EMMANUELLE VAUGIER

Actress, Lost Girl and CSI: NY

FAVOURITE FOOD AND CITY TO GET IT?

In Toronto, one of my favourite places to eat Italian is Sotto Sotto. In Vancouver, it's Don Francesco. The Little Door in Los Angeles for French food has been a favourite of mine for at least 10 years.

BEST COFFEE IN TOWN?

L'Espresso Bar Mercurio. I usually order an Americano and drink it black. They have a great dog-friendly patio where my two furry best friends, Jack and Isabelle, are welcome to join me.

WHERE DO YOU GO ON YOUR DAY OFF?

I love going horseback riding. I recently went on a beautiful trail ride with a friend at Sunnybrook Stables in Toronto. I find it so relaxing, and always come away from the experience in a great headspace, well, unless I get bucked off, in which case, the next stop is the Stillwater Spa at the Park Hyatt. www.emmanuellevaugier.com