV: 0.3%

\$46

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to celebrate.
MAGAZINE

This golden
pale ale has a
light, balanced
profile and only
40 calories.

ABV: 0.5%

\$43/12

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Wander+Found
Variety Pack,
Wander+Found

Lemongrass
Ginger Saison,
Libra

Pilsner,
Partake
Brewing

Toronto's
Wander+Found
has recently
debuted three
of their popular
non-alcoholic
wines – the
Sparkling
Cuvée Blanc,
Sparkling Rosé

Meet the new
limited-edition
brew from
Libra: Their
botanical-
powered
Lemongrass
Ginger Saison
beer is a blend
of herbal notes

With only 25
calories and less
than 0.5%
alcohol, the
new limited-
edition Pilsner
from Partake
Brewing can be
enjoyed guilt-
free. A mild



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from Upside
GIFT GUIDES
Drinks.

Order up some
NEWSLETTER MAGAZINE
Thai and

finish.

ABV: <0.5%

\$25/6

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discover your
new favourite
pairing.

ABV: 0.4%

\$12/4

SHOP NOW

ABV: <0.5%

\$30/12

SHOP NOW

Dealcoholized drinks

What does the term "dealcoholized" mean?

In line with the true nature requirements, the term "dealcoholized" may be used to describe a product whose alcohol level has been reduced to a level less than 1.1%, as part of the common name (for example, dealcoholized wine).

Dealcoholized drinks we love:

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iOTA Non-Alcoholic Cerveza, iOTA & Phillips Brewing & Malting Co.

Non-Alcoholic California Chardonnay, Yours

Alcohol-Free Caribbean Spiced Spirit, Ish

The new Mexican-inspired beer from iOTA is a Cerveza-style lager with hints of freshly-made corn tortillas, malt, soda crackers and floral hops, all leading to a crisp, clean finish. The light-bodied beer is brewed with malted barley from local Vancouver Island farmers.

This award-winning, small-batch Chardonnay is free from the lingering sweetness that many dealcoholized wines are characterized by. Instead, you'll taste crisp green apple and citrus notes on the palate, with subtle hints of vanilla and oak providing a creamy, luxurious mouthfeel.

This nonalcoholic spirit starts with rum from Jamaica and Martinique before undergoing a process known as "supercritical Co2 extraction" which gently removes the alcohol while preserving the flavours. Vanilla, nutmeg and baked apple flavours come together to create a lush, complex flavour.

ABV: 0.5%

ABV: <0.5%

ABV: <0.5%

\$35/12

\$38

\$35

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Non-Alcoholic
Margarita
Pour-Over,
Spiritless

The team at [Spiritless](#) uses a proprietary reverse distillation process to dealcoholize their Jalisco 55 Tequila, an herbaceous reposado. The new canned Margarita RTD adds cane sugar, fresh lime juice and sea-salt for an easy pour-over cocktail.

ABV: <0.5%

\$16/4

Søbrii Zero
G&T,
Søbrii

That's right: [Søbrii](#) – who created Canada's first dealcoholized non-alcoholic spirit in 2017 – has officially entered the RTD game. Their Zero G&T has no sugar, calories, preservatives or (of course) alcohol: just clean botanical flavours with a subtle effervescence.

ABV: <0.5%

\$4

Grand Cuvée,
Prima Pavé

Meet the latest release from Italian dealcoholized wine producer [Prima Pavé](#) (who go by the slogan “Sans Alcohol Has Never Been So Chic”). The bready, bone-dry Grand Cuvée is made with Chardonnay grapes and has by racy acidity with a persistent finish.

ABV: 0.0%

\$40

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What is considered to be “non-alcoholic” or “alcohol-free”?

In line with true nature requirements, the term “non-alcoholic” or “alcohol-free” may be used to describe a product whose alcohol level has been reduced to a level less than 0.05%, as part of the common name (for example, non-alcoholic beer).

Non-alcoholic drinks we love:

Spritz Italiano,
De Soi

The latest product from [De Soi](#) (a line of non-alcoholic sparkling aperitifs co-

Desert Margarita,
Parch Spirits Co.

The new non-alcoholic Marg from [Parch Spirits](#) is a triple-citrus

Blanc de Blancs,
Leitz Eins Zwei Zero

The newest addition to [Leitz Eins Zwei Zero's](#) alcohol-free wine

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Take on the classic Italian spritz, featuring zesty citrus flavours with herbal and floral notes.

ABV: 0.0%

\$6.50

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Off with their organic Blue Weber agave, tamarind and wild-harvested Sonoran Desert salt.

ABV: 0.0%

\$6

SHOP NOW

Flavours of lime and citrus complemented by subtle hints of gooseberry and starfruit.

ABV: 0.0%

\$18

SHOP NOW

Pure Blend Cassia, *Seraphim Social Beverage*

Seraphim uses a proprietary blend of berries and botanicals brewed and imbued with

High-Protein Craft IPA, *Lifted Brewing*

Lifted Brewing

is a new U.K.-based company making nonalcoholic beers with a healthy twist – designed to be

Non-Alc Bubbly White Cans, *Proxies x Nomadica*

Proxies (Acid League’s Michelin-sommelier-approved de-alcoholized

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red. The Pure
GIFT GUIDES
Blend Cassia
has a vibrant
and fruit-
forward flavour
profile with
tart berries and
hints of
cinnamon and
spice.

ABV: 0.0%

\$55

SHOP NOW

As they
NEWSLETTER
describe it,
Lifted is for
“when you
know you need
the
functionality of
protein shake
but all you
really want is
an ice cold
beer.”

ABV: 0.0%

\$5.50

SHOP NOW

Nomadica for
this new
product. The
bright,
aromatic
bubbly is
inspired by
coastal
Mediterranean
whites with the
flavours of
peach,
grapefruit zest,
lilac and sea
salt.

ABV: 0.0%

\$40/6

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*Regulatory information excerpted from The Government of Canada Food Inspection Agency

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GIFT GUIDES
summer
with 12
of
Canada's
best
wines

Slushies
NEWSLETTER

Battaglia's
MAGAZINE
Verdicchio
is the
perfect
wine for
summer

friendly
drinks for
sustainable
sipping



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