



# Black Onion Food & Travel

## Around the dinner table

One of my goals has been to be more intentional about the time I spend with my kids. I found that one of the easiest ways to do that was to make sure we enjoy dinner together at the table as a family. This provides the opportunity to communicate, get to know your kids and finding joy in the time we have together. I'm guilty of wanting to put on my favorite show or scroll TikTok while I enjoy a quiet meal. But lately I've been making an effort to put the phone down, turn off the TV, slow down and make the most of family dinners.



## Galentines

As a woman and especially a mom, it is so important to continue to make time for yourself. I got together with some friends for a late Galentines. It was a night filled with endless laughs, good food and of course cocktails. We did a random soft girl gift exchange. This activity stressed me out so much. I am not a fan of buying gifts. I always overthink it. The thought of it alone stresses me out. Thankfully, the girls said I managed to do a good job.

We went to Boundary where the food and drinks were good as usual. Then we headed to Crown & Anchor for another cocktail.

It's been a while since I have been able to be social and go out with a good group of girl friends. I'm so thankful to be able to have times to let go, have fun and do the things that make me happy. A night full of laughter, good food and cocktails is all I need to have a good time.



## Food highlight



### Breakfast at Crown & Anchor

I frequent Crown & Anchor often. It's one of those places where you know exactly what you're going to get. It rarely disappoints. I took my son for a nice breakfast at Crown & Anchor. I normally like to order something I wouldn't normally make at home when going out for breakfast. I ordered the avocado toast with poached eggs. The homemade hot sauce was delicious and added a nice kick. There wasn't anything especially memorable about the meal. The overall experience, great service and relaxing ambiance provided a luxurious start to the day.

## Brunch at Grotto Bay

My sister invited me to brunch at Grotto Bay Beach Resort. I would recommend the brunch for anyone looking for an experience with a delicious variety of options. My favorite part of brunch is normally the breakfast items. This particular buffet was mostly lunch with a few breakfast options like waffles, eggs and codfish and potato. Overall, it was an enjoyable experience and I would attend this brunch again.