



“OMG! I have died and gone to heaven in this delightful B&B with such delicious food.”  
—Guest from Australia



Do you lead a busy life?  
Do you want to impress your family and friends with food that is:

- Delicious
- Nutritious
- Eye appealing
- And... Easy to prepare?

We've been **THERE**,  
We've found the **ANSWERS**,  
Now we're sharing them with **YOU!**

**Tried & True Recipes from the Tickle Inn at Cape Onion** features:



- Over 120 recipes that can be prepared relatively quickly and easily.
- Recipes that have received rave reviews from Tickle Inn guests.
- Photos that accompany recipes.
- Directions that are numbered.
- Helpful tips where appropriate.
- Photos of the Tickle Inn and surroundings to share the beauty with you.
- Informative and interesting facts about Newfoundland and Labrador.

*YOU can prepare amazing food in YOUR kitchen using these recipes. And.... Like us, YOU will receive rave reviews!*

