

RESTAURANTS IN THE DOWNTOWN MONTREAL AREA

Some choices for a good dinner as of March 2008. Call ahead to book a table. You should expect to pay at least \$50 for dinner at any of these restaurants (with tax and tip, but without wine).

Alexandre

French

Daily, noon – 2 a.m.

1454 Peel Street, (514) 288-5105

<http://www.chezalexandre.com/>

Le Caveau

French. This is a moderately priced French restaurant. It is behind the McCord Museum in an old house.

Noon – 2 p.m.; 5 – 10 p.m.

2063 Victoria Street, (514) 844-1624

http://english.montrealplus.ca/bars_restaurants/restaurant_le_caveau/478008

DECCA77

French / International. A very pleasant restaurant and wine bar at the corner of Drummond and René Lévesque. They have an excellent prix-fixe menu at \$35 (before tax or tip). 5:30 – 10:30 Monday to Saturday, also open for lunch Monday to Friday.

1077 Drummond St., (514) 934-1077

www.decca77.com

Ferreira Café

Fish and Seafood, Portuguese

Monday to Thursday, Noon to 3 p.m. and 5:30 - to 11 p.m.;

Friday, Noon to 3 p.m. and 5:30 to 11:30 p.m.; Saturday, 5 p.m. to Midnight.

1446 Peel Street, (514) 848-0988

<http://www.ferreiracafe.com/>

House of Jazz

American

***Very close to Four Points Sheraton**

Monday to Wednesday, 11:30 a.m. to 1 a.m.; Thursday and Friday, 11:30 a.m. to 3 a.m.; Saturday, 6 p.m. to 3 a.m.; Sunday, 6 p.m. to 1 a.m.

2060 Aylmer Steet, (514) 842-8656

<http://www.houseofjazz.ca/>

Il Cortile

Italian

Noon – 2:30 p.m.; 5:30 – 10 p.m.

1442 Sherbrooke Street West, (514) 843-8230

http://english.montrealplus.ca/home/restaurant_il_cortile/491409

Laloux

French. An excellent mid-price French restaurant. About a \$10 cab ride from the hotel, or a nice walk of 25 minutes or so if the weather is good.

Monday to Friday, 11:45 a.m – 3:00 p.m. and 5:45 – 10:00 p.m.

Saturday & Sunday, 5:45 – 10: p.m.

250 Pine East (des Pins), (514) 287-9127

<http://www.laloux.com/>

L'entrecote St. Jean

French Bistro ***Set Meal of Soup, Salad, and Steak**

Monday to Friday, 11:30 a.m – 11 p.m., Saturday and Sunday, 5 – 11 p.m.

2022 Peel Street, (514) 281-6492

http://www.lentrecotestjean.com/index_en.html

L'Orchidée de Chine

Chinese/Szechuan

Monday to Thursday, Noon to 2:30 p.m., 6 to 10:30 p.m.;

Friday, Noon to 2:30 p.m., 6 to 11:30 p.m.;

Saturday, 6 p.m. to 11:30 p.m. Closed on Sunday.

2017 Peel Street, (514) 287-1878

<http://english.montrealplus.ca/portal/profile.do?profileID=442649>

Restaurant Julien

French

Monday to Friday, 11:30 a.m. to 3 p.m. and 5:30 p.m. to 10:00 p.m.;

Saturday from 5:30 p.m.

1191 Union & St. Catherine, (514) 871-1581

<http://www.restaurantjulien.com/?lg=en>

VALUE RESTAURANTS FOR DINNER

Rugantino

Northern Italian – 25-35 CAD + taxes and tips for a set menu (3 courses)

Mon 11:30am-3pm; Tue-Fri 11:30am-11pm; Weekends 5pm-11pm

5486 St-Laurent Blvd (corner St-Viateur)

We suggest you take a cab to this restaurant.

(514) 277-6921

http://restomontreal.ca/restaurants/index.php?section=viewresto&resto_id=1743&lang=en

Little Sheep

Chinese Hot Pot (buffet) – 16 CAD + taxes and tips

Mon-Sun: noon–4pm and 5–11pm

50 de la Gauchetière W. (corner of Clark)

In China Town, 20 minutes walk from Four Points Sheraton

(514) 393-0888

<http://www.montrealmirror.com/2007/040507/resto.html>

<http://www.littlesheephotpot.com/finder.asp?id=3>

The Main Deli Steak House

Kosher Food – 10-15 CAD. Open until very late!

3864 Saint-Laurent

Opposite Schwartz's on Saint-Laurent Blvd

(514) 843-8126

Pushap

Indian/Vegetarian – under 7 CAD!

Tue-Sun: 11am-9pm; Mon: Closed

975 Jean-Talon West, Montreal H3N 1S9

L'Acadie Metro, Cross Street: Stuart

Given how cheap this restaurant is, you can take a taxi there and back and still spend less than you would downtown.

(514) 274-3003

<http://english.montrealplus.ca/portal/profile.do?categoryID=2&contentType=0&profileID=1009869>

SOME DOWNTOWN OPTIONS FOR A GOOD LUNCH

McCord Museum Café

***Very close to Four Points Sheraton**

The set menu is usually very good – typically this is soup or salad, pasta or fish main course, and a dessert. Table service. About \$25 for a 3-course lunch. The McCord has a nice gift shop across from the café if you are looking for a vaguely historical souvenir.

Tuesday – Friday, 11:00 a.m – 4:00 p.m.

Saturday & Sunday, 11:00 a.m – 4:00 p.m.

690 Sherbrooke Street West

(514) 398-7100, ext. 306

Café Vasco Da Gama

This café is run by Ferreira. They have a variety of interesting soups and sandwiches – you order at the counter and your meal is delivered to your table. Under \$15 for a sandwich and beverage.

1472 Peel St.

(514) 286-2688

http://restomontreal.ca/restaurants/index.php?section=viewresto&resto_id=1401&lang=en

Brûlerie St. Denis

Popular choices here include quiches, salads, and sandwiches. Table service. About \$20 for lunch.

1188 Sherbrooke W. (in the Alcan Building)

(514) 985-9159

Le Commensal

This is a vegetarian restaurant with a LOT of choices at a big buffet. You pay by weight. Under \$15 for lunch. Often very crowded at lunchtime. Open from 11:30 am to 10 pm.

1204 McGill College (upstairs)

http://www.commensal.com/en/ou/restaurants/mcgill_college/default.idigit

Chez Cora

For breakfast and lunch only. Bacon and eggs, waffles with fruit, pancakes. Table service. About \$15-20 for a big brunch. Open 6 am to 3 pm Monday to Saturday, 7 – 3 on Sunday. 3465 Park Ave (Ave du Parc)

<http://www.chezcora.com/a/02-au-menu/2-0-caroussel.htm>

LESS EXPENSIVE OPTIONS FOR BREAKFAST, LUNCH, COFFEE, OR A SNACK

Second Cup

If you want something to eat with your coffee, note that there are more cakes and cookies than sandwiches here, but the sandwiches are OK.

2200 McGill College Ave (beside Paragraphe Bookstore).

Boulangerie Au Pain Dorée, You can purchase a sandwich to take out, or go upstairs and order a sandwich to eat in the restaurant. Many wonderful pastries are available! Under \$12 for a sandwich, dessert and beverage. 1415 Peel (beside the Cours Mont-Royal).

<http://www.aupaindore.com/>

Tim Horton's, Open 24 hours. We admit we have never been to this Tim Horton's, but can 1000's of students be wrong? Visitors to Canada should go to a Tim Horton's as an essential part of their introduction to Canada. 674 Sherbrooke St. W.

Food Courts: There are many fast food restaurants located in the food courts in the basements of the downtown shopping centres. About \$ 8 for lunch.

The Food Court at Eaton Center

705 Ste-Catherine West

Walk down University St. and turn right at de Maisonneuve (the shopping centre takes up the whole block from St. Catherine to de Maisonneuve).

http://centreeaton.shopping.ca/cambridge/jsp/index_flash.jsp?mallid=eat

The Food Court at Simons (Carrefour L'industrielle-alliance)

977 Sainte-Catherine West, Corner Metcalfe or Mansfield

<http://www.simons.ca/Magasins/Magasins.aspx?ID=06ace295-7f68-44ec-acfb-8fb651271fc3&menuID=06ace295-7f68-44ec-acfb-8fb651271fc3>

You can enter the underground city at the corner of De Maisonneuve and Union. The Promenades de la Cathédrale shopping centre has a small food court, or you can walk underground to the Eaton Centre. You can then walk from the Eaton Centre underground to the Simons basement, passing through the Place Montreal Trust shopping centre, which also has a food court. If you want to keep going underground, from the Carrefour L'industrielle-Alliance you reach Les Cours Mont-Royal, and eventually surface at Peel St. If the weather is very bad, you can walk five blocks underground – your total distance travelled will be a good deal greater than if you stay on the surface.

LOCAL SPECIALTIES

Schwartz's

Famous Smoked Meat – under 15 CAD

Sun-Thu: 8am – 12.30am; Fri: 8am – 1.30am; Sat: 8am – 2.30am

3895 Saint-Laurent Boulevard

About 20 minutes walk from the Four Points Sheraton

(514) 842-4813

<http://www.schwartzsdeli.com/index2.html>

Traditional places to buy bagels

St. Viateur Bagel

263 St. Viateur W.

<http://www.stviateurbagel.com/index/page/contact/?/session/251f0e8cf98a32d513f30d1f1186da31>

Fairmount Bagel

74 Fairmount W.

<http://www.fairmountbagel.com/eng/index.htm>

Both are open all the time. You should take a taxi from the hotel (both are quite near the Rugantino Restaurant), or you can take a bus along Ave du Parc.

Resto La Banquise

Poutine. If you have had enough of high-end eating, here is an alternative! If you don't know what poutine is, maybe you don't want to find out.

994 Rachel East, corner of Lafontaine Park

In the Plateau, Mont-Royal metro

(514) 525-2415

<http://www.restolabanquise.com/index.php?page=poutines&langue=an>

Where to purchase maple syrup: On the weekend, there usually are farmers selling maple syrup, taffy (*tire* in French), maple butter (spreadable maple sugar) and maple sugar at stalls in the small park (Phillips Square) opposite the Bay department store on St. Catherine St at Union. If you have time, take the metro from McGill-College to Lionel-Groulx (4 stops) and walk along Atwater to the Atwater Market (about 10 minutes walk) where many farmers have stalls selling maple products. At the Atwater market you can also buy a range of cheeses, preserves, etc. both from the stalls and from the permanent stores inside. Do not buy maple syrup at gift shops, unless you are willing to pay a very large amount for the fancy bottle or tin. A 500 ml. tin should cost about \$7 at the Atwater market or in a supermarket. (The price varies a bit by grade of syrup.)