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# From The Cellar: Bottles that inspire, refresh and tell stories worth sipping

BY BEACH METRO • [COLUMNS](#) • MAY 23, 2025





**Bottega Lemon Spritz, Veneto is a sparkling aperitif wine. Photo: Bottega SPA 2025.**

By DORIS MICULAN BRADLEY

I'm a mosaic of many passions—complex, yet grounded. I live in a terroir uniquely shaped by the microclimates of Ashbridges Bay and the quiet rhythms of Oakridge. Like a fine wine in the midst of its *véraison*, my best vintage is now—rich with experience and ready to share.

Here are my top picks for this edition of *Beach Metro Community News*—bottles that inspire, refresh, and tell stories worth sipping.

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**Bottega Lemon Spritz, Veneto***5.4% Alc/Vol | \$15.95 | LCBO# 36841*

There's something infectious about Sandro Bottega's energy—his wines are an extension of his soul. I had the pleasure of dining with him alongside my dear friend and *Blantyre Babe*, Ellen, and in every moment, his passion for the vine and zest for life were unmistakable.

This sparkling aperitif wine is a reflection of that spirit: crafted from Bottega's signature bubbles, infused with organically grown Sicilian lemons and a touch of mint. It bursts with bright citrus and herbal freshness. Serve it over ice with a lemon slice. Perfect as an aperitif or with salty snacks on a sunny patio. Grazie Sandro!

**Lyma Vinho Verde, Portugal***10% Alc/Vol | \$10.80 | LCBO# 43765*

As a former Brand Ambassador for Vinho Verde, I witnessed firsthand the heart and soul Portuguese winemakers pour into every bottle. Lyma's take on this traditional style is crisp, expressive, and elegant, showcasing aromas of citrus and wildflowers with a whisper of effervescence.

It is a graceful pairing with seafood, garden vegetables, or lightly seasoned poultry. At just over \$10, it's an unbeatable value for weekday refreshment or weekend brunch.

**THALIA Red, Crete***Cabernet Sauvignon-Agiorgitiko | 12% Alc/Vol | \$13.25 | LCBO# 15285*

This Cretan gem was introduced to me in the 1990s by a beloved Danforth wine merchant—"Dino Vino," as we affectionately called him. Though no longer with us, his legacy lives on in bottles like this.

A blend of Cabernet Sauvignon and native Agiorgitiko, THALIA Red is medium-bodied with notes of ripe cherry, red berries, and warm spice. Its roots trace back 4,000 years to one of the oldest wine cultures in the world. Ideal with roast meats, grilled vegetables, and deep conversation.

**Henry of Pelham Rosé, Niagara VQA***11.5% Alc/Vol | \$14.95 | LCBO# 613471*

Whenever I host international guests at the house or on the boat, I pour this rosé blind. Without fail, they ask, "Is it Bandol? Tavel?" Imagine

their surprise when I reveal its Niagara origin.

This Ontario standout offers vibrant cherry and cranberry aromas with a subtle floral lift. The palate is dry, crisp, and perfectly refreshing—proof that world-class rosé does not require a passport. Serve with light fare: vegetable platters or cheese and charcuterie.

Until next time, may your glass be full, your friends abundant, and your curiosity unending.

— *Doris Miculan Bradley is a professor, International Master Sommelier, chef and East Toronto resident.*



## Author

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**26** **Maintaining Cognitive Health and Managing Stress with Aging**

MAY 7:30 pm - 9:00 pm

**26** **Clematis & Other Climbers: Vertical Growers in the Crowded Garden**

MAY 10:00 am - 12:00 pm

**27** **Toronto Nature Stewards**

MAY 4:00 pm - 5:00 pm

**27** **Minecraft Hour of Code**

MAY 10:00 am - 4:00 pm

**29** **Michael Garron Hospital Spring Vendor Market**

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