

## WEEKLY LUNCH PICK

October 2009

## Four

Bay Street gets health-conscious at this subterranean jewel. With nothing over 650 calories, the emphasis is on flavour, not fat **By Renee Suen**



**Primrose PATH:** The 650-calorie bison burger at Four is one of the underground city's better lunch options  
Image credit: Renee Suen

**The place:** Set in glass, stainless steel and black lacquer, Four skews toward sleek understatement. The darkened ceiling, exposed pipes and long glass bar are reminiscent of a nightclub.

**The crowd:** The room teems with smartly dressed business types fitting in a quick lunch between meetings.

**The deal:** Besides low-fat pastas and proteins—steamed, grilled or broiled—sandwiches promise comfort and value (\$8.50–\$12.50). Those sensitive to gluten, lactose or casein will be pleased with the lunch options.

**The meal:** The bison burger (\$12.50), grilled medium rare, arrives tucked between leaves of Boston lettuce and tomato in a baseball-size multigrain bun. A thin layer of jalapeño mayonnaise adds oomph. The most captivating item on the plate, however, is the romaine side salad with honey-miso dressing. Satisfied, we treat ourselves with a shot glass of creamy tiramisù (\$2) and spend the next few minutes debating what is more surprising: that the creamy dessert clocks in at under 200 calories or that it costs only a toonie.

**The time:** A shockingly swift 37 minutes.

**The cost:** \$26.50, including tax and tip and a wallet-cinching glass of “fresh-squeezed” blueberry lemonade (\$7).

**Four**, 187 Bay St., Commerce Court South, Concourse Level, 416-368-1444, [fourtoronto.com](#).

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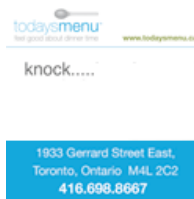
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