

BULGARIAN CANADIAN BUSINESS DIRECTORY

by Bulgarian Flame Newspaper

2026 - 2027

24
years



STIMEX

Italian Design
Contract Furniture

www.stimexinc.com • 416-939-9881

WINDOWS & DOORS

FOR YOUR HOME | 647-830-5604

pages
57, 83



Right at Home Realty

**SELL A HOUSE
BUY A CONDO**

SOLD

**SOLD
OVER ASKING**

LINA Gueorguieva
BROKER SRS, CNE, SRES, AREN



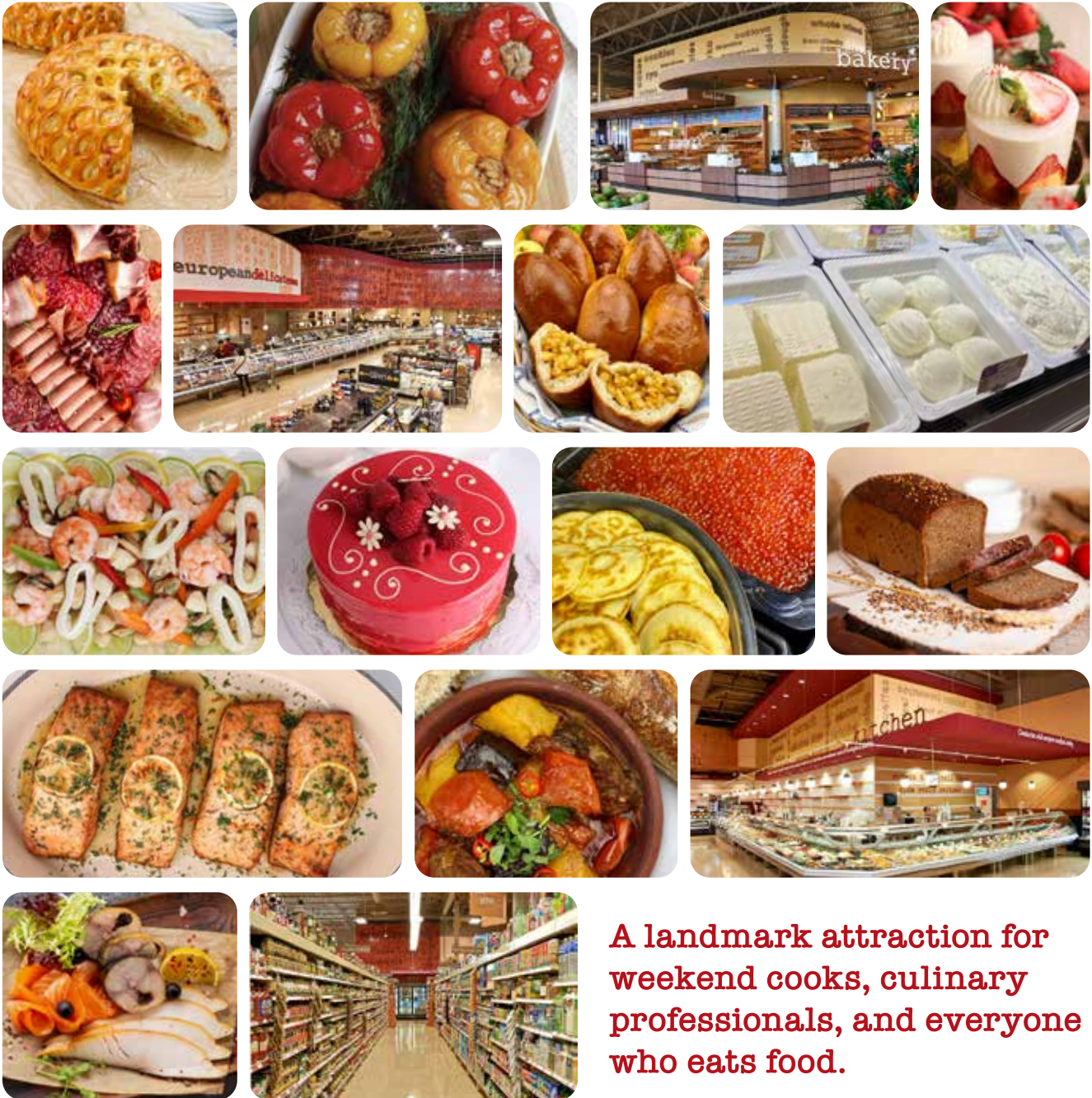
647-862-2339

LinaGluxury@gmail.com

www.MyHomeForSaleToronto.com

yummy[®]market

a european food experience



A landmark attraction for weekend cooks, culinary professionals, and everyone who eats food.



1390 Major Mackenzie Dr. W.
(East of Dufferin St.)
Maple, ON
Tel: 905-417-4117

4400 Dufferin St.
(South of Finch Ave.)
North York, ON
Tel: 416-665-0040



www.YummyMarket.com



24 ГОДИНИ БЪЛГРО-КАНАДСКА БИЗНЕС ДИРЕКТОРИЯ

Скъпи читатели,

пиша тези редове с една мисъл. Тази за благодарността. Изпълнена съм с благодарност. Към вас мили читатели, които ползвате директорията ни вече 24 години. И към вас уважаеми рекламодатели, с чиято помощ съществува това издание. И към целият ни екип, помогнал с толкова много усилия и лишения.

Благодарността е много важна за мен, за целият ни екип. Тя е усещането което ни дарява с признателност и ни кара да виждаме всичко, което

имаме, вместо да мислим какво ни липсва. Тя е чувството което носи изобилие и ни доближава до щастието. Прави ни свободни и обезсърчава непрекъснатият копнеж за повече. Благодарността има лечебна сила и е важна стъпка по пътя към просветлението. Сърцето гледа през очите и какво виждаме е наше собствено духовно решение. Пожелавам ви здраве, радост, сбъднати желания и да се радвате на всичко което имате. Бог да пази всички нас!

Вяра Димитрова,
редактор в. Пламък



Viara Dimitrova,
editor of
Bulgarian Flame Newspaper

Dear Readers,

I am writing these words with a single thought in mind: gratitude. I am deeply grateful to you, our dedicated readers, who have supported our directory for 24 years. I am also immensely thankful to our esteemed advertisers, whose support makes this

publication possible, and to our wonderful team for your endless hard work and dedication.

Gratitude is deeply important to me and our entire team. It is the feeling that fills us with appreciation, allowing us to see everything we have rather than

dwelling on what we lack. It is a force that invites abundance, anchors us in happiness, and frees us from the ceaseless longing for more. Gratitude holds a profound healing power and serves as an essential step on the path to enlightenment. The heart truly sees through the eyes,

making our perceptions a reflection of our own spiritual choice.

I wish you health, joy, and the fulfillment of your deepest desires. May you cherish everything you have, and may God protect us all!

Пламък
Bulgarian Flame Newspaper
www.bulgarianflame.com

Publisher: VIRAD Toronto, ON **Editor:** Viara Dimitrova
Marketing: La Grange Design **Tel:** 416-821-9915
Web site: www.bulbiz.com **E-mail:** info@bulbiz.com

All rights reserved. ISSN 1712-4549. No part of this book maybe reproduced, stored in retrieval system or transmitted in any form and means without prior written permission. Although every effort has been made to insure the information is accurate and up to date, the publisher will not be liable for any omissions or errors.
The content of the advertisers is a sole responsibility of the advertisers.



Art for your Heart Art



Hand painted glasses by ©Viara

Tel: 416-821-9915



СЪДЪРЖАНИЕ

CONTENTS

Автомобили.....	14-17
Адвокатски услуги.....	54-55
Акупунктура.....	53
Алкохол.....	9, 42, 43
Банкетни зали.....	8, 10, 62, 63, 64
Банкови услуги.....	23
Български училища.....	18-19
Врати и прозорци.....	57, 83
Застраховки.....	20, 21
Здраве.....	45-53
Здраве и красота.....	11-13
Зъболекарски услуги.....	47-51
Ипотеки.....	20
Кислородна терапия.....	45
Книги от български учен.....	8
Козметика.....	11-13
Масажи.....	53
Недвижими имоти.....	58-61
Очила.....	52
Отопление и охлаждане.....	56
Паметници.....	39
Погребални услуги.....	39-41
Правни услуги.....	54-55
Превод на пари.....	23
Преводачески услуги.....	80
Прозорци и врати.....	57, 83
Ресторанти.....	62-77
Слух.....	53
Спедиторски услуги.....	78, 79
Счетоводители.....	7
Тракове.....	14, 15, 16
Транспортни услуги.....	78, 79
Туристически услуги.....	81
Училища.....	18-19
Финансови услуги.....	20-23
Физиотерапия.....	53
Хирургически услуги.....	53
Хранителни стоки на дребно и едро.....	25-37
Църкви.....	10, 44, 46

Acupuncture.....	53
Accountants.....	7
Alcohol.....	9, 42, 43
Art and Literature.....	8
Automobiles.....	14-17
Bakeries & Deli.....	25-37
Banquet Halls.....	8, 10, 62, 63, 64
Beauty	11-13
Books from Bulgarian Scientist.....	8
Bulgarian Schools.....	18-19
Chiropractors.....	51
Community Centre.....	8
Cosmetics.....	11-13
Churches.....	10, 44, 46
Dentistry.....	47, 51
Denture Clinic.....	51
Financial Services.....	20-23
Food Stores & Wholesale.....	25-37
Funeral Services.....	39-41
Health.....	45-53
Hearing Clinic.....	53
Heating & Cooling.....	54
Insurance.....	20, 21
Legal Services.....	54, 55
Literature and art.....	8
Massages.....	51
Money Transfer.....	23
Monuments.....	39
Mortgages.....	20
Normobaric Therapy.....	45
Physiotherapy.....	53
Optical.....	52
Oxygen.....	45
Real Estate.....	58-61
Restaurants.....	62-77
Schools.....	18-19
Shipping.....	78, 79
Translation Services.....	80
Transport.....	78, 79
Travel Agencies.....	81
Trucks.....	14, 15, 16
Windows & Doors.....	57, 83



Buy, Sell, List Responsibly!



Mariana Iordanova & Fred Campos

Sales Representatives

- Buy, Sell, Lease with Us!
- Your Full Service Real Estate Team!

• Покупки, Продажби, Под Наем!
Екип за Недвижими Имоти с Пълно
Обслужване на Вашите Услуги!
Говорим Български!

Мариана Йорданова

647 885 7143

Mariana@wolfstreet.ca

Wolfstreet
REAL ESTATE

Sage Real Estate Ltd., Brokerage
134 Ossington Ave, Toronto, ON M6J 2Z5

Not intended to solicit sellers or buyers currently under contract with another brokerage.
Designed and printed by Sage Real Estate. SageRealEstate.ca



Your trusted mortgage agent

*With access to various lenders,
including major banks,
credit unions and trust companies,
I am committed to find you
the best mortgage option
at the best possible rate.*

- ◎ Financing for First time home buyers
- ◎ Purchasing an Investment Property
- ◎ Mortgage Renewal and Refinancing
- ◎ Home Equity Line of Credit
- ◎ Debts Consolidation



DLC EDGE FINANCIAL LIC #10710
201-8 SAMPSON MEWS TORONTO, ON M3C 0H5
Independently Owned & Operated

Maria Tzvetanova

Mortgage Agent Level 2

LIC # M12002216

maria.tzvetanova@dominionlending.ca

DIR: 416. 879. 5323

TEL: 416. 445. 4101

www.mariatzvetanova.ca



ACCOUNTANTS

СЧЕТОВОДНИ УСЛУГИ И ДАНЪЧНИ ДЕКЛАРАЦИИ

- Администрация, заплати, пълно счетоводство и данъчно обслужване на корпорации
- Годишни данъчни декларации за частни лица, фирми, корпорации и организации с неправителствена цел
- Консултации за всички финансови и фискални услуги, пенсиониране, раздяла, нови имигранти в Канада, UBER шофьори, продажба на имот 2ри или 3ти и т.н. имоти
- Accounting, bookkeeping, financial & fiscal strategies and tax services
- Income tax return - individuals, renting business, self employed, corporations, NGO and charity organisation
- All types of financial & fiscal consultation, retirement, separation, new immigrants, UBER drivers, property sell, 2nd, 3rd property sell, etc.

- Услугите ми се предлагат на - български, английски и френски
- Работа с всички провинции в Канада. Както и с допълнителните административни услуги за Квебек. I work for all the provinces in Canada and I'm aware of all requirements for Quebec laws.



Svilson
Svilen Todorov
svilen.todorov@hotmail.com
Office (514) 800-8657



Счетоводни и Данъчни Услуги

Accounting & Tax Services

Корпорации / Corporation:

- Годишни данъчни декларации
- Счетоводство и заплати
- Финансови и данъчни стратегии
- Corporate income tax return
- GST/HST returns and filing
- Financial reports & Compilation engagement
- Business start-up consultations
- Assistance with bank loans and with CRA audit

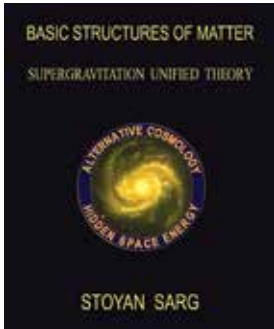
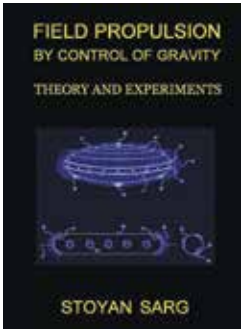
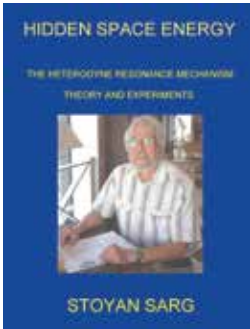
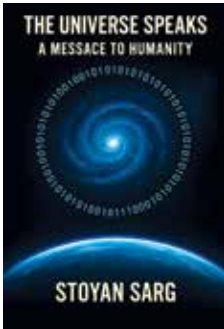
Частни лица / Personal:

- Годишни данъчни декларации
- Финансови и данъчни стратегии
- Personal income tax return
- Self-employed tax return
- GST/HST returns and filing

Consult an experienced CPA!

Иван Тодоров, CPA, CGA | itodor03@gmail.com | **(416) 414-3631**

BOOKS

				
	Dr. STOYAN SARG BULGARIAN AUTHOR: SCIENCE, POPULAR SCIENCE, & FICTION SECRETS OF THE INVISIBLE UNIVERSE https://EarthcivilizationAndUniverse.net Books in EN and BG: https://bit.ly/StoyanBooks Mail to: StoyanSargBooks@gmail.com			 

COMMUNITY CENTRE

	Latvian Centre Toronto Through programs, exhibitions, and events, the Centre facilitates cross-cultural understanding and community engagement.
Enjoy the Northern European atmosphere at Latvian Centre! Organize your event in the heart of Toronto! We'll help you with the catering and arrangement. For our news and community events follow our web site: latviancentre.org  latviancanadianculturalcentre  LatvianCentre	  4 Credit Union Drive, Toronto, 416-759-4900 www.latviancentre.org

ALCOHOL

VIN
DE GARAGE™



**ORDER A BATCH OF
20 LITRES OF MERLOT ARGENTINA
FOR \$79**



28 Millwick Drive, Toronto, Ontario M9L 1Y3 T 416.740.4411

For all our products and prices, visit our web site:

WWW.VINDEGARAGE.COM

100% guaranteed. In business since 1997.



See pages 42, 43

АЛКОХОЛ ✓ ✓ ALCOHOL



Le Iréport

WEDDING & CONVENTION CENTRE



LeTreport.com

**ЕЛЕГАНТНА БАНКЕТНА ЗАЛА
ЗА СВАТБИ, КРЪЩЕНЕТА, РОЖДЕНИ ДНИ
И ДРУГИ ТЪРЖЕСТВА**

Elegant, modern decor and service.

*Various sizes of
modernly renovated ballrooms
for all of your life events.*

Chapel on site.



1075 Queensway East, Mississauga • 905.276.7729



Founded 1910

КАТЕДРАЛА „СВ. СВ. КИРИЛ И МЕТОДИЙ“

MACEDONO-BULGARIAN EASTERN ORTHODOX CATHEDRAL
TORONTO, ONTARIO

*Пазим православната вяра и българските традиции повече от един век.
Preserving Orthodox Faith and Bulgarian Traditions for More Than a Century.*



Гордеем се с нашата 116-годишна история! • Proud of our 116-year history!

*Най-старата македоно-българска православна катедрала в Канада — основана в Торонто през 1910 г.
The Oldest Macedono-Bulgarian Orthodox Cathedral in Canada — Established in Toronto in 1910.*



- ★ Seats up to 250 guests
- ★ Capacity up to 500 (theatre style)
- ★ Stage (20' x 30')
- ★ Grand Piano "Yamaha"
- ★ Fully Equipped Kitchen
- ★ Sound System

HALL RENTAL / НАЕМ НА ЗАЛА

Elegant Venue for Life's Special Moments

Еlegantно място за най-специалните моменти в живота

Weddings • Baptisms • Concerts • Corporate Events • Community Celebrations
Сватби • Кръщения • Концерти • Корпоративни и обществени тържества

- ★ Места до 250 гости
- ★ Капацитет до 500 души (театрален стил)
- ★ Сцена (20' x 30')
- ★ Роял „Yamaha“
- ★ Напълно оборудвана кухня
- ★ Озвучаване



237 SACKVILLE STREET
TORONTO, ON M5A 3G1



416 368 2828



www.scmcathedral.com



scmcathedraltoronto@hotmail.com



Facebook: Sts. Cyril and Methody

BEAUTY



DIVEYENE WORX
ENHANCE
 YOUR NATURAL BEAUTY

PREMIUM PERMANENT MAKEUP
 NATURAL | PRECISE | LONG LASTING

- **LIP BLUSH**
Soft, natural lip color that lasts.
- **BROW ENHANCEMENT**
Defined, symmetrical brows tailored to you.
- **EYELINER**
Effortless definition. Every single day.

CONFIDENCE STARTS HERE
 Wake up beautiful.
 Save time. Feel amazing.

☎ 416.451.7052 📍 3 STERNE AVE, BRAMPTON 📷 Diveyene_Worx



вестник "Пламък"
 ИНФОРМИРА, ВДЪХНОВЯВА
 И ОБЕДИНЯВА
bulgarianflame.com



HONEY & YOGURT MASK
 Mix 1 tbsp of honey with 2 tbsp of plain yogurt. Apply to clean face, leave on for 15 minutes and rinse with warm water. Leaves skin soft, hydrated and glowing.



Homemade beauty recipes
OATMEAL SOOTHING MASK
 Mix 2 tbsp of ground oatmeal with 2 tbsp of milk or water. Apply to face, leave on for 15 minutes and rinse well. Helps calm, smooth and brighten the skin.



ALOE VERA GEL BOOST
 Apply fresh aloe vera gel directly to your face. Leave on for 20 minutes and rinse with cool water. It hydrates, refreshes and promotes natural glow.



BEAUTY NUT

BEAUTYNUT

100% PURE ARGAN OIL



where science
meets nature,

*and your skin discovers
its true radiance*



100%
NATURAL



COLD
PRESSED



NOURISHING
& PURE



100% PURE NATURAL ARGAN OIL



FROM THE HEART OF MOROCCO



416 479 7724



www.beautynut.com



800 Arrow Road, suite 11
Toronto, ON M9M 2z8





BEAUTY NUT

PURE BEAUTY. HONEST ORIGINS.

Beauty Nut is more than a brand, it's a promise of purity, a celebration of nature, and a commitment to your well-being. From the heart of Morocco to the world, we deliver 100% organic, cold-pressed oil that nourish your skin, hair, and soul.



SAM BOUJI
FOUNDER & CHAIRMAN

OUR JOURNEY

Our journey began with a simple belief; beauty should be healthy, honest, and rooted in nature. We set out to create more than just skincare products, we create a movement that brings the finest gifts of the earth to your daily routine.

OUR PROMISE

We promise 100% pure, organic, and cruelty-free products that are as kind to the planet as they are to you. No additives. No shortcuts. Just nature, bottled with care.

OUR PRODUCTS

From nourishing Argan Oil to revitalizing Prickly Pear Oil, each product is designed to enhance your natural beauty.

FROM MOROCCO TO THE WORLD

Proudly made in Morocco, we are honored to share the richness of our land and the purity of our ingredients with the world. Beauty Nut is our gift to you, a natural choice for true beauty.

INTERVIEW WITH SAM BOUJI

Q: What inspired you to create Beauty Nut?

A: I was inspired by the incredible natural resources of Morocco and passion to create products that truly make a difference. I wanted to share the purity and power of nature with everyone.

Q: What makes your products unique?

A: Our products are 100% organic, cold-pressed, and crafted with care. We use only the finest ingredients with no chemicals, ensuring maximum benefits for your skin and hair.

Q: What is your vision for the future?

A: To continue innovating with natural ingredients and inspiring people to embrace a healthier, more natural lifestyle.

Q: Why is Argan oil still referred to as "liquid gold"?

A: Because of its rarity, the labor-intensive manual extraction process, and the incredible spectrum of benefits it provides for the skin, hair, and nails.



100% ORGANIC
ARGAN OIL

416 479 7724

www.beautynut.com

800 Arrow Rd, Suite 11,
Toronto, ON, M9M 2Z8







Truck Training Academy of Stoney Creek

TTA

905-573-3635

- A-Z & D-Z DRIVER TRAINING
- AIR BRAKE - Z ENDORSEMENT
- Tractor-Trailer MELT and A-Z Program

Registered Ontario Career College
College under PCC Act 2005

298 Grays Road, Unit #1, Stoney Creek, Ontario L8E 1V5

www.trucktrainingacademy.ca

Emir & Tanya Smajlagic



Пламяк

Bulgarian Flame Newspaper

www.bulgarianflame.com

Четете в "Пламяк" онлайн!

COSMO AUTOBODY

353 Olivewood Rd. Etobicoke 416-232-1313

We Specialize in:

- Collision, Autobody & Rust Repairs
- Frame & Structure Repairs
- Computer Colour Matching
- OEM Spec Paint Systems

COSMO AUTOBODY

Complete Collision Insurance Claims Painting & Mechanical Repairs to all makes

George Tzikoulis

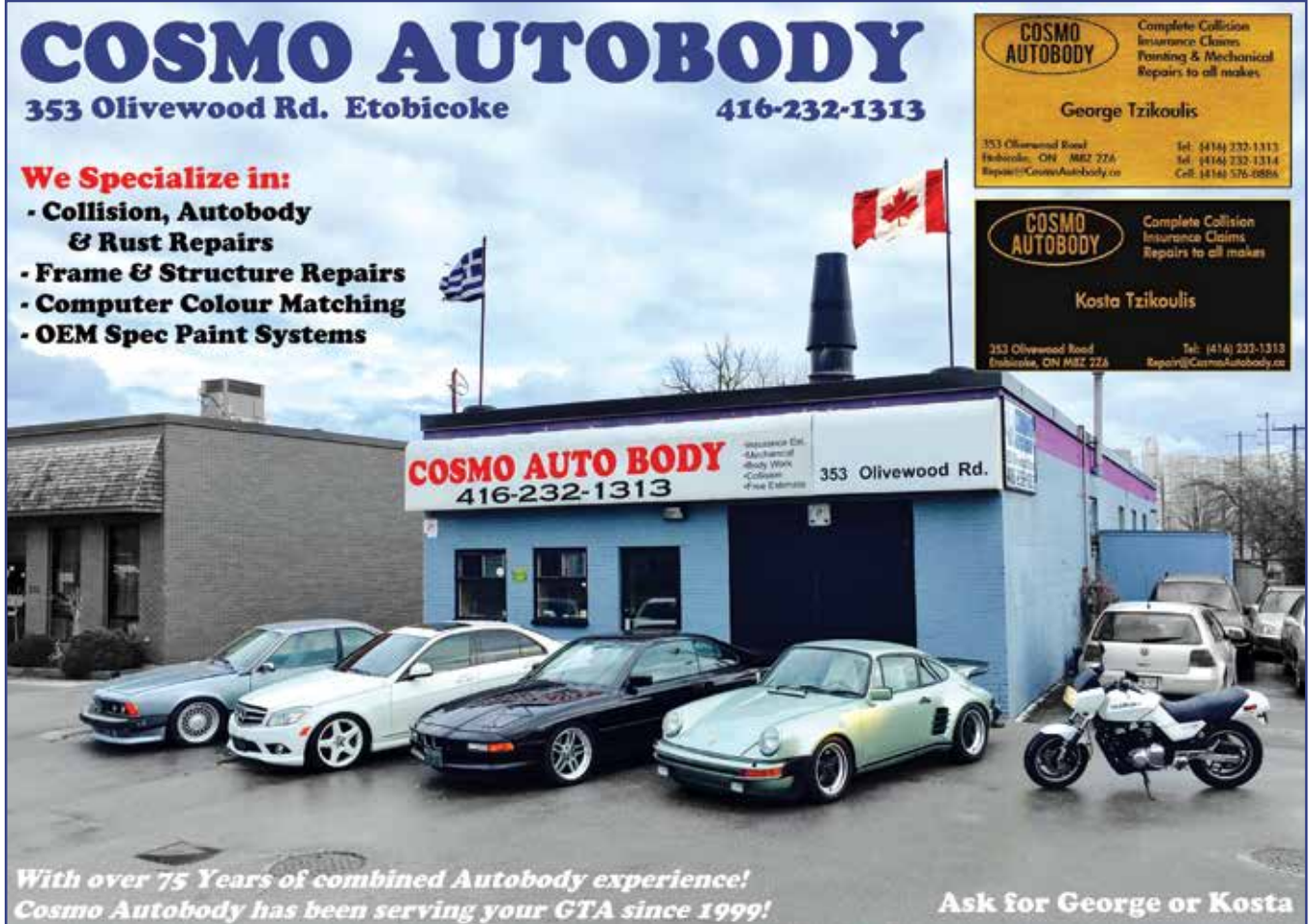
353 Olivewood Road Etobicoke, ON M9Z 2Z6 Repair@CosmoAutobody.ca Tel: (416) 232-1313 Tel: (416) 232-1314 Cell: (416) 576-0886

COSMO AUTOBODY

Complete Collision Insurance Claims Repairs to all makes

Kosta Tzikoulis

353 Olivewood Road Etobicoke, ON M9Z 2Z6 Repair@CosmoAutobody.ca Tel: (416) 232-1313



COSMO AUTO BODY
416-232-1313 353 Olivewood Rd.

With over 75 Years of combined Autobody experience!
Cosmo Autobody has been serving your GTA since 1999!

Ask for George or Kosta

SINGLE GROUP LOGISTICS CORP.



**ПРЕДЛАГА РАБОТА НА
AZ DRIVERS И OWNER OPERATORS**

AZ DRIVERS

- Long miles with flexible home time
- Бонуси за безопасно каране
- EDGE coverage
- Medical/dental and pension plans
- Direct deposit
- Flexible working days
- 24/7 dispatch
- **BRAND NEW TRUCKS AND TRAILERS**

OWNER OPERATORS

- Dry Van/reefeer/flat bed loads
- Steady runs
- Fuel cards with hedge fuel discounts
- New Dry vans for rent
- Lease to own option
- CTPAT parking

CAD/USA BONDED

PIP AND FAST APROVED

За повече информация
се обадете на Мето **855-899-4920**

АВТОМОБИЛИ ✓ АУТО



AZ MELT FROM \$3,500



METRO TRUCK DRIVING SCHOOL
(905) 673-1441
6985 Davand Dr. Suite 11, Mississauga, ON L5T 1Y2

SPECIAL OFFER



TRAINED OVER 30,000 TRUCK & BUS DRIVERS SINCE 1989!



**AUTOMATIC & MANUAL | 100% FINANCING AVAILABLE
PAVED YARD | ONE-ON-ONE TRAINING | 7 DAYS PER WEEK**



DZ FROM \$550



ALL LICENCES
- AZ, AR, B, C, D, E, F, Z



METROTRUCKTRAINING.COM
905-673-1441



6985 Davand Dr, Suite 11,
Mississauga, ON L5T 1Y2



Memo's Auto

GUARANTEED TO PERFORM

РЕМОНТ НА АВТОМОБИЛИ

**ALL IMPORTED AND DOMESTIC CARS.
SAFETY CERTIFICATES**

- | | |
|--|---|
| <ul style="list-style-type: none"> ✓ Oil Change (Oil, Fluids, & Filters) ✓ Brakes and Brake Repair Service ✓ Tires & Tire Repair ✓ Preventive Maintenance ✓ Steering & Suspension | <ul style="list-style-type: none"> ✓ Batteries, Starting & Charging ✓ Mufflers & Exhaust Service ✓ Fleet Services ✓ Engine Cooling System |
|--|---|



Mexmed

416-239-4000

3 SIX POINT ROAD, ETOBICOKE, ON, M8Z 2W7
(Срещу магазин "Карпово")

memosauto@gmail.com



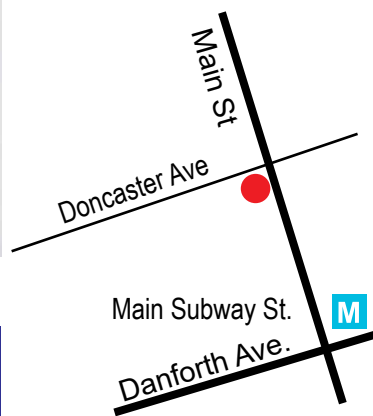
РЕМОНТ НА АВТОМОБИЛИ

MAIN AUTO SERVICE

- Brakes
- Mufflers
- Front End
- Tires
- Oil Chnage

George Tel: **(416) 693 1212 (416) 305 0888**

402 Main Street, Toronto (Just North of Danforth)
Main St. / Danforth Ave



Have you ever seen?

Car shaped House – Austria

There are various ways to show your love for cars, for example, you can frequently have them cleaned and waxed, or adorn the cars with interesting stickers.

But have you ever seen somebody build a house that strikingly resembles his car?

That is just what architect Markus Voglreiter has done recently. Apart from the unique appearance, it is also a green building, using 3 liters energy-efficient heating and insulation technique that optimizes all current building technologies, drastically reducing energy consumption.



Express Technicians in Auto Collision, Restoration & Paint

Family-Owned and Trusted in the Community for over 30 years

We serve all makes and models of vehicles



- Auto collision
- Restoration
- Paint for all makes

24 hours service - one stop service



310 Greenwood Avenue, Toronto, ON, M4L 2R8

expressautocollision@bellnet.ca
<http://www.expressautocollision.ca>

TEL: (416) 465-2316 / (416) 465-5548
FAX: (416) 465-3347

АВТОМОБИЛИ ✓ AUTO



ПЪРВА БЪЛГАРСКА ЕЖЕДНЕВНА ЗАНИМАЛНЯ В ТОРОНТО ЗА ДЕЦА НАД ДВЕ ГОДИНИ!

Българска Детска Занималня предлага уютно място за вашето дете. С игри-уроци и занимания за деца над две години, с много любов, работим върху:

- развитието на речта - приказки, песни, буквички...
- запознаване с числата, форми, цветове...
- развитие на финната моторика;
- рисуване, апликиране, моделиране, писане...
- социализиране на български език;
- игри на открито.

И още много други вълнуващи дейности, съобразени с интересите и възможностите на децата.

В занималнята се работи по български учебни програми, утвърдени от МОН, за:
I-ва възрастова група (2 до 3 години);
II-ра възрастова група (3 до 4 години).
Заниманията се ръководят от учител с висока квалификация и богат опит в работата с деца от тази възраст.

Всеки ден от понеделник до петък: 8:00ч. - 18:00ч.

За повече информация и записване:

email: rodolyubche@yahoo.com или mayavasilieva@yahoo.com, тел.: 647-300-8828



Българска Детска Занималня

За деца над 2 год.
целодневна: понеделник-петък от 9:00 до 18:00 ч.
полудневна: понеделник-петък от 9:00 до 12:00 ч.
385 The West Mall, unit 214
Учим докато играем!



Art for your HeArt

hand painted porcelain coffee set by ©Viara

Tel: 416-821-9915



ДЕСЕТ ГОДИНИ БЪЛГАРСКО УЧИЛИЩЕ В ТОРОНТО



Мая Василиева

Магистър,
начална училищна педагогика,
Основател, директор
и учител в БСНУ Родолубче,
Торонто;
Дългогодишен главен учител
в СОУ, базов учител и ментор
на студенти от ВУЗ
в България;
Автор на публикации
в български образователни
издания



МИНИСТЕРСТВО НА ОБРАЗОВАНИЕТО И НАУКАТА НА БЪЛГАРИЯ

БСНУ "РОДОЛЮБЧЕ", ТОРОНТО Българско Съботно-Неделно Училище

ОСЪЩЕСТВЯВА ОБУЧЕНИЕ ЗА:

Подготвителна група - детска градина - за деца 2-4 год.;
Подготвителна група - предучилищна - за деца 5-6 год.;
Начален етап - I-IV клас;
Прогимназиален етап - V-VII клас;
Гимназиален етап - VIII-XII клас.

ПРИСЪСТВЕНА, СМЕСЕНА И ДИСТАНЦИОННА ФОРМА НА ОБУЧЕНИЕ:

Български език и литература
История и география на България

ЕЖЕДНЕВНА ДЕТСКА ЗАНИМАЛНЯ:

Понеделник - петък, за деца 2-4 години

ИЗВЪНКЛАСНИ ДЕЙНОСТИ:

Български традиции и обичаи - "Фолклорна дъга";
Драматизация - театрален състав "Смехурко";
Детски песни и танци - "Музикална магия";
Клуб "Родинознание"

ДОПЪЛНИТЕЛНА ПОДГОТОВКА:

Български език като чужд за деца, подготовка и провеждане на изпит за
получаване на свидетелство за ниво на владение на езика;
Подготовка за кандидатстудентски изпити във висши учебни заведения в
България; Български език за чужденци.

Обучението се осъществява от високо квалифицирани учители с безплатни
учебници и учебни помагала, създадени за българчета, живеещи в чужбина,
по утвърдени от Министерството на образованието и науката на България
учебни програми.

БСНУ "Родолубче", Торонто е включено в списъка на българските училища
в чужбина с Постановление на Министерски съвет ПМС 90,
с право да издава легитимни удостоверения.

Проследяване на разностранната дейност на БСНУ Родолубче и записване на
ученици може да направите на уебсайта на училището rodolubche.com,
както и на фейсбук страницата му www.facebook.com/Rodolubche

За допълнителна информация и записване:

тел.: (647)300-8828

имейл: rodolyubche@yahoo.com



INSURANCE

PATRITZIA ALEXIEVA & MLADEN ALEXIEV
YOUR INSURANCE BROKERS



HEALTH INSURANCE

- **EXTENDED HEALTH & DENTAL** - covers Dental, Vision, Prescription Drugs, Professional Services (Physiotherapy, Massage, Chiropractor, Naturopath, Acupuncturist, and more)

SUPER VISA

- **INSURANCE** for Parent and Grandparent Super Visa

VISITORS & TRAVEL

- **VISITORS TO CANADA** medical insurance
- **TRAVEL INSURANCE** for Canadians

patritzia@easylinks.ca
mladen@easylinks.ca

www.VisitorsInsurance.ca
www.TravellersInsurance.ca
www.ExtendedHealth.ca

Tel: 647-724-0909
Toll Free: 1-877-838-0020

MORTGAGE

Your trusted mortgage agent

*With access to various lenders,
including major banks,
credit unions and trust companies,
I am committed to find you
the best mortgage option
at the best possible rate.*

- ⦿ Financing for First time home buyers
- ⦿ Purchasing an Investment Property
- ⦿ Mortgage Renewal and Refinancing
- ⦿ Home Equity Line of Credit
- ⦿ Debts Consolidation



DLC EDGE FINANCIAL LIC #10710
201-8 SAMPSON MEWS TORONTO, ON M3C 0H5
Independently Owned & Operated

Maria Tzvetanova

Mortgage Agent Level 2

LIC # M12002216

maria.tzvetanova@dominionlending.ca

DIR: 416. 879. 5323

TEL: 416. 445. 4101

www.mariatzvetanova.ca

Products Available

Donna Raczka Insurance Agency Inc.

Donna Raczka, Agent
4161 Tomken Rd
Mississauga ON
905-755-0001
donnaraczka.com
donna.raczka@desjardins.com

Office Hours

Mon-Fri 9:00am to 5:00pm
Evenings by Appointment



PROPERTY AND CASUALTY INSURANCE

- Homeowners
- Tenants
- Condo unit owners
- Mobile homes
- Seasonal residences
- Watercraft and equipment
- Personal Umbrella Liability Policy
- Personal vehicles
- Business vehicles
- Motor homes
- Motorcycles
- Snowmobiles

COMMERCIAL

- Contractor policies
- Hospitality
- Business and Professional Services
- Retail and Wholesale policies
- Realty
- Condominium Corporation

LIFE INSURANCE

Permanent

- Life Term to 100
- Whole Life Guaranteed to 100
- Whole Life Guaranteed to 65
- Whole Life Guaranteed 10, 15, 20 Pay
- Participating Whole Life:
 - Accelerated Growth 20 Pay, to 100
 - Estate Enhancer 20 Pay, to 100

Hybrid Insurance

- Life with Critical Illness Advance
- Life with Long-Term Care Advance

Term

- Mortgage Life
- Life Term 10, 20 or 30
- Life Term to 65

Universal Life

- Universal Life Term 10, 20
- Universal Life Term to 100

Annuities*

- Life
- Term Certain (The guarantee period is for a set term between 1 and 50)

*Some restrictions may apply depending on the Annuitant's age or the source of the funds

LIVING BENEFITS

- Critical Illness
- Disability Income Protection
- Health Care Coverage



Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products. Desjardins®, Desjardins Insurance™, all trademarks containing the word Desjardins, as well as related logos are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

desjardins.com/agents



Пламък **Bulgarian Flame**

The largest Bulgarian community newspaper in Canada

INFORMS
INSPIRES
UNITES

Read it online at:

www.bulgarianflame.com





Send money to Central & Eastern Europe

USE PROMO CODE
HELLORIA FOR **\$0 FEE**
ON YOUR FIRST
DIGITAL TRANSFER.



★ 4.9 stars



★ 4.8 stars



 **PrivatBank**

 **BANK OF GEORGIA**

SMITH&SMITH®
Money Transfer

 **Poczta Polska**

OSCHADBANK
MY BANK. MY COUNTRY

and more...

food art ideas

WITH FETA & OTHER CHEESES

GREEK & ITALIAN INSPIRED RECIPES

1 GREEK FETA & ROASTED VEGGIE BOWL



FETA, ROASTED VEGGIES, CHICKPEAS, OLIVES, LEMON TAHINI & FRESH HERBS.

2 GREEK FETA WATERMELON SALAD



FETA, WATERMELON, CUCUMBER, RED ONION, MINT, OLIVES & OLIVE OIL.

3 GREEK FETA & GRILLED VEGGIE SALAD



GRILLED PEPPERS, ZUCCHINI, ASPARAGUS, FETA, OLIVES, ARUGULA & LEMON VINAIGRETTE.

4 ITALIAN FETA & ROASTED PEPPER TART



FETA, ROASTED PEPPERS, PUFF PASTRY, BASIL & BALSAMIC GLAZE.

5 ITALIAN FETA & TOMATO BRUSCHETTA



FETA, CHERRY TOMATOES, GARLIC, BASIL, OLIVE OIL ON TOASTED CIABATTA.

6 ITALIAN ZUCCHINI ROLL-UPS WITH FETA



ZUCCHINI, FETA, RICOTTA, LEMON ZEST, HERBS & A DRIZZLE OF OLIVE OIL.

7 GREEK BAKED FETA WITH HONEY & OREGANO



BAKED FETA WITH CHERRY TOMATOES, OLIVES, HONEY & OREGANO. SERVE WITH WARM PITA.

8 ITALIAN FETA & PESTO PASTA SALAD



PASTA, PESTO, SUN-DRIED TOMATOES, OLIVES, FETA & FRESH BASIL.

9 GREEK FETA STUFFED BELL PEPPERS



FETA, RICE, HERBS, OLIVES & LEMON STUFFED IN PEPPERS. BAKED UNTIL TENDER.



*Committed to
Superior Quality!*



**DISCOVER OUR SIGNATURE SAN VITO COLLECTION AND
EXPLORE OUR ENTIRE FAMILY OF FINE CHEESES.**

7190 TORBRAM RD. MISSISSAUGA 905-678-7053 EXT 205

STORE HOURS: MON-FRI 8 AM TO 4 PM



**WHERE
TO BUY**



TRIPLE "A" CHEESE COUPON
10% OFF

For use in Mississauga Triple "A" Cheese Retail
Outlet and Cash & Carry only located at
7190 Torbram Road Mississauga

This coupon has No Cash Value



**FOLLOW US
ON INSTAGRAM**



WWW.TRIPLEACHEESE.COM

XPAHA ✓ FOOD



25

MONTMARTRE BAKERY

Proud to be your Baker

We are a family-owned and operated Bakery in Scarborough for over 50 years.

We make our breads and pastries fresh every day, we use no artificial preservatives, and we source our ingredients and supplies as locally as possible.

Come check out our delicious, unique and healthy products!



- Bernard Lang
Second generation
owner and operator

(416) 757-7771
www.montmartrebakery.com
info@montmartrebakery.com



Bake N' Take

Artisan Bakery & Fresh Eats

Every day we offer different types of bread and pastries straight from the oven and a wide variety of homemade soups and other delicious hot foods, desserts & ice cream. Daily specials available,



Breakfast - Lunch
Take Out - Delivery
Deli - BBQ



451 Wyecroft Rd, Oakville



289-430-0501

Did you know?

One of the top strangest buildings in the world is
Basket Building (Newark, Ohio, USA)

The Basket Building in Newark, Ohio, took the concept of corporate headquarters representing its product to a new level for its former owner, Longaberger Company. Resembling a giant picnic basket, this massive seven-story office building is a colossal replica of a Longaberger basket.





● Premium Quality Meats

For over 30 years, our family has been committed to offering only the freshest, highest-quality meats.

We carefully select every cut - from beef, veal, pork and chicken to lamb, goat and house-made sausages - and prepare them with the same pride and craftsmanship our customers have trusted for decades.

And of course, we're home to our famous marinated souvlaki — prepared in-house and ready for the grill.

● Authentic Imported Goods

We also carry a wide selection of imported cheeses, olives, olive oils, coffee, homemade dips, marinated seafood, frozen pies, farm eggs and more - all carefully selected to bring authentic Mediterranean flavours to your table.

● Hot Food Table

Authentic Greek takeout made fresh daily - **souvlaki, authentic gyro, Greek salads, and ribeye steak sandwiches**, prepared in-house with the same quality meats we're known for.



**1794 Liverpool Rd,
Pickering**



(905) 250-1775

www.kostasmeatmarketpickering.ca

XPAHA ✓ FOOD



27



Natural foods & beverages imported from Armenia



AnushMarket

ARMENIAN FOOD MARKET

JAM & CONFITURE
JUICE & COMPOTE
PRESERVES

SPARKLING WATER
MARINADES AND SPREADS
SAUCE

Order Now: (416) 292-7775
info@anushmarket.ca
www.anushmarket.ca



319 Supertest Rd. North York, ON, M3J 2M4



Available also at the following locations:

Yummy Market - 4400 Dufferin Street North York, On and 1390 Major Mackenzie Dr. W. Maple, ON L6A 4H6

Karlovo Inc - Etobicoke - 8 Six Point Rd., Etobicoke, On, M8Z 2W8

Armenian Bistro - Etobicoke - 5487 Duandas st, W Etobicoke, Ontario, M9B 1B5

Alliston Meat & Delicatessen - Mississauga - 660 Bloor St., Mississauga, ON, L5A3V9

Lahmajoun Factory - 2533 Pharmacy Ave, Scarborough, ON M1W 1H9

Ararat International Fine Foods - 1800 Avenue Rd, North York, ON M5M 3Z1

Lazar Famous Deli & Bakery - 325 Central Pkwy W Unit 12, Mississauga, ON L5B 3X9

Bradford Deli - 136 Holland St E #9, Bradford, ON L3Z 1W6

Garni Bakery - 9555 Yonge St Unit 6, Richmond Hill, ON L4C 9M5

Al-Nejmah Fine Foods - 3085 Hurontario St, Mississauga, ON L5A 4E4

Kingsway Meat Products - 2342 Bloor St W, Toronto, ON M6S 1P3

Angela's Deli - 1470 Centre St, Thornhill, ON L4J 3N1 and 16635 Yonge St, Newmarket, ON L3X 1V6

Akiva Food - 6243 Bathurst St in North York, Ontario M2R 2A5

Brandt Meats - 1878 Mattawa Avenue, Mississauga, ON, L4X 1K1

Warden Mart Dollar & Smoke - 2365 Warden Ave, B, Toronto, ON M1T 1V7



Kostas Greek Bakery

265 Ellesmere Rd.

Tel: (647) 329-3026



Kostas Meat & Deli

259 Ellesmere Rd.

Tel: (416) 444-3036

Огромно разнообразие на всякакви хранителни стоки.
Продукти от България.
Всякакви видове сирена и кашкавали.
Винаги прясно месо - свинско, агнешко, телешко, пилешко, говеждо.



Най-вкусните "сувлаки" са при нас!

ХРАНА ✓ FOOD



Sweet Gallery

Since 1974, the Sweet Gallery has been creating the finest European cakes and pastries in the Greater Toronto Area.



- European Tortes and Pastries – Krempita, Dobos, Beigles,
- Strawberry Romanoff, Reform, Opera, Caramel Crunch and more
- Holiday Desserts including Viennese Strudel, Tutti Fruitti cookies, Stollen, & Christmas Cookie Boxes
- Dessert Tables and European Wedding Cakes
- Slab cakes, Small French Pastry, Petit Fours, European cookies
- Café featuring Burek, Goulash Soup, Quiches, Sandwiches and more



350 Bering Ave., Etobicoke
416-232-1539

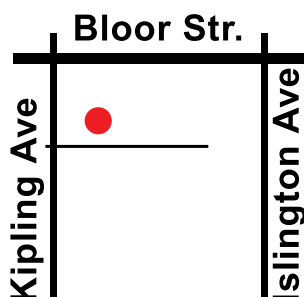
www.thesweetgallery.com



@thesweetgallerycafe



@thesweetgallerycafe





Farma Greek Market

Authentic taste of Greece!

221 Lakeshore Rd. E., Oakville, ON
647-200-7345

www.farmagreek.com

Take Out and Online orders available

Our market offers you a selection of Greek Gourmet groceries, healthy products, cosmetics imported from Greece.

Come check out our amazing takeout Rotisserie, Pita, Greek pies and so much more...

We also can't forget the most amazing soft serve Greek yogurt with your choice of Greek toppings. Look forward to seeing you!



ORGANIC
from handpicked
local farms

York Farmer's Market **7509 Yonge St, Thornhil 905.731.2270**

Organic Meat, large variety of Cheeses from around the world and other products

- Non-GMO
- No antibiotics
- No hormones



405 DONLANDS AVENUE, TORONTO 416 421 2400

We deliver everywhere in Canada & US. Check out www.selectbakery.ca and enjoy Greek pastries, cheese, and hundreds of grocery products delivered to Your doorstep.

Great selection of Greek wines & spirits.

[f](https://www.facebook.com/selectbakery) [i](https://www.instagram.com/selectbakery) @selectbakery



The Finest Portuguese and Spanish Sausages



1821 Mattawa Ave. Mississauga, Tel: (905) 277-0677, Fax: (905) 277-0533
www.borgesfoods.com, borges@borgesfoods.com

469 Cosburn Ave, Toronto
416-421-5207

8 Six Point Rd., Etobicoke
416-503-2950
www.karlovo.com

Taste The Difference!

Nova Pastry & Bakery

3635 Cawthra Rd, Mississauga
(905) 279-3206

Огромен избор на сладкарски изделия.
 Прясен хляб, крем карамел, сватбени торти и други.
 Голям избор на хранителни стоки внос от Европа.
 Деликатесни меса и кашкавали. Място за кафе.
 Доставка по домовете с Uber Eats и SkipThe Dishes.



Глинени съдове



Alliston Meat & Delicatessen

660 Bloor St, Mississauga, Just West of Cawthra Rd. (905) 275-9331

Европейски хранителен магазин в Мисисага



www.allistonmeats.com

- Deli
- Smoked meat
- Fesh meat
- Roasted meat
- Cheese
- Chevaps
- Imported products from Europe
- Bureks & desserts
- Catering
- Daily specials

Bloor St

Cawthra Rd.

Пламък

Bulgarian Flame Newspaper
www.bulgarianflame.com

Четете в "Пламък" онлайн!



Family Owned Since 1994 - Gluten Free - All Natural Ingredients

RETAIL - WHOLESALE - ONLINE STORE



Locally prepared butcher's products with the finest domestic meats, a large selection of cold cuts, naturally smoked meats & sausages, pastries

3090 Lenworth Drive,
Mississauga, ON

Tel: (905) 624-9311

E-mail: info@bdsh.ca

www.bdsh.ca



ХРАНА ✓ FOOD



33

yummy[®]market

a european food experience



A landmark attraction for weekend cooks, culinary professionals, and everyone who eats food.

XPAHA ✓ FOOD



34



1390 Major Mackenzie Dr. W.
(East of Dufferin St.)
Maple, ON
Tel: 905-417-4117

4400 Dufferin St.
(South of Finch Ave.)
North York, ON
Tel: 416-665-0040



www.YummyMarket.com



1104B - 1100 O'Connor Drive,
East York

Tel: (416) 800-0920 www.oconnorsmeatmarket.ca

- Fresh Meats, Cheeses
- Large variety of Pasta, Herbs
- Imported products from Greece and Italy
- Freshly Frozen Meats
- Olives, Olive Oil from Greece, Spain and Italy
- Vinegars
- Gluten Free, Organic



Old Mill Pastry & Deli

385 The West Mall, Etobicoke

(416) 551-1779

- Внос на европейски продукти, консерви, сирена, кашкавали, салами, пушено месо, колбаси, брашно, захар, кафе, боб, подправки, сокове, вода, айрян и др.
- Домашно приготвени баница, кебабчета, кюфтета.
- Всякакви видове десерти, пасти, торти за рождени дни и др. тържества.



Добър
Апетит!

ADDING EUROPEAN FLAVOURS
TO THE CANADIAN MOSAIC
FOR OVER 40 YEARS!

EUROPEAN *Fine* FOODS CO. INC.
IMPORTERS AND DISTRIBUTORS OF GREAT TASTING PRODUCTS

1191 Crestlawn Drive, Mississauga, ON L4W 1A7
tel. 905 206 0964 fax. 905 206 0781

fb.com/babcibest
info@europeanfinefoods.com

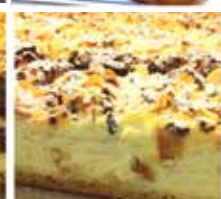
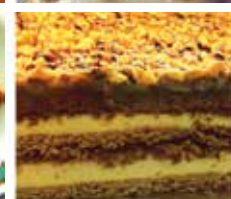


Visit our website:
eddiesmarket.ca



- Enjoy a large selection of fresh Ontario, pork, beef, veal, chicken, duck, geese, turkey and rabbit.
- Large selection of Hormone and Antibiotic free meats.
- Grass fed beef.
- Large selection of delicious European smoked meats
- Large selection of cakes
- Catering available
- Farmer table rentals

1575 Dundas Str. East
Mississauga (905)625-9617



A TASTE OF HOMELAND *in Toronto*

TORONTO LOCATION

44 Wellesworth Drive
Etobicoke, ON
☎ 416-695-7396

OAKVILLE LOCATION

220 North Service Rd. West
Oakville, ON
☎ 289-814-2210

📷 MRAKOVIC_FINEFOODS



**BAKERY
GRILL
DESSERTS
HOT FOOD COUNTER
BUTCHER
GROCERIES**



WWW.MRAKOVIC.COM

XPAHA ✓ FOOD





Пламяк *Bulgarian Flame*

ИНФОРМИРА
ВДЪХНОВЯВА
И ОБЕДИНЯВА



Read it online at:

www.bulgarianflame.com



Memorial Galleries Inc.

Monument Factory Outlet



- Дизайн по поръчка
 - Всякакви форми на паметници и всякакви букви
 - Final date cemetery second engraving
 - Гранит маркер и Бронзов плакет
 - Офорт и Статуя
 - Урни
 - Огромен избор на изложени в двора на фабриката за лесно разглеждане
 - Инсталация във всички гробища
 - Разполагаме с различни шаблони (templates) в уеб страницата ни.
- Можете да изберете и направите свой дизайн.

Save Your Budget



53 Bertrand Ave. Unit 1, Scarborough
Tel: 416-759-0293



5285 Tomken Road, Unit 3, Mississauga
Tel: 905-963-9079

E-mail: kitty@memorialgalleries.ca, www.memorialgalleries.ca

Our Family Caring for Your Family

From the flowers on the front lawn to the paintings on the walls, we at Ogden's always consider the comfort and needs of the families that we serve first. We offer services and products that are meaningful and fit comfortably within your budget. Just some of the ways that we as a family care for yours.

Family owned and operated since 1948



OGDEN
FUNERAL HOMES

4164 Sheppard Avenue East
Scarborough, Ontario M1S 1T3
Tel. 416-293-5211
www.ogdenfuneralhome.com



Did you know?

The world's most unusual landscapes in the world is
Dead Sea, Israel/Jordan

The lowest point on Earth, the Dead Sea is more than nine times saltier than the sea. Thought to be part of a rift zone that extends north into Turkey, it's believed to have once been part of a lagoon connected to the Mediterranean. Salt deposits on its bottom ensure that bathers remain buoyant, while the water's rejuvenating properties have made it a go to for health tourists for centuries.



HERITAGE FUNERAL CENTRE



O'Connor Bros. & Ralph Day Chapels



Central Toronto's newest and most spacious funeral home

- Full Traditional Orthodox Funeral Services
- Repatriation Services
- Travel Insurance
- Canadian Made Caskets
- Full Estate Services
- Government Documentation
- Proof of Death Certificates
- No steps anywhere
- 3 chapels with private lounges
- Lots of parking
- Pre-Arrange funeral services
- Fair prices
- Easy TTC and car access
- Owned by the Day family

and, most importantly,

our Family Surveys rate our service as "Excellent"

Най-новото и най-просторно погребално бюро в центъра на Торонто

- Пълни традиционни православни погребални услуги
- Услуги за репатриране
- Застраховка за пътуване
- Ковчези произведени в Канада
- Пълни услуги за наследство
- Правителствена документация
- Удостоверения за смърт
- Без стъпала
- 3 места с частни салони
- Много място за паркиране
- Предварително уговорени погребални услуги
- Добри цени
- Лесен достъп с кола и TTC
- Погребално бюро е фамилна собственост

и най-важното,

Нашите семейни анкети оценяват услугите ни като „Отлични“



50 Overlea Boulevard ~ Toronto ~ ON ~ M4H 1B6

phone: (416) 423-1000 ~ fax: (416) 424-2074

email: directors@heritagefc.ca

www.heritagefuneralcentre.ca



ПОГРЕБАЛНИ УСЛУГИ ✓ FUNERAL SERVICES





BLACK SEA GOLD
POMORIE

Налични в мрежата на ЛСБО
Available in select LCBO stores



LCBO
#43028



LCBO
#278317



LCBO
#371047

Demetra Vino Prospera Inc. • www.bsgold.bg • office@demetravp.ca





A window to Greece

Greece's No1 Ouzo

LCBO Code: 276550

SAQ Code: 15208234
Now available

Enjoy Responsibly



ТОРОНТО - ЦЪРКВИ / TORONTO - CHURCHES

**МАКЕДОНО-БЪЛГАРСКИ ИЗТОЧНО
ПРАВОСЛАВЕН КАТЕДРАЛЕН ХРАМ
“СВ.КИРИЛ И МЕТОДИЙ”**

**MACEDONO-BULGARIAN EASTERN ORTHODOX
CATHEDRAL “STS. CYRIL AND METHODY**

237 Sackville Street, Toronto, ON, M5A 3G1,
Tel: 416-368-2828,
www.scmcathedral.com

**Българско неделно училище към църквата „Св.
Св.Кирил и Методий”**

Адрес: 237 Sackville Street, Toronto, ON
Тел: 416-857-5439

**МАКЕДОНО-БЪЛГАРСКА ИЗТОЧНО
ПРАВОСЛАВНА ЦЪРКВА “СВ. ГЕОРГИ”**

**ST. GEORGE MACEDONO-BULGARIAN EASTERN
ORTHODOX CHURCH**

17 Regent St., Toronto, ON, M5A 3N4,
Tel: 416-366-1810

**МАКЕДОНО-БЪЛГАРСКА ИЗТОЧНО
ПРАВОСЛАВНА ЦЪРКВА “СВ. ТРОИЦА”
HOLY TRINITY MACEDONO-BULGARIAN EAST-
ERN ORTHODOX CHURCH**

201 Monarch Park Ave., Toronto, ON, M4J 4RJ,
Tel: 416-461-2214

“Детска изпълнителна група “Българче”

към църквата “ Св. Троица” - Tel: (416) 461-2214

**“СВ. ДИМИТЪР” БЪЛГАРСКА
ПРАВОСЛАВНА ЦЪРКВА**

**ST. DIMITAR BULGARIAN EASTERN ORTHODOX
CHURCH**

1555 Steeles Av. West, Brampton, ON, L6Y 5J9,
Tel: 905-861-9111, Fax: 905-861-9072
www.stdimitar.org

**Българско неделно училище “Канев” към
църквата „Св.Димитър” - 1555 Steeles Av. West,
Brampton, (905) 861 9111, 3439 Fieldgate Drive,
Mississauga, (647) 979 6043, Niagara Falls
St.John’s of Rila Bulgarian Orthodox Church,
4871 Willmott St, Niagara Falls, (647) 979 6043**

БЪЛГАРСКА ПРАВОСЛАВНА ЦЪРКВА

**Утешител Дух на Истината - о. Милан
Радулович, тел: 647-773-9785**

**Comforter Spirit of Truth Bulgarian Eastern
Orthodox Church. Адрес: 7250 W Credit Ave, Mis-
sissauga, ON L5N 5N1**

**БЪЛГАРСКА ИЗТОЧНО ПРАВОСЛАВНА ЦЪРКВА
„СВ.ИВАН РИЛСКИ” - Ниагара
BULGARIAN EASTERN ORTHODOX
CHURCH “ST. JOHN OF RILA”**

4871 Willmott Str., Niagara Falls, ON L2G 3B7
Tel: 905-354-3296, Cell (Отец Тодор): 905-246-4457

**ЦЪРКВА “БЛАГАТА ВЕСТ”, 69 Long Branch Ave,
Etobicoke, Тел.647-717-4766**

ТОРОНТО - ОРГАНИЗАЦИИ / TORONTO - ORGANIZATIONS

Вестник “ Пламък”

BULGARIAN FLAME NEWSPAPER

Tel: 416-821-9915

email: info@bulbiz.com, www.BulgarianFlame.com

Bulgarian Canadian Business Directory

email: info@bulbiz.com, www.BulBiz.com, 416-821-9915



Генералното консулство на Република България в Торонто

Consulate General of the Republic of Bulgaria - Toronto

65 Overlea Blvd., Suite 230, Toronto, ON, M4H 1P1, Tel: 416-696-2420, Fax: 416-696-8019

email: Consulate.Toronto@mfa.bg, www.bgconsultoronto.info



Welcome to Normobaric Wellness Centre

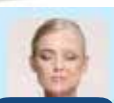
A place for wellness
and
healthier living



For Health



For Sport



For Beauty

APPLICATION OF NORMOBARIC THERAPY

Full regeneration and revitalization of the body, thanks to stem cells!

Therapy in the normobaric chamber accelerates stem cell growth by up to 8 times, which has a key role in regeneration and recovery from an injury or disease. Thanks to stem cells, the body regains its ability to heal itself!

The stem cell is unique because it can transform into any cell. Wandering around the body recognizes damaged tissues, and repairs and heals them.

Thanks to this, the body regenerates faster and significantly reduces recovery time.

BENEFITS OF OXYGEN, HYDROGEN AND CARBON DIOXIDE THERAPY

OXYGEN

Oxygen is absolutely necessary to sustain life processes in the body. We may survive without food for weeks or days without water, but we would die in a few minutes without oxygen. Human body needs oxygen to convert carbohydrates, fats and proteins present in our diet into heat and energy. This process is called metabolism. Oxygen is an essential element in the respiratory processes of most living cells. One of the main functions of oxygen is to sustain life in medical and biological meaning.

If you suffer from any
of the following and more, call us!

- ARTHRITIS
- ASTHMA
- BRAIN DAMAGE
- DIABETES
- DEPRESSION
- PSORIASIS
- MIGRAINES
- OSTEOPOROSIS
- STROKE
- TENDINITIS
- POST-COVID
- CANCER RECOVERY
- AND MANY MORE

Body oxygenation - Improve tissue oxygenation, and support better organ health

Regeneration- Beneficial for wound healing, injury recovery, and overall tissue health

Reduce Inflammation - Balanced gas mixture may have anti-inflammatory properties

Safe environment - Safe environment for extended use, without the lung risks

CARBON DIOXIDE

To oxygenate the body at the cellular level, the arterial blood must include not only the appropriate amount of oxygen but also carbon dioxide. Only then, these gases may act in synergy. The increased carbon dioxide content in the blood allows human cells to better absorb oxygen, facilitating the disconnection of oxygen from haemoglobin in the capillaries where it is most needed.

HYDROGEN

Hydrogen acts on the cells of the human body as an antioxidant, anti-inflammatory and anti-apoptosis factor. Oxidative stress is the imbalance between oxidants and antioxidants, i.e. between the amount of antioxidants and free radicals in the body.

NORMOBARIC
Wellness Centre

500 Champagne Dr. Toronto
Off: (416) 630-3073, Cell: (416) 676-3799

info@normobaricwellnesscentre.com NormobaricWellnessCentre.com

ОТАВА - ОРГАНИЗАЦИИ / OTTAWA - ORGANIZATIONS

Посолство на Република България, Отава, Канада

Embassy of the Republic of Bulgaria - Ottawa

325, Stewart Street, Ottawa, Ontario, K1N 6K5, Canada

Тел.: 001-613-789 3215, Тел.: 001-613-789 7174,

Факс: 001-613-789 3524, E-mail: embgottawa@hotmail.com

Българска общност на националния столичен район Отава – Гатино

Bulgarian Community National Capital Region Ottawa – Gatineau

<http://www.bulgariancommunityottawa.ca>

Bulgarian Groups in Facebook



Bulgarian Flame Promotions



Торонто за България



Bulgarians in Toronto



Immigrant club



Bulgarians in Mississauga



EVENTS Balkanto | Season 201...



Little Bulgarians in Toronto



BulgariansInOntario



Bulgarians In The Niagara Region



Damski Klub



Bulgarian Events in Ontario



Immigration PATHS to Canada



Bulgarians in Canada



BG Niagara Community



United Communities of Canada



Bulgarians in the USA & Canada

МОНРЕАЛ - ОРГАНИЗАЦИИ / MONTREAL - ORGANIZATIONS

Православна църква „Св.

Иван Рилски” - 1191 Blvd.

Sauve Ouest, Montreal, QC,

H2C 1Z8, Tel: 514-956-7835

www.stivanrielsky.org,

E-mail: board@stivanrielsky.org

Българско училище „Св.

Св.Кирил и Методий” - 5625

Decelles, College de Breboef,

Motreal, QC, Тел. 514-369-0589

В-к „Форум” - 24 Ave Mont-

Royal O, b.401, Montreal, QC,

Тел: 514-737-0151,

<http://www.forumbulgare.ca>

Канадско-български

културен център “Зорница” и в-к „Зорница” 7448 Kingsley

Suite 501, CSL Montreal, QC

H4W 1P2, Тел: 514-369-0589,

<http://www.zornica.com>

Културен център “Паисий

Хилендарски” - Моника

Вълева /450/ 691 2497, monika@balgari.org, www.balgari.org

Българско Културно-

Спомагателно Дружество -

sites.google.com/site/bgmontreal

ВАНКУВЪР - ОРГАНИЗАЦИИ / VANCOUVER - ORGANIZATIONS

Българо - Канадското дружество в

Британска Колумбия

Тел: 604-294-1212, <http://www.bcsbc.ca>,

Българско училище - Burnaby Central

Secondary School

4939 Canada Way, Burnaby, BC, V5G 1M1,

<http://www.bcsbc.ca>

КАЛГАРИ - ОРГАНИЗАЦИИ / CALGARY - ORGANIZATIONS

Българо-канадско дружество - Bulgarian-Canadian Society

<http://www.calgarybulgariansociety.com>

Форум на Българското дружество в Калгари -

www.calgarybulgariansociety.com/forum

Българско училище - Bulgarian school in Calgary - 2201 Clif

Street SW



General Dentistry - Cosmetic Dentistry - Dental Surgery - Dental Hygiene - Dental Emergencies

КАБИНЕТЪТ Е ОБОРУДВАН С НАЙ-МОДЕРНАТА АПАРАТУРА:

- ДИГИТАЛЕН РЕНТГЕН, ВКЛЮЧИТЕЛНО ПАНОРАМЕН
- ПАРОДОНТОЛОГИЯ
- ИЗБЕЛВАНЕ НА ЗЪБИ БЕЗ ЧУВСТВИТЕЛНОСТ



DR. Victoria Klitovchenko

- ОБЩА СТОМАТОЛОГИЯ
- ХИРУРГИЯ
- ИМПЛАНТИ И ХИРУРГИЯ НА ВЕНЦИТЕ
- ПРОТЕЗИРАНЕ
- ЕСТЕТИЧНА СТОМАТОЛОГИЯ
- ПРОФИЛАКТИКА НА ЗАБОЛЯВАНИЯТА НА ЗЪБИТЕ И ВЕНЦИТЕ
- СПЕШНА ПОМОЩ



DR. Taras Klitovchenko
DMD, Msc (Perio), FRCDC

DR. Allen Aptekar

1600 Steeles Ave W, Unit 16
citydental.ca (905) 760 - 7775



MINKOV:DENTAL

- Extensive training in Endodontics (Root Canals)
- Implants
- Restorative Dentistry
- Oral Surgery including Wisdom Teeth
- Electronic Submission of Claims
- Evening and Saturday Appointments Available
- All insurance plans and CDCP accepted

WIDE VARIETY OF COSMETIC PROCEDURES:

- Teeth Whitening
- Metal-free Restorations
- Veneers
- Metal-free Crowns and Bridges

**ВИСОКОКАЧЕСТВЕНИ
КОЗМЕТИЧНИ ПРОЦЕДУРИ**

- Импланти - хирургична и ортопедична част
- Коренови лечения
- Лечение на пародонтоза и венците
- Изваждане на мъдрец
- Избелване на зъбите за един час- Zoom

DR. SIMEON R. MINKOV

Dental Surgeon
and

DR. THOMAS MINKOV

Dental Surgeon



КАБИНЕТЪТ Е ОТВОРЕН В СЪБОТА

Удобно разположение срещу спирката на метрото

Tel: 416.922.3049

ROSEDALE MEDICAL CENTRE
600 Sherbourne Street, Suite 409
4th floor, M4X 1W4, Toronto
www.minkovdental.com





DR. VAL SIMEONOV DENTIST



High quality and professional
dentistry at affordable prices.

Безплатна консултация

* Приема нови и спешни пациенти с всички видове
застраховки.

** Намаление за нови емигранти и възрастни.

* * * Приемаме пациенти с новата

Канадска програма за зъболечение

ROSEDALE

MEDICAL CENTRE

600 Sherbourne St., Suite 611

Toronto, ON, M4X 1W4

Tel: (416) 926-0005

Emergency Cell: (416) 737-1126

E-mail: admin@simeonov.ca

Website: www.simeonov.ca



- Free consultation •
- Digital radiographs - single and panoramic •
- X-rays with minimal radiation •
- Cosmetic dentistry •
- Teeth whitening •
- Laser therapy •
- Root canal treatment •
- Dental implants •
- Periodontal therapy •
- Crowns, bridges, dentures •
- Orthodontic treatment (braces) •
- Pediatric Dentistry •
- Now accepting patients on the new Canadian Dental Care Program •

Now accepting patients on the new Canadian Dental Care Program •



Dentist- Dr. Eduard Simkhaev, D.D.S.

Завършил Московския стоматологичен институт. Практикуващ лекар с канадска диплома от 1982 г.

ВСИЧКИ ВИДОВЕ ЛЕЧЕНИЕ НА ЗЪБИ И ВЕНЦИ



ПРИЕМАМЕ ВСИЧКИ ВИДОВЕ ЗАСТРАХОВКИ,

ВКЛЮЧИТЕЛНО **CDCP**

(Canadian Dental Care Plan)

Правителствена застраховка за всеки

КОЗМЕТИЧНА СТОМАТОЛОГИЯ

- Повече от 30 години поставяме само бели пломби, които съответстват на вашите зъби.
- Изправяме козметично зъбите.
- Премахваме повърхностни дефекти и затваряме празнини.

ХИРУРГИЯ

- Всички видове протези
- Вадене на зъби
- Коронки и мостове
- Импланти
- Снимаеми протези
- Ремонт на протези

4430 Bathurst Str. Suite 306

Medical Building

Bathurst & Cocksfield, North of Sheppard

416.630.0052



ВСИЧКИ
КОНСУЛТАЦИИ
СА БЕЗПЛАТНИ

Обмисляли ли сте поставяне на импланти?

Безплатна консултация, включително рентгенови снимки*

Tomasz Piotr B.Sc. D.D.S

Dr. Pater

Dental Surgeon

Интересувате ли се от зъбно протезиране?

- ✓ Възможност за използване на райски газ
- ✓ Импланти
- ✓ Коронки, мостове, протези
- ✓ Лечение на коренови канали
- ✓ Хирургични процедури
- ✓ Пломби
- ✓ Почистване
- ✓ Вадене на мъдrecи

*All insurance plans
accepted*

*За консултации за импланти са необходими само рентгенови снимки



ПРИЕМАМЕ ДЪРЖАВНИЯ КАНАДСКИ ПЛАН
за стоматологична помощ (CDCP)



ПРОТИВОПОЛОЖНО
НА SIX POINTS PLAZA
ГОЛЯМ
БЕЗПЛАТЕН
ПАРКИНГ



(416) 233 4782
3823 Bloor St West, Etobicoke

ЗДРАВЕ ✓ HEALTH



49



Independent Dental Hygiene Practice



- Teeth Cleaning/Scaling
- Teeth Polishing
- Dental Hygiene Exam
- Oral Hygiene Instructions
- Teeth Whitening
- Teeth Gems

We accept **Canadian Dental Care Plan (CDCP)**
We do direct billing to Insurance Companies



My dental hygiene studio
 my.dental.hygiene.studio

Tel: (647) 971-4956

info@mydentalhygienestudio.ca
www.mydentalhygienestudio.ca

**1-49 Mississauga Rd.N,
Mississauga
ON, L5H 2H9**



Milena Hadji Daovska RDH



Services We Offer:

- Professional Teeth Cleaning
- Whitening Treatments
- Oral Cancer Screening
- Fluoride & Sealants
- Personalized Oral Health Education

PLUS: Onsite Dentist Available for

- Fillings & Restorations
- Extractions
- Crowns & Bridges, Dentures
- Emergency Dental Care

- We welcome new patients
- Accept all insurance plans, including the Canadian Dental Care Plan (CDCP)
- Free consultation available

Book Your Appointment Today!

(647)368-7785

2190 Warden Ave. suite 205, Scarborough

reception@srsmilecare.com www.srsmilecare.com



Read it online at:

www.bulgarianflame.com



DENTURE 4 YOU | DENTURE CLINIC

Restore Your Smile, Regain Your Confidence!

FREE BASIC DENTURES
WITH 100% CANADIAN DENTAL CARE PLAN (CDCP)



- **SAME DAY DENTURE REPAIRS, RELINES AND PROFESSIONAL DENTURE CLEANING**

- **COMPLETE AND PARTIAL DENTURES**

- **IMPLANT SUPPORTED DENTURES**

We provide a **full range of denture solutions** designed with your comfort in mind. Our experienced team is committed to delivering personalized care that fits your unique needs.

- **WE ARE OPEN SATURDAYS (BY APPOINTMENT)**
- **WE OFFER MOBILE DENTURE SERVICES**
YOU CAN'T COME TO US? WE CAN COME TO YOU!
- **WE ACCEPT ALL INSURANCE PLANS, INCLUDING CDCP (CANADIAN DENTAL CARE PLAN)**



George R. Breban, DD
PROFESSIONAL DENTURIST

*Member of the College of
Denturists of Ontario,
Denturist Association of Canada
and Denturist Group of Ontario*

Denturist or Dentist - Who Does What

If you've been told you might need dentures, you may be wondering: Should I see a dentist or a denturist? The truth is, sometimes you'll work with one, sometimes both. Both have important roles in your care.

What a Denturist Does

A **denturist** is a licensed dental professional who **specializes exclusively in dentures**. We design, create, fit, and repair the right here in our own clinic. This means you work directly with a person who makes your dentures from start to finish. Because we handle the entire process, from impressions to the final fitting, we can customize every detail so your dentures look natural and feel comfortable. We can help you with:

- Complete dentures (a full set of teeth)
- Partial dentures (replacing just a few teeth)
- Immediate dentures (placed the same day teeth are removed)
- Relines, adjustments, and repairs

What a Dentist Does

A **dentist** is your go-to professional for overall oral health, from regular check-ups to fillings, extractions, crowns and bridges and gum care. Dentists can also provide dentures, but the process is **different**:

- The dentist takes impressions, your bite, and the shade of your new teeth
 - This information is **sent to a dental laboratory**, where the dentures are made
- Once the dentures are ready, your dentist inserts them and makes any necessary adjustments. Dentists can also treat any dental or gum conditions that need to be addressed before your dentures are made.

WALK-IN PATIENTS ARE WELCOME!

CALL US TODAY TO BOOK AN APPOINTMENT!

2190 Warden Ave. Suite 208, Scarborough

www.denture4you.com
denturefouryou@gmail.com

(416) 303-0609



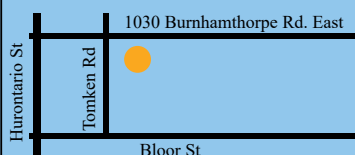


PHARMACY

FAITH HOPE AND LOVE

Аптеката предлага:

- ✓ Лекарства с рецепта и витамини
- ✓ Безплатна доставка на лекарства
- ✓ Разпределяне на лекарства в опаковки
- ✓ Специална отстъпка за пенсионери
- ✓ Спомагателни медицински продукти
- ✓ Преглед на лекарствата с консултация с фармацевт
- ✓ Издаване на рецепти за леки заболявания
- ✓ Ваксинация



Работно време:

Пон - Пет 10am - 6pm
Събота 10am - 2pm
Неделя - Затворено

faithhopeandlovepharmacy.ca



Tel: 905.848.4485 Fax: 905.803.8068

**1030 Burnhamthorpe Rd. East
Mississauga**

faithhopeandlovepharmacy@gmail.com

Tomken/Burnhamthorpe



вестник "Пламък"

ИНФОРМИРА, ВДЪХНОВЯВА И ОБЕДИНЯВА

www.bulgarianflame.com

ЗДРАВЕ ✓ HEALTH



52

ABBE

OPTICIANS

Eye Exams
Designer Eyewear
Contact Lens Fitting
Safety Eyeglasses
Prescription Glasses
Prescription Sunglasses



1077 North Service Rd
Mississauga, Ontario

(905) 272-1632

@Abbeopt

*Direct billing to all insurance companies

Говорим български. Никола: (905) 272-1632

Hearing Clinic



Penny Alexopoulos

Hearing Instrument Specialist

(15 years of experience)



Клиника за слух

- HEARING TESTS
- HEARING AIDS
- EARWAX REMOVAL
- CUSTOM EAR & HEARING PROTECTION
- HEARING AID REPAIRS, ADJUSTMENTS & CLEANING
- ПРОВЕРКИ НА СЛУХА
- СЛУХОВИ АПАРАТИ
- ОТСТРАНЯВАНЕ НА УШНА КАЛ
- ПЕРСОНАЛИЗИРАНА ЗАЩИТА НА УШИТЕ И СЛУХА
- РЕМОНТ, НАСТРОЙКИ И ПОЧИСТВАНЕ НА СЛУХОВИ АПАРАТИ

Trusted Providers for most 3rd party insurance carriers

SCHEDULE YOUR APPOINTMENT TODAY!

905.884.4327

22 Richmond Street. Unit 101

Richmond Hill

exquisitehearing.ca

exquisitehearingclinic@gmail.com Follow us on



ХИРОПРАКТОР, ФИЗИОТЕРАПИЯ, РЕГИСТРИРАН МАСАЖ ТЕРАПИСТ, ЛАЗЕРНА ТЕРАПИЯ, МЕДИЦИНСКА АКУПУНКТУРА



Имате:

- ☒ Мигрена?
- ☒ Болки в гърба?
- ☒ Болки в ставите?
- ☒ Чувствате се отпаднали?

Лекуваме: Joint Replacement, Rehabilitation, Болки в гърба, Разтягания и навяхвания, Главоболие, Проблеми след пътнотранспортни произшествия Whiplash, Fibromyalgia, Ишиас, Тенис / Golfer's Elbow, Замръзнало рамо, Болки в ставите, Синдром на карпалния тунел (CTS), TMJ (Temporal Mandibular Joint, Dysfunction), Намаляване на стреса, Премахване на бръчки



Tel: 416-759-8099, Fax: 416-759-9085

www.iwellness.ca

iwellness.ca@gmail.com

2221 Keele St., Suite #302

(at the intersection of Keele St. and Ingram Dr.)

Toronto, On, M6M 3Z5



Dr. John Balkansky, B.Sc., D.C.
Clinic Director and Chiropractor

**НИЕ МОЖЕМ
ДА ВИ ПОМОГНЕМ !**

ЗДРАВЕ ✓ HEALTH



LEGAL SERVICES



SLOMYANSKI LAW

Personal Injury Firm

PERSONAL INJURY

- PHYSICAL AND PSYCHOLOGICAL INJURIES IN MOTOR VEHICLE ACCIDENTS, SLIP & FALLS AND OTHER INCIDENTS
- CLAIMS AGAINST INSURANCE COMPANIES
- HIGH PROFESSIONALISM
- ATTENTIVE ATTITUDE
- WE GO TO YOUR HOME AND HOSPITAL
- MAXIMUM COMPENSATION IN EACH SPECIFIC CASE
- PAYMENT ONLY UPON SUCCESSFUL RESOLUTION OF THE CASE



ACCIDENT? ПОЗВЪНЕТЕ НИ!

- максимални обезщетения при злополуки, падания и други инциденти
- всички видове щети: физически, материални, психологически
- искове, свързани със застрахователни компании
- висок професионализъм
- внимателно, индивидуално отношение към клиента
- отиваме вкъщи и в болница
- първа консултация безплатна
- плащане само при успешно решаване на делото

www.slomyanskilaw.com
info@slomyanskilaw.com
1110 Finch Ave West,
Suite 500, Toronto

Mariana Slomyanski
LL.B, LL.M
Barrister & Solicitor
Notary Public

Tel: (416) 519-1006
Cell: (416) 897-0474



Did you know?

One of the top strangest buildings in the world is

Museum of Tomorrow (Rio de Janeiro, Brazil)

The architecture in Rio de Janeiro, and the Museum of Tomorrow is another of the world's strangest buildings. This one seems to defy gravity.



© Rhonda Albem

LEGAL SERVICES



DINKOVA
IMMIGRATION ADVISORY



*Bilingual Service.
Stronger Connections.*





106-191 KING STREET S,
WATERLOO, ON, N2J 1R1



IMMIGRATION SERVICES
ИМИГРАЦИОННИ УСЛУГИ

- Study, Work & Visitor Visas
- Permanent Residence
- Family Sponsorship
- Business Immigration
- Complex Cases

*Personalized guidance.
Proven results.*

*Индивидуален подход.
Доказани резултати.*



**ONTARIO NOTARY
PUBLIC SERVICES**
НОТАРИУС ЗА ОНТАРИО

- Commissioning & Notarization
- Affidavits & Statutory Declarations
- Certified True Copies

*Official. Reliable.
Convenient.*

*Официално. Надеждно.
Удобно.*



TRANSLATION SERVICES
ПРЕВОДАЧЕСКИ УСЛУГИ

- Certified Translations
- Bulgarian ↔ English
- Certificates, Diplomas, Contracts & More

*Accurate. Confidential.
Accepted.*

*Точни. Конфиденциални.
Приети навсякъде.*



luba@dinkovaimmigration.com



+1 416-315-1440



+359 878 639 757



www.dinkovaimmigration.com



YOUR TRUSTED PARTNER IN ONTARIO | **ВАШИЯТ НАДЕЖДЕН ПАРТНЬОР В ОНТАРИО**



MULTILANGages
la bonne traduction au bon moment

Ana Asenova, traductrice agréée



Membre de l'Ordre des traducteurs,
terminologues et interprètes agréés du Québec

ana_asenova@multilanguages.com

www.multilanguages.com

български | английски | френски

bulgare | anglais | français

**ПРЕВОД
НА ОФИЦИАЛНИ
ДОКУМЕНТИ**

**TRADUCTION
DE DOCUMENTS
OFFICIELS**

1 514 823 9522



ПРАВНИ УСЛУГИ ✓ LEGAL SERVICES



55

Отопление и Климатизация



Comprehensive Comfort Since 1958

- Heating & Air Conditioning
- Service and maintenance
- Commercial and residential
- Top-quality systems and services
- Free consultations and quotes
- 24-hour emergency inspections, service, and repairs
- We repair all types of furnaces, boilers, and air conditioning units
- Отопление и климатизация
- Сервиз и поддръжка
- Търговски и жилищни сгради
- Висококачествени системи и услуги
- Безплатни консултации и оферти
- 24-часови аварийни огледи, сервиз и ремонти
- Ремонтираме всички видове пещи, бойлери и климатични агрегати

High-quality products only!



LENNOX

WEIL-McLAIN

MITSUBISHI ELECTRIC



83 Six Point Road
Toronto, ON, M8Z 2X3

(416) 232-2262



Twitter: @SIPCOGC • Facebook.com/SIPCOGROUP

www.sipco.ca

ПРОЗОРЦИ И ВРАТИ ЗА ВАШИЯ ДОМ



**BIG
SALE**

WINDOWS & DOORS FOR YOUR HOME



**PROFESSIONAL INSTALLATION
MODERN DESIGN
LIFETIME WARRANTY**

UP TO 50 % OFF
ON NEW WINDOWS AND DOORS

Call for a Free Estimate Today!

Stefan: 647-830-5604

ПРОЗОРЦИ И ВРАТИ ✓ WINDOWS & DOORS





RESIDENTIAL RESALE	CONDOS	LUXURY HOMES	NEW CONSTRUCTION
NADIA DONCHEVA ABR, CNE, SRES SALES REPRESENTATIVE nadia.doncheva.realtor nadia.remax2000@yahoo.ca 22 YEARS REAL ESTATE TOP AGENT IN BUSINESS SINCE MARCH 2004			
1885 WILSON AVE, NORTH YORK, ON M9M 1A2		D: 416 450 7995 O: 416 743 2000	

Did you know?

One of the top strangest buildings in the world is

Dancing House (Prague, Czech Republic)

The Dancing House, often referred to as Ginger and Fred, is an avant-garde building that appears to be in a dance-like embrace, defying traditional architectural norms. It seemed such a contrast to most of the traditional buildings in Prague.



Buy, Sell, List Responsibly!



Mariana Iordanova & Fred Campos

Sales Representatives

- Buy, Sell, Lease with Us!
- Your Full Service Real Estate Team!

- Покупки, Продажби, Под Наем!
Екип за Недвижими Имоти с Пълно
Обслужване на Вашите Услуги!
Говорим Български!

Мариана Йорданова

647 885 7143

Mariana@wolfstreet.ca

Wolfstreet
REAL ESTATE

Sage Real Estate Ltd., Brokerage
134 Ossington Ave, Toronto, ON M6J 2Z5

Not intended to solicit sellers or buyers currently under contract with another brokerage.
Designed and printed by Sage Real Estate. SageRealEstate.ca

Did you know?

One of the top strangest buildings in the world is

Rainier Tower (Seattle, Washington, USA)

It's the unique "pedestal" base that narrows dramatically before expanding upwards, giving it an almost precarious appearance, that earned Rainier Tower a place on our list. Creatively, Amusing Planet suggested it looks as though it was designed by an American beaver.





Right At Home Realty Inc., Brokerage



*First Class Service,
Because You Deserve it!*

**Assisting Buyers and Sellers
in Toronto & GTA**

Pre-construction VIP access!

Zee Zdravko Dimov

Sales Representative

Direct: 416-569-5396

Office: 416 391-3232

info@torontohousesforsale.com

www.TorontoHousesForSale.com



НЕДВИЖИМИ ИМОТИ ✓ REAL ESTATE



60



Покупко-продажба и наеми на недвижими имоти



MARIANA IVANOVA

SALES REPRESENTATIVE

647-833-2576 - Cell mariana.remaxpremier@gmail.com

416-743-2000 - Office www.realestatefalls.ca



www.BulgarianFlame.com



Пламък
Bulgarian Flame Newspaper
www.bulgarianflame.com

Четете в "Пламък" онлайн!



**SELL A HOUSE
BUY A CONDO**

SOLD

**SOLD
OVER ASKING**

LINA Gueorguieva

BROKER SRS, CNE, SRES, AREN



647-862-2339

@LinaGluxury@gmail.com

www.MyHomeForSaleToronto.com



НЕДВИЖИМИ ИМОТИ ✓ REAL ESTATE



BANQUET HALLS & COMMUNITY CENTRE



Latvian Centre Toronto

Through programs, exhibitions, and events, the Centre facilitates cross-cultural understanding and community engagement.

Enjoy the Northern European atmosphere at Latvian Centre!

Organize your event in the heart of Toronto! We'll help you with the catering and arrangement.

For our news and community events follow our web site: latviancentre.org

[latviancanadianculturalcentre](https://www.instagram.com/latviancanadianculturalcentre)

[LatvianCentre](https://www.facebook.com/LatvianCentre)



4 Credit Union Drive, Toronto, 416-759-4900

www.latviancentre.org



The largest Bulgarian community newspaper in Canada

INFORMS
INSPIRES
UNITES



Read it online at:
www.bulgarianflame.com

BANQUET HALLS & RESTAURANTS

Le Iréport

WEDDING & CONVENTION CENTRE

**ЕЛЕГАНТНА БАНКЕТНА ЗАЛА
ЗА СВАТБИ, КРЪЩЕНЕТА, РОЖДЕНИ ДНИ
И ДРУГИ ТЪРЖЕСТВА**



LeTreport.com

Elegant, modern decor and service.

*Various sizes of
modernly renovated ballrooms
for all of your life events.*

Chapel on site.



1075 Queensway East, Mississauga • 905.276.7729

UNO
BISTRO

Event Venue & Restaurant

Inspired by the charm of Lviv's coffee houses, the Bistro offers a warm and inviting atmosphere for both casual dining and private events. The perfect space for small functions, receptions, or gatherings.

Our Services

- Daily Casual Dining
- Baby Showers
- Birthday Parties
- Wakes/Celebration of Life
- Weddings
- And More!

Book now

416-253-6002 (Ext. 2)

www.unobistro.ca

145 Evans Avenue Toronto, Ontario



CATERING SERVICES

Great tastes at affordable prices

What We Offer:

We offer a variety of delicious, freshly made dishes for any special occasion. Our experienced chefs are dedicated to creating custom menus that will make your event truly unforgettable. From appetizers to entrées to desserts, whatever your needs may be, we can provide the perfect culinary experience.

Our Services:

- Dinner Party
- Wedding Party
- Corporate Party
- Birthday Party
- Concerts
- And MORE!

Whatever your style and whatever your taste, let Trident Banquet Hall be your special place!

Please contact us for more information. We look forward to helping you make your event a success!

CONTACT US

(416) 253-6002 (EXT. 2)
www.tridentbanquethall.com

РЕСТОРАНТИ ✓ RESTAURANTS





The Best European Cuisine



905 277 2800

www.crystalgrand.ca

[crystalgrandbanquethall](https://www.instagram.com/crystalgrandbanquethall)

2110 Dundas St. East, Mississauga, ON



ARMENIAN BARBECUE

Party Catering available

CALL FOR AMAZING TAKEOUT

ARMENIANBISTRO.CA

Everything is handmade daily
Best Armenian BBQ in Your City

 416 947 8177

5487 Dundas St. W., Etobicoke, ON M9B 1B1
www.armenianbistro.ca

SEE FULL MENU ON
ARMENIANBISTRO.CA

RESTAURANTS

Celebrating 50 Years of Authentic Italian Hospitality



La Luce Ristorante

For five decades, La Luce has been where life's most meaningful moments are shared – family dinners, romantic evenings, graduations, birthdays, anniversaries, and unforgettable celebrations. Join us as we celebrate 50 years of tradition, exceptional cuisine, and heartfelt hospitality.

Reserve your table today.
4377 Steeles Ave. W., North York
☎ (416) 661-8989

Art for your HeArt

A bottle of Ikon Marani Rkatsiteli 2023,

Made in Georgia

hand painted by ©Viara

It offers touches of almond alongside apple, peach
and watermelon tones.

Who wants to try it?

Call Viara: 416-821-9915









416.461.5200
128 O'Connor Drive, Toronto
Free parking
www.greekgrill.ca

LET'S PUT SOME GREEK GRILL IN YOUR NEXT EVENT

CATERING
 for your event.
 Our Mobile kitchen can serve all kinds of special events.

Scan me → 

Delivery | TakeOut | Catering | Food Truck

Боб чорба, леща и др. видове супи.
 Домашно приготвени ястия: Гювеч, мусака, пълнени чушки, патладжани. Печено месо на дървени въглища. Дюнер кебаб. Десерти.
Замразени храни,
вино, бира и други нови продукти!







McAdam Friends Restaurant

5659 McAdam Road,

Mississauga

Tel: (905) 890-3300

Geni: 306-717-9705 Damir: 647-982-0060

- *Фамилен ресторант в Мисисага.*
- *Уютна обстановка с много вкусна храна и добро обслужване.*
- *Подходящо място и за сватби, кръщенета корпоративни и всякакви тържества.*
- *Голяма тераса за лятото.*
- *До 110 места*
- *Петък и събота музика на живо*



Традиционна балканска кухня



Budapest Hungarian Restaurant

АВТЕНТИЧНА УНГАРСКА КУХНЯ



- DINE IN
- PICK UP
- DELIVERY
- CATERING
- EVENTS

Budapest Restaurant Toronto specializes in authentic Hungarian cuisine, bringing the rich flavors and warm hospitality of Hungary to Toronto. Signature dishes include a variety of crispy schnitzels, traditional chicken paprikás, hearty cabbage rolls, and other comforting homemade specialties.

The restaurant is also happy to accommodate dietary requirements and food restrictions, ensuring every guest can enjoy a satisfying

dining experience.

To complete the experience, Budapest Restaurant proudly serves freshly made pastries and cakes from Annamaria's Kitchen, adding a warm homemade touch with traditional European desserts and baked goods.

In addition, Annamaria's Kitchen offers live pastry classes at Budapest Restaurant, where guests can learn and experience the art of traditional baking firsthand.

We serve Alcohol

- **Live Music**

on Fr., Sat. & Sun. after 5 pm

- **Lunch Special**

on Mon - Fr 11 -3 pm



2183 Danforth Ave, Toronto (647) 347-5047

Art for your HeArt

A bottle of Ikon Cabernet Sauvignon 2021,

Made in Hungary

hand painted by ©Viara

It's round and flavourful, with suggestions of black cherry, smoked cinnamon, cumin and vanilla.

Who wants to try it?

Call Viara: 416-821-9915



РЕСТОРАНТИ ✓ RESTAURANTS





Ballkan Grill

Authentic Balkan Cuisine

3443 Fieldgate Drive, Mississauga, 905-629-4483



- ✓ **Salads & Soups:**
(lentils soup, vegetable and chicken)
- ✓ **Cold and Hot Appetizers**
- ✓ **Platters**
- ✓ **Meat dishes:**
Roast beef

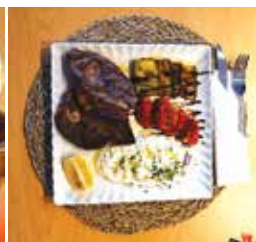
- Have Dheu(cottage cheese meat peppers, tomatoes)
- Goulash
- Kebabs, Qofte Bureks
- Paca (tribe)
- ✓ **Fish dishes** (Sea bass, Sea bream)

- Calamari (grilled and spiced)
- ✓ **Sides**
- ✓ **Desserts:**
Trileche
Sheqerpare
Zupa, Baklava.

We serve alcohol.

For a full menu, please call us.

Dine in - Take out - Uber eats



Fascinating Facts You Need to Know about Balkan Food

1 A MELTING POT OF CULTURES

Balkan cuisine is a blend of Mediterranean, Ottoman, Slavic and Central European influences – creating rich, diverse and delicious flavors.

2 FRESH, LOCAL INGREDIENTS

Balkan cooking celebrates seasonal, local ingredients like vegetables, olive oil, yogurt, cheese, herbs and fresh meats.

3 YOGURT IS A STAPLE

From breakfast to dinner, yogurt is used in soups, sauces, dips and desserts across the Balkans.

4 MORE THAN JUST MEAT

Yes, grilled meats are famous, but Balkan cuisine also offers amazing vegetarian dishes, pies, salads and stews.

5 BREAD & PIES BRING PEOPLE TOGETHER

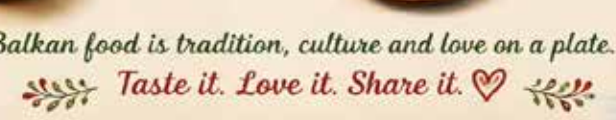
Dishes like baritsa, burek, pita and pogacha are enjoyed at family meals, festivals and special occasions.

6 HOSPITALITY IS AT THE HEART

In the Balkans, food is more than nourishment – it's a way to show love, respect and welcome guests like family.

Balkan food is tradition, culture and love on a plate.

Taste it. Love it. Share it. ♥



Square Boy Restaurant

Family Owned And Operated SINCE 1964



62 YEARS

**OFFERING
QUALITY & TASTE**

EVERY DAY
OUR CUSTOMERS
ENJOY THE DELICIOUS
HOMEMADE HAMBURGERS
AND ALL THE
DELICIOUS DELICACIES
WE HAVE AVAILABLE

ВКУСНА ХРАНА НА ДОСТЪПНИ ЦЕНИ



Offering tasty burgers and a loaded gyro pita for affordable prices.
Square Boy Restaurant is a popular spot for souvlaki and it is considered
a gem among the Toronto restaurants.

DINE-IN | TAKE OUT

875 Danforth Ave, Toronto

416-461-2571

CELEBRATE THE 20 YEAR ANNIVERSARY



Anniversary Specials

Celebrating 20 Years

BURGER SPECIAL **\$20**
2 Hamburgers, Large Fries, 2 Pop (355ml) plus taxes

SANDWICH SPECIAL **\$20**
Your Choice of Two Sandwiches & Small Fries plus taxes
Roast Beef, Ham, Turkey, Veggie & Cheese, or Montreal Smoked Meat

PIZZA & POUTINE SPECIAL **\$20**
X-Large Pepperoni Pizza (16") & Small Poutine plus taxes

www.oakparkdeli.com



TWO LOCATIONS TO SERVE YOU

213 Oak Park Ave. (416) 424-3354

903 Coxwell Ave. (416) 429-3663

Did you know?

One of the most Unique Restaurants in the World is in a tree

(Koh Kood, Thailand)

Anyone with a fear of heights shouldn't visit the Soneva Kiri, where diners ascend 16 feet into the branches via a "treepod," a booth-and-table structure that's hoisted up to overlook the Koh Kood rainforest.

Be sure to tip your zip-lining waiters (even if a water refill takes a bit longer than usual)...

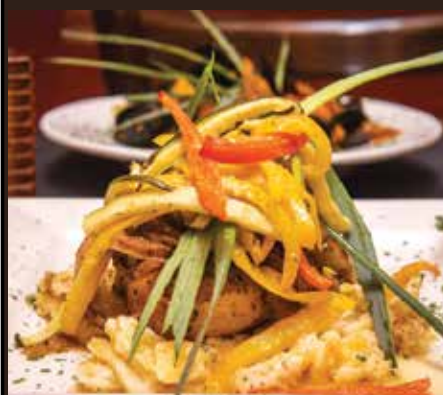
Seriously, they actually fly down to your table via cable and harness to deliver your meal.



Насладете се на разнообразна и вкусна гръцка храна и очарователна атмосфера на гръцко гостоприемство в сърцето на Danforth Ave.



PATIO - DINE IN - TAKE OUT - CATERING - DELIVERY
All with the same great taste



Taste our modern Greek Cuisine and feel the passion we put into our dishes



Estiatorio
Soulas
Modern Greek Cuisine

LIVE MUSIC Friday & Saturday nights

500 A Danforth Ave, Toronto
(416) 778-0500

info@soulas.ca, www.soulas.ca

Подходящо място за срещи с приятели и роднини,
бизнес срещи и различни видове тържества.

РЕСТОРАНТИ ✓ RESTAURANTS



Yiannis

THE FRIENDLY GREEK



DINE IN • TAKE OUT • DELIVERY • CATERING

НАЙ-ДОБРИЯТ НАЧИН ДА ПОЛУЧИТЕ
БЪРЗО ХРАНАТА СИ В КЪЩИ
С НАШИТЕ ШОФЬОРИ ИЛИ С



Call now
(416) 469-8422
or order online!

494 Danforth Ave, Toronto (at Logan Ave)

www.thefriendlygreekyiannis.com

TASTE OF THE MEDITERRANEAN



BLUFFERS
RESTAURANT & EVENT CENTRE

TORONTO'S WATERFRONT DINING
GREEK - MEDITERRANEAN CUISINE



GREEK NIGHT: LIVE MUSIC & DANCE EVERY SATURDAY NIGHT
(BEGINNING IN MARCH)

Restaurant Reservations or Event Space Bookings

tel: **416-258-7807**

email: info@bluffersrestaurant.ca

www.bluffersrestaurant.ca

7 Brimley Rd. South Scarborough (Bluffers park)

KALIMERA

FOOD KITCHEN

A new **Greek market** concept that is focused on bringing the best of Greece and its traditions to Toronto.

OPENING SOON

KALIMERAFOODKITCHEN.CA

44 UPJOHN ROAD, NORTH YORK



Roidon Gi brings all the aroma and rich flavour of the pomegranate with organic farming, retaining all its nutrients. No added sugar or preservatives.

Exclusively for Kalimera Food Kitchen Canada wide.



FLOGA

ESTIATORIO AND EVENT SPACE

ELEVATE YOUR NEXT EVENT

LET US HOST YOUR SOCIAL FUNCTIONS,
MEMORIALS, WEDDINGS & CORPORATE EVENTS

PLEASE CONTACT US FOR MORE INFORMATION

EVENTS@FLOGATORONTO.COM



AUTHENTIC GREEK FOOD PREPARED FRESH

LIVE GREEK MUSIC

EVERY SATURDAY NIGHT - OPA!

RESERVE YOUR TABLE TODAY!

1957 KENNEDY RD, SCARBOROUGH (416) 335-9600

FLOGATORONTO.COM



@FLOGATORONTO

MR. GREEK®
Because life has to be enjoyed!®
EST. 1988

REAL FOOD, ALWAYS FRESH.

Since 1988, Mr. Greek has proudly served your meals Hot off the Grill® & made to order with premium ingredients. Open 7 days a week, we offer a wide range of Greek favourites for dine-in, takeout, pre-order, delivery, or catering.

Often imitated, never duplicated.

Mr. Greek - Because life has to be enjoyed®

  @mrgreek

ORDER.MRGREEK.COM



РЕСТОРАНТИ ✓ RESTAURANTS



75

TASTE OF BULGARIA

MEAT RECIPES WE LOVE

1 KAVARMA WITH RICE



INGREDIENTS:

- 500 g pork meat
- 1 cup rice
- 1 onion
- 2 cloves garlic
- black pepper
- red pepper
- bay leaf
- salt

INSTRUCTIONS:

1. Cut the meat into pieces and fry until golden.
2. Add onion, garlic and rice. Stir well.
3. Fill with water, season with spices and bay leaf.
4. Bake in the oven at 180°C (350°F) for about 1½ hours until the rice is ready.



120 min.



4 servings

2 KEBAPCHETA (BULGARIAN MEAT KÖFTE)



INGREDIENTS:

- 500 g minced meat (beef and pork)
- 1 small onion, grated
- 1 clove garlic, minced
- 1 tsp. salt
- ½ tsp. black pepper
- ½ tsp. cumin
- ½ tsp. baking soda
- 2 tbsp. cold water

INSTRUCTIONS:

1. Mix all ingredients well. Shape into small sausages.
2. Grill on a barbecue or grill pan for about 20–25 minutes, turning regularly until cooked through.



30 min.



4 servings

3 BEAN SOUP WITH MEAT



INGREDIENTS:

- 300 g dried beans
- 300 g pork meat
- 1 onion
- 1 carrot
- 1 red pepper
- 1 tbsp. paprika
- 1 tsp. savory
- salt
- oil

INSTRUCTIONS:

1. Soak the beans overnight.
2. Cook the meat. Add the beans and cook until almost done.
3. Add the chopped vegetables, paprika, savory, salt and a little oil.
4. Simmer until everything is fully cooked.



120 min.



4 servings

4 MOUSSAKA



INGREDIENTS:

- 500 g minced meat
- 4 potatoes
- 1 onion
- 2 eggs
- 200 g yogurt
- 2 tbsp. flour
- black pepper
- salt
- oil

INSTRUCTIONS:

1. Fry the onion and meat. Season and set aside.
2. Layer potatoes and meat in a baking dish.
3. Beat eggs, yogurt and flour, pour over the top.
4. Bake at 180°C (350°F) for about 45 minutes.



60 min.



4 servings

5 PORK WITH PEPPERS



INGREDIENTS:

- 600 g pork meat
- 3–4 bell peppers
- 2 onions
- 2 tomatoes
- 2 cloves garlic
- black pepper
- salt
- savory

INSTRUCTIONS:

1. Cut the meat and fry until golden.
2. Add onions and garlic.
3. Add peppers and tomatoes.
4. Season with spices.
5. Simmer on low heat for 1 hour.
6. Garnish with savory and serve.



60 min.



4 servings

GRANDMA'S TIPS



Use quality meat and fresh spices – that's the secret to delicious food.



Cook with love and patience – the tastiest dishes take time.



Our tradition is the best seasoning!

Enjoy your meal!





Champion  **Döner Kebab**

TURKISH CUISINE

Ресторант с национална
Турска кухня

2555 Dixie Road, Mississauga

(Just south of Dundas St.)

Tel: (905) 232-9009

2810 Major Mackenzie Drive West Unit 25, Vaughan

Tel: (905) 832-6500



Plates



Doner Sandwich



Pide



Doner Wrap



Pizza



Champion Mix



Salad



Deserts



Hatay Style Wrap



SPECIALIZING IN OCEAN CONTAINER SHIPPING



KRONOS INTERNATIONAL SHIPPERS

Service to: Varna, Burgas, Sofia, Plovdiv, but also other countries in Europe. Inquire today.

YOUR HOUSEHOLD GOODS,
OUR GLOBAL EXPERTISE.

EXPERIENCE SEAMLESS HOUSEHOLD RELOCATION

Kronos International Shippers is your trusted source for moving entire households overseas. We specialize in secure, efficient, and cost-effective transport for personal effects, vehicles and household goods. Established in 1982, we make the shipping process worry free.



- ☒ Full Container Load (FCL) Services
- ☒ Less than Container Load (LCL) Services (Certain Destinations)
- ☒ Wrapping/Packing Services
- ☒ Vehicle & Specialty Item Transport

GET A FREE QUOTE TODAY | ☎ 416-265-4686

Kronos International Shippers | ✉ info@kronoscanada.com

💻 www.torontoshippingcompany.com | 📍 29 Skagway Avenue, Scarborough, ON

КОЛЕТИ ДО БЪЛГАРИЯ



ONLY
FROM CAD
4.45
PER KG

CHEAP PACKAGES TO BULGARIA

CALL: +1 800 361 7345

SEND ONLINE: ca.meest/portal

FOLLOW US:   @MeestCanada



ТРАНСПОРТНИ УСЛУГИ ✓ TRANSPORT



TRANSLATION SERVICES





DINKOVA
IMMIGRATION ADVISORY



*Bilingual Service.
Stronger Connections.*





106-191 KING STREET S,
WATERLOO, ON, N2J 1R1



IMMIGRATION SERVICES
ИМИГРАЦИОННИ УСЛУГИ

- Study, Work & Visitor Visas
- Permanent Residence
- Family Sponsorship
- Business Immigration
- Complex Cases

*Personalized guidance.
Proven results.*

*Индивидуален подход.
Доказани резултати.*



**ONTARIO NOTARY
PUBLIC SERVICES**
НОТАРИУС ЗА ОНТАРИО

- Commissioning & Notarization
- Affidavits & Statutory Declarations
- Certified True Copies

*Official. Reliable.
Convenient.*

*Официално. Надежно.
Удобно.*



TRANSLATION SERVICES
ПРЕВОДАЧЕСКИ УСЛУГИ

- Certified Translations
- Bulgarian ↔ English
- Certificates, Diplomas, Contracts & More

*Accurate. Confidential.
Accepted.*

*Точни. Конфиденциални.
Приети навсякъде.*



luba@dinkovaimmigration.com



+1 416-315-1440



+359 878 639 757



www.dinkovaimmigration.com



YOUR TRUSTED PARTNER IN ONTARIO | ВАШИЯТ НАДЕЖДЕН ПАРТНЬОР В ОНТАРИО



MULTILANGages
la bonne traduction au bon moment

Ana Asenova, traductrice agréée



Membre de l'Ordre des traducteurs,
terminologues et interprètes agréés du Québec

ana_asenova@multilangages.com

www.multilangages.com

български | английски | френски

ПРЕВОД
НА ОФИЦИАЛНИ
ДОКУМЕНТИ

bulgare | anglais | français

TRADUCTION
DE DOCUMENTS
OFFICIELS



1 514 823 9522





MR. TRAVEL

50 years of experience
TICO Reg. # 1826735

Office: (416) 461-2424

Toll Free: 1.800.339.9891

travel@mrtravel.ca • www.mrtravel.ca

MrTravelToronto

398 Danforth Ave Toronto, ON, M4K 1P3

- Гарантираме най-ниските цени до България и отлично обслужване
- Last Minute Specials to Carribean, Mexico, Cuba.
- Vacation Packages to sunny destinations
- Vacations to Greece & Honeymoon packages

- Air tickets, tours, cruises and car rental to destinations all over the world.
- Airlines



BOBBI DONEVA

Вашият трaвeл агент

T: (905) 849 4664

C: (647) 999 2010

E: info@friendlytravel.ca

W: www.friendlytravel.ca

- Самолетни билети
- „All inclusive” почивки
- Cruises
- Visitors to Canada Insurance
- Туристически застраховки



407 SPEERS RD, Suite 203, OAKVILLE, ON, L6K 3T5



TRAVEL AGENT

Eva Aslanian



35 години с вас за вашите пътувания до Родината и по света.

35 години с вас при изпращане на децата да гостуват при близките и техните посещения в Канада, защото:

- Винаги най-изгодни и удобни самолетни билети съобразени с нуждите ви.
- Винаги най-добри цени на застраховки за вашите пътувания, както и тези на вашите гости.
- Най-добри съвети за избор и организиране на вашите ваканции на топло както за индивидуални пътувания така и за ГРУПИ.

ЗА КОНТАКТИ

Eva AslanianTravel

514-861-3949 офис 1-800-764-4479 toll free 514-827-7671 мо6 | Viber | Whatsapp | Eva@voyageregence.com



ТУРИЗЪМ ✓ TRAVEL





Champion  **Döner**
Kebab

TURKISH CUISINE

Ресторант с национална
Турска кухня

2555 Dixie Road, Mississauga

(Just south of Dundas St.)

Tel: (905) 232-9009

2810 Major Mackenzie Drive West Unit 25, Vaughan

Tel: (905) 832-6500

Follow-Us



Uber
Eats

DOORDASH



Plates



Doner Sandwich



Pide



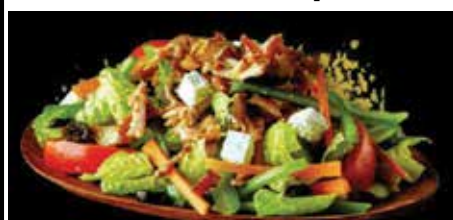
Doner Wrap



Pizza



Champion Mix



Salad



Deserts



Hatay Style Wrap

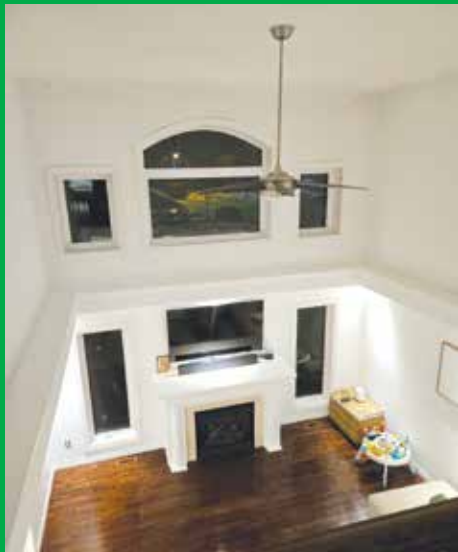


ПРОЗОРЦИ И ВРАТИ ЗА ВАШИЯ ДОМ



**BIG
SALE**

WINDOWS & DOORS FOR YOUR HOME



**PROFESSIONAL INSTALLATION
MODERN DESIGN
LIFETIME WARRANTY**

UP TO 50 % OFF
ON NEW WINDOWS AND DOORS

Call for a Free Estimate Today!

Stefan: 647-830-5604





BEAUTY NUT

BEAUTYNUT

100% PURE ARGAN OIL



where science
meets nature,
*and your skin discovers
its true radiance*



100%
NATURAL



COLD
PRESSED



NOURISHING
& PURE



100% PURE NATURAL ARGAN OIL



FROM THE HEART OF MOROCCO



416 479 7724



www.beautynut.com



800 Arrow Road, suite 11
Toronto, ON M9M 2z8

