
Mabel's Bakery & Specialty Foods | SweetLife

Mabel's Fable

We promised ourselves that 2009 would be the year we kicked our sugar habit.



But let's face it, we've built our lives around all things [sweet](#). So the icing was on the wall as soon as we found **Mabel's Bakery & Specialty Foods**.

A fresh-face on the buzzing Roncesvalles strip, this cute little bakery and deli-like shop has everything a sugar-junkie could ask for (complete with a muffin-shaped welcome sign). We couldn't resist their pillowy **tarts** (\$1.75) or having seconds of the light and fluffy **vanilla bean or chocolate buttermilk cupcakes** (\$2.75). And the amazingly rich **rum & pecan pie** (\$16) has quickly become a favourite way to sweeten a case of the Mondays.

We even sated our savoury tooth with locally made goodies like homemade **steak and mushroom meat pies** (totally organic, complete with a buttery pastry, \$8.75), **La Natura Fine Foods Tapenades** (\$8.75) and [Tea Aura Rooibos Chai Cookies](#) (\$6.99 for 145g bag).

It's a pretty sweet way to kick-start the new year, any way you slice it.

Mabel's Bakery & Specialty Foods
323 Roncesvalles Ave.
416-534-2333

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