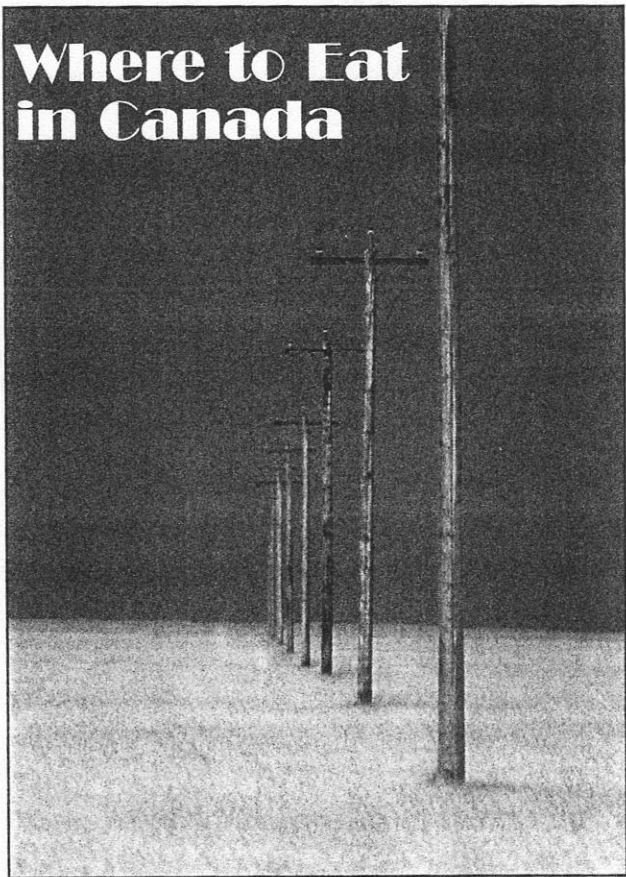


Anne Hardy

Where to Eat in Canada



THIRTY-SEVENTH YEAR

07-08

FREDERICTON, N.B.

CARIBBEAN FLAVAS

123 York Street

(506) 459-1230

MAP 74

\$80

Flavas is run by an attractive and exuberant family—mother, father and numerous sons and daughters. They've been serving lunch here for several years, but recently the place was redecorated and the interior is now quite smart. The menu has been greatly expanded. There are three appealing soups to start with—Caribbean callaloo with coconut bread for one—and to end the meal a mango-apple tart. In between there are a dozen or more entrées: jerk tenderloin, jubilee jerk chicken, curried lamb, coconut shrimp, red tandoori grouper, blackened yellowfin tuna and mahi-mahi with coconut and lime. There's no liquor, but the fruit smoothies are lovely and so is the Jamaican Blue Mountain coffee. In 2006, Flavas won a New Brunswick tourism award.

Open Monday to Thursday 11.30 am to 8.30 pm, Friday 11.30 am to 9 pm, Saturday 4.30 pm to 9 pm. Closed on Sunday. No liquor. Master Card, Visa. No smoking. Free parking in the evening. &