

## restaurant review

# Heavenly cuisine in Mississauga

BY SUE PRIOR

## NIRVANA

★★★★ Very good ☞

**Buddha described** nirvana as the perfect peace of the state of mind that is free from craving, anger and other afflictive states — our craving was satisfied, any anger lifted and afflictive states went out the window at the restaurant of the same name in north Mississauga off Hurontario Street.

Our holiday lunch for the U of T Mississauga's office of Advancement was held at Nirvana, a north Indian restaurant — not to be confused with south Indian. For this Italian food critic it came as no surprise that the north and the south should be so diverse in flavours, textures and tastes.

It was not the usual sit-down buffet — the menu is a fixed three-course executive lunch. We picked either vegetarian and non-vegetarian and they brought steaming bowls of spicy, sweetly scented variations of both.

The appetizer was a spicy potato patty with three kinds of chutney; and the non-vegetarian appetizer was chicken tikka, again served with the three condiments. The main meal for vegetarians was dahl (lentils), two vegetables — cauliflower and potatoes (aloo gobi), a mix of vegetables, chick peas in a sauce and of course rice and nan, the delicious Indian bread. The non-vegetarian meal consisted of butter chicken — not my favourite Indian fare, but this was delicious. The dessert was a

vermicelli pudding where the main ingredient was cardamom.

The prices were modest — \$13.99 for the executive lunch. The atmosphere was not fast food but rich with dark wood furniture, copper chargers for the plates and a high-end feel without the high-end price. It is a quiet restaurant where the tables are far apart or it can be an intimate setting — whatever the diner prefers. So, if you feel like a little nirvana in Mississauga — this is the place to go.

**LOCATION:** 35 Brunel Ave., Mississauga  
**PHONE:** (905) 501-5500  
**PRICE PER PERSON:** Varies  
**ATMOSPHERE:** Casual dining  
**http://www.nirvana.theflavoursofindia.com/index.htm**

**Legend:**

★ **Bad** (brown bag it)  
 ★★ **Fair** (below average — will likely not go back)  
 ★★★ **Good** (would consider dining there again)  
 ★★★★ **Very good** (will definitely go back)  
 ★★★★★ **Extraordinary** (will be back as soon as possible)

**Price symbols (generally appetizer, main course and dessert) per person, without tax, tip or wine/alcohol:**  
 ¢ = under \$15; \$ = \$15–\$30;  
 \$\$ = \$30–\$39; \$\$\$ = \$40–\$49;  
 \$\$\$\$ = \$50-plus

NOTE: *The Bulletin* does not subsidize reviewers' meals.

*Do you have a favourite lunch spot near the university? Send us suggestions — or submit your own 400-word review to bulletin@utoronto.ca.*

## letter to the editor

## TO FORGO SALARY INCREASES SYMBOLIC OF LEADERSHIP BY EXAMPLE

I commend President David Naylor and senior administrators for volunteering to forgo their salary increases in 2009-10 (Salaries for senior administrators Frozen, eBulletin, Jan. 13).

Coming at a time of economic downturn and financial constraint, this move is both salutary and responsible. Compare this with the nerve of Merrill Lynch chief executive officer John Thain who suggested that he get a bonus of \$10

million after the company had to be bailed out by Bank of America in the wake of losing \$10 billion in 2008.

Cynics may say that this is largely a symbolic move and that senior administrators can well afford to forgo their pay increases. To me, this gesture is symbolic of leadership by example. In asking the university community to work collaboratively to contain expenditures, President Naylor has set an excellent example.

Thank you.  
 P.C. CHOO  
 GOVERNING COUNCIL

## He Said She Said

## At the good old history game

BY CAZ ZYVATKAUSKAS



**British Army officer** James Fitzgibbon (1780-1863) improved my childhood considerably. His old house located at the corner of Midland and Eglinton avenues was the source of many a ghost story. The intriguing and mysterious wooden building nestled in a tiny forest of overgrowth provided endless musing and outrageous imaginings — and that was before I learned that Fitzgibbon had been a hero in the War of 1812 and was the man responsible for actually listening to the appeals of a woman — Laura Secord — consequently helping to mobilize 400 Mohawk and Odawa allies in defeating the Americans. His ramshackle cabin was an appealing counterpoint to the rows of modern suburban brick structures.

The quaint old historic home is gone — replaced by a couple of cheap monster houses with no particular architectural attraction. The Fitzgibbon house remains only as a name on the City of Toronto's list of lost historic sites. Soon, I fear, to be added to this sadly very long list will be the shrine to this nation's favorite sport — Maple Leaf Gardens.

For about 10 years the Gardens has sat quietly waiting for reoccupation like a huge concrete castle whose occupants have left to do battle on some foreign territory. At one time the University of Toronto hosted a display of architectural concepts of possible uses for the building. The most inspiring was a giant community centre that maintained the skating surface and incorporated layers of multi-use space where former corporations once hosted the wealthiest fans. Since then the controlling interests have vacillated between how much needs to be done to transform the building into a grocery store or whether it should come down completely.

I have nothing against eggplants, tinned soup or bread wrapped in plastic, I just question whether destroying another historically significant structure to provide said items is worth the trade-off. Of course, sentiment cannot be the

guiding rule in every case of historical preservation or we would all be sleeping on wooden pallets and straw stuffed mattresses. However, for a city and nation so proud of its hockey heritage and lore, the loss of the Gardens seems a travesty.

Perhaps greater minds need to be consulted for possible solutions to the empty Gardens dilemma. Could not the university step in somehow? Could we not hold the biggest lectures ever in the stadium that once hosted the Beatles, Elvis and the famous home-grown wrestling hero Whipper Billy Watson? Could we not at the very least contribute some of our intellect to devise ways to utilize this notable space?

I am not suggesting for a minute that we redirect scarce resources towards saving a building that has no direct bearing on the life of our institution. Although my guess is that if you asked many of the local faculty and staff, many stories would emerge of memories and moments that would be considerably altered if the Gardens disappeared.

The grand old lady is still standing and her future is still alterable. I was inside her when she was alive with fans and heroes. I took my daughter to her first-ever hockey game there and the ticket collector asked her, "Is this your first game?" She nodded and the gentleman gave her the ticket intact and said, "Save this as a keepsake." It isn't just the paper ticket that is memorable but also the moment.

I never had the pleasure of going inside the Fitzgibbon house but I wish I had. And as much as I loathe seeing those monster homes where the historic building once stood I am more loath to think of a rubble pile or a grocery aisle where the Maple Leaf Gardens once stood.

*Caz Zyvatkaukas is a U of T history student who doubles as designer of the Bulletin. She shares this space with Paul Fraumeni.*