

A Restaurant Guide from the Concordia Philosophy Department

2010 Canadian Philosophical Association Meeting

In the Concordia Area (these are favourites/standbys; there are so many restaurants around that this is nowhere near complete):

Cheap/Quick (these are restaurants where you can quickly get or take out a sandwich or salad, less than \$10, and also some more expensive items, perhaps)

Antep, 1626 Maisonneuve Ouest (W of Guy on S side): Turkish food. Perhaps the best sandwiches in Montreal (next to Schwartz's smoked meat sandwiches), on bread baked in-house. Be warned, prep can take a while; emphasis is definitely not vegetarian. Also serves platters with rice, salad, grilled meats.

Boulangerie Al Taib, 2125 rue Guy (N of Maisonneuve): a philosophy student favourite; try the manakeesh, open faced pita/lahkmajoun with various toppings (many vegetarian options) such as Zatar and cheese, rolled and stuff with mint, onions, turnip; also has pizza slices and falafel, and this location has a salad bar with quick and excellent vegetarian options, as well as some hot items.

Al Taib Express, 2002 Rue Mackay (N of Maisonneuve, S of the Philosophy Department): kin to the Al Taib Boulangerie, minus the salad bar.

Al Taib Grillard, 1625 Maisonneuve Ouest (W of Guy on N side): yet another Al Taib, this one making various sandwiches/plates with grilled meats; also has some vegetarian items.

Boustan, 2020 Crescent St. (a few blocks E of Guy, N of Maisonneuve): Lebanese sandwiches/plates with shwarma and falafel as focus, favoured by philosophy grads.

Café Sandwich Ba-Le, 2148 Rue Mackay (N of Maisonneuve, N of the Philosophy Department): Vietnamese subs and small rice/noodle dishes.

Java-U, on the SE corner of Guy and Maisonneuve, and in the bottom of the Hall building, opposite the Philosophy Dept at 2100 Mackay: a local coffee chain with somewhat gourmet-ish versions of sandwiches and wraps,

which they warm up; also a small selection of salads.

Première Moisson, 1490 Rue Sherbrooke Ouest (just west of Mackay): a local bakery chain, serving sandwiches, quiche, pastries, coffee.

Café Myriade, 1432 Rue Mackay (corner Sainte-Catherine): arguable the best coffee and tea in Montreal; various espresso preparations, vacuum filter and press coffee, etc., small selection of pastries.

Faubourg St. Catherine, 1616 Rue Sainte-Catherine Ouest (S side, just W of Guy): the food court upstairs here has numerous non-chain food stalls; the far-Asian stall have pretty decent food.

Inexpensive (for sit-down meals, in the \$10-\$20 range for mains):

Cuisine Szechuan, 2350 Rue Guy (just S of Sherbrooke): seriously spicy and usually very good (depending on who's cooking) Szechuan food. The chilli chicken is particular over the top with chilis but is quite good.

Qing Hua, 1676 Lincoln (at St-Mathieu): excellent soup dumplings; made to order so expect a long wait, 20-40 min.

Towa, 1832 Rue Sainte-Catherine Ouest (S side between St. Marc and St. Matthieu): Korean, very good by Montreal standards.

Man Na, 1421, rue Bishop (corner Ste-Catherine): Korean, very good by Montreal standards.

Nocochi Pâtisserie Café, 2156 Rue Mackay (corner Sherbrook): a department favourite for light lunch; sandwiches, salads, pizza, coffee and excellent Persian inflected pâtisserie.

Buffet Maharaja, 1481 boulevard Rene-Levesque Ouest (corner Guy): Indian buffet on a

large scale, reasonably good; can seat large parties.

There are also a number of pubs and restaurants on Bishop between Ste. Catherine and Rene-Levesque that are good options; the Upstairs Jazz bar at 1254 Rue Mackay has good food and good jazz. You probably want to avoid the restaurants on Crescent between Maisonneuve and Ste. Catherine, as these tend to be a bit 'touristy'.

Further Afield (a very small and eclectic selection):

Schwartz's Deli, 3895 St Laurent, in the Plateau: Montreal classic and the best smoked meat sandwiches in town. Be prepared for long line ups. Cheapish.

Aux Vivres, 4631 Boul. St Laurent, Mile End: very popular vegan restaurant, sandwiches, noodle and rice bowls, fresh juices, convivial atmosphere. Cheapish-moderate.

Crudessence, 105 Rachel West, in the Plateau: raw food vegan restaurant, has received good reviews.

Khyber Pass Restaurant, 506 avenue Duluth Est, in the Plateau: Very good Afghani fair in an area on Duluth with many bring your own wine restaurants. Reservation suggested. Moderate.

Maison Kam Fung, 1111 Rue Saint-Urbain, corner Renee Levesque, upstairs on the second floor of the mall, in Chinatown: arguably some of the best Chinese food in Montreal; very good dim sum. Don't miss the Jade tofu with snow pea shoots, and the steamed turbot with ginger and shallot. Moderate.

Delicieux Xiang, 1051 St Laurent (upstairs), in China Town: very good Szechuan and Xinjiang fair. Try the lamb with cumin. Moderate.

The Sparrow, 5322 Boulevard Saint Laurent, Mile End: eclectic revamped pub fair, arguably the best burger in Montreal. Moderate.

L'Express, 3929 Rue Saint-Denis, in the Plateau: You'll feel like you're in a Parisian bistro. Classic bistro food, flawlessly prepared. Reservations needed. Expensive.

Expensive to Outrageously Expensive (you probably want to make reservations for these):

Le Paris, 1812 Rue Sainte-Catherine Ouest (W of St. Matthieu): well executed classic French dishes, bistro style, very cozy.

La Montée De Lait, 1424 rue Bishop (between Maisonneuve and Sherbrooke): as the name suggests, this restaurant specializes in cheese but has regular menu items as well.

Ristorante Bice, 1504 Rue Sherbrooke (W of Mackay): well regarded but pricey Italian food.

Pinxto, 256 Roy E, in the Plateau: focuses on pinxto, Basque tapas. Seafood pinxto are especially good, and good for a crowd to share. Reservations needed. Expensive.

Restaurant au Pied de Cochon, 536 avenue Duluth Est, in the Plateau: notorious/famous for its revisionist approach to Quebecois food, heavy on meats, very lively atmosphere. Reservations needed. Expensive-very expensive.

Laloux, 250 avenue Des Pins Est, in the Plateau: modern French fair in Parisian restaurant setting. Reservations needed. Very expensive.