

dévore

Bite into the city, one neighbourhood at a time



MTL
àTABLE

RESTAURANT
GUIDE
2025 / 2026

Presented by



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Bite into the city, one neighbourhood at a time



Bonjour,

Thirteen years ago, with the creation of MTLàTABLE, Tourisme Montréal strengthened its support for the city's restaurants. This flagship event has become an annual happening that celebrates the excellence, creativity, and diversity of our culinary scene. It now stands as a pillar of our tourism strategy and a tangible way of promoting our restaurant industry.

Today, we are going even further with *DÉVORE*, a new guide that highlights the restaurants that make MTLàTABLE such a success. Designed to give them visibility all year long, far beyond the event itself, it also allows Montrealers and visitors alike to discover their culinary creations one meal at a time. The name of this guide, *DÉVORE*, expresses not only our appetite for new and unexpected taste experiences, but affirms the French flavour of the city that makes it unique.

DÉVORE is another manner of telling the story of our city. Our love for a neighbourhood often grows out of the memory of a remarkable dining experience.

In addition to presenting more than 150 restaurants across the island, *DÉVORE* reflects our vision of a harmonious destination. It invites people to explore the city, from downtown to the areas beyond, and to enjoy its flavours and unique character.

With this guide, we continue to pursue our ambition of positioning Montréal as the culinary capital of North America.

Above all, *DÉVORE* is meant to inspire your next outings. It is a renewed invitation to savour Montréal one neighbourhood and one restaurant at a time.

Happy discoveries and, most of all, bon appétit!



Yves

Yves Lalumière
President and CEO
of Tourisme Montréal

Thank you to our partners.

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Why this guide



Montréal is a community of communities, and when it comes to cuisine, each of its many diverse neighbourhoods brings something exciting and different to the table. A significant portion of Tourisme Montréal's role includes promoting the city's dynamic culinary scene and the innovative chefs who nurture and shape it. Tourisme Montréal's annual, and highly anticipated, flagship event MTLàTABLE was created to support this critical part of our mission.

Each year since 2013, MTLàTABLE invites locals and visitors alike to explore Montréal's vast expanse of gastronomy, with restaurants across the city offering special fixed-price menus. *DÉVORE* was designed to help you plan your journey of discovery, before, during and after MTLàTABLE.

The guide highlights restaurants participating in this year's instalment of MTLàTABLE and is, broadly speaking, organized by neighbourhoods that will be familiar to Montrealers but accessible to visitors as well. It's also packed with interesting tidbits of info that speak to the city's exceptionality.

Our hope and aspiration is that, with this first edition of *DÉVORE* you'll be inspired to venture ever more deeply into these lively and vibrant neighbourhoods and get a sense of their distinctly unique flavour.

Enjoy!

	Downtown		Vegan options
	Old Montréal		Air Canada's Best New Restaurants
	Plateau-Mont-Royal and Mile End		MICHELIN-recommended restaurants
	Little Italy and Villeray		
	Sud-Ouest		Canada's 100 Best Restaurants 2025
	Explore more Montréal		



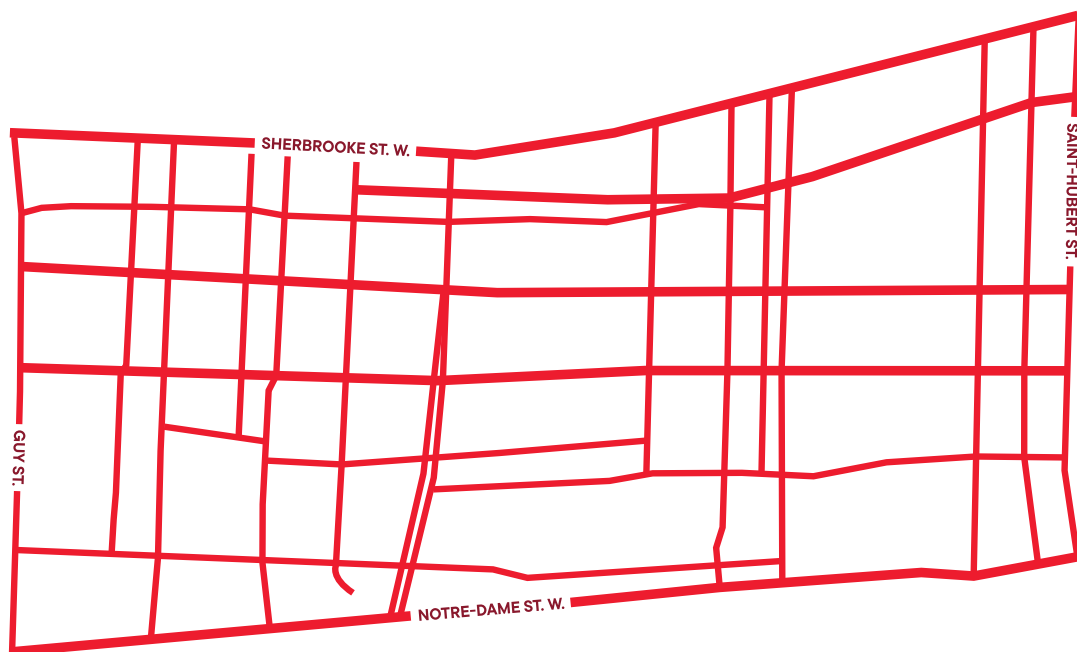
© MARS MEDIA

Downtown

There is no such thing as a “typical” Montrealer. That’s especially true downtown, where the neighbourhoods are as vibrant and diverse as the characters — yes, we’re looking at you — who inhabit them.



© DAPH & NICO



Where everybody knows your name

How many times have you been taking in rays on one of the dozens of terraces in the Quartier Latin and run into at least one person you know? Or been hanging out with 50,000 of your best friends at a free outdoor Jazz Fest show in the Quartier des Spectacles? And you can hardly call yourself a Montrealer if you haven't scarfed down a post-show poutine at the legendary-for-reasons-nobody-knows Montréal Pool Room.

Here's a glass ceiling you'll actually like

If you live or work downtown, on a typical day you've picked up a wicked lunch-time Caribbean curry at cool culinary hotspot Time Out Market. Then after work, sauntered over to PVM to grab a craft beer at the swanky Le Cathcart Restaurants et Biergarten. If you're a Cathcart habitué, you already know that it has a trippy, huge glass ceiling, which offers a wonderful view of the Esplanade PVM.

Whether it's subterranean, street level or scraping the sky, to experience downtown Montréal is to be a consumer of life, and cuisine, at a very high level on every level.

Alexandre et fils

📍 1454 Peel Street | 514 288-5105

France

Award-winning cheffing meets classic French bistro meets champagne bar meets... English pub? Alexandre et fils is an entirely unique destination on Peel and has been a go-to for celebratory lunches and lively dates since 1977. The specialties include braised beef cheek, cassoulet, moules-frites, profiteroles and crêpes Suzette flambéed with Grand Marnier.

Au Petit Extra

📍 1690 Ontario Street East | 514 527-5552

France

This bistro next door to Cabaret Lion d'Or founded in 1985 is known for its relaxed atmosphere and classic, affordable French cuisine. Whether it's pressed foie gras with apricot chutney and fresh ginger or venison pavé with local cherries and grilled vegetables, it's safe to say that at Le Petit Extra, they do things in style.



Bloom Sushi (Quartier des Spectacles)

📍 288 Sainte-Catherine Street West | 514 370-1261

Japan

V

Vegans love the fish-free sushi at this central outpost of one of Montréal's most popular plant-based chains. Decorated in pastels and gleaming surfaces that make the jovial atmosphere fill the large space, Bloom strikes just the right note of fancy, with impressively creative maki rolls and an accessible drinks list.

Brasserie Le Pois Penché

📍 1230 De Maisonneuve Blvd. West | 514 667-5050

France

Every now and then (about once a week, if you're us), there comes a craving for steak tartare with frites allumettes that's just about irresistible. No fear, Pois Penché is here! The French classics at this longstanding brasserie are always excellently prepared (best onion soup in the city), especially with a glass of private-import Burgundy.





BRASSERIE LE PAYS PENCHÉ / © LE PAYS PENCHÉ

Brasserie Milton

📍 475 Du Président-Kennedy Avenue | 514 284-4313

Regional Québec

This brasserie within the Delta Hotel by Marriott celebrates the flavours of Québec with a creative twist. Chef Ron Kneabonne revisits iconic dishes in a way that blends tradition and modernity. If you visit in summer, don't miss the urban garden — it's a veritable haven of greenery in the thick of the downtown bustle.

COMMODORE

📍 355 De Maisonneuve Blvd. West | 514 656-8632

France

If you do indeed eat with your eyes first, this handsome Art Nouveau-style polished-brass restaurant will inspire your appetite from the moment you walk in. Set within the HONEYROSE Hotel, this eatery stars French classics like cold leeks drizzled with vinaigrette, homemade foie gras, duck magret with scalloped potatoes — comfort food, *à la française*.



BRASSERIE MILTON / © HOTEL DELTA MONTREAL



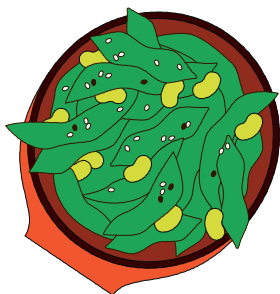
COMMODORE / © PATRICIA BROCHU

East

📍 1250 Robert-Bourassa Blvd. | 438 386-9088

Asia

East offers refined pan-Asian cuisine in a modern, eclectic setting inspired by the effervescent era of old Shanghai. Dishes inspired by China, Japan, Thailand, Indonesia and Korea make up a bold, generous and, dare we say, spicy menu. It's the ideal place for sharing meaningful moments with your favourite people.



GaZette - Bistro Bar

📍 300 Saint-Antoine Street West | 514 380-3477

Regional Québec

With dark wood chairs and a pub-ish atmosphere, GaZette is an easygoing eatery that hints at the building's past as the printing house for the newspaper it's named after. Now the Westin Hotel, it's the perfect spot for a bodacious buffet breakfast (don't skip the muffins) or a hearty business lunch (try the juicy burger, it's topped with Oka cheese).

Ibérica

📍 1450 Peel Street | 514 285-1888

Spain

Located on Peel Street, Ibérica is a tapas *buvette* featuring contemporary Catalan cuisine. The menu features a wide variety of small, shareable dishes focused on seafood, perfect to accompany the superb wine list. Its dazzling décor and double-high ceiling make it a must-see in the city centre.





© IBERICA

Le Boulevardier

📍 2050 Mansfield Street | 514 985-6072

France, Regional Québec

With a menu inspired by French brasseries, an extensive wine list and a design that combines vintage and contemporary, Le Boulevardier is a place to discover. Located in Hôtel Le Germain Montréal, it's the place to go for tasty dishes and retro cocktails worth a toast or two.

Le Garden Room - Mae Sri

📍 1445 Bishop Street | 438 603-5603

Asia

Escape the throng in an urban oasis in the middle of the city: the blissful Garden Room, where a refined Thai menu and chill greenhouse vibe (caning details, glass ceiling) await. Go for Chef Pamika's authentic noodles and specialty rice dishes; stay for the cocktails.

“The city centre is very pleasant, especially our location in the Hôtel Le Germain, because it allows us to see both Montrealers and international visitors who come to stroll around the neighbourhood and sample our cuisine to experience Montréal to the fullest.”

— FLORIMOND HANNOTEAU, EXECUTIVE CHEF,
LE BOULEVARDIER

Le Mezz

📍 1110 Sherbrooke Street West | 514 842-2000

United States, Europe

Enjoy a view on the massive chandelier as you tuck into your croque-monsieur or the signature Black & Blue Burger, spiked with Cajun spices and topped with local Ermite blue cheese. And what to drink? A gin martini would pair well, but if you're feeling fruity try the Royal Sour, sweetened with maple syrup.



LE GARDEN ROOM - MAE SRI / © GARDENROOM



LE BOULEVARDIER / © GERMAIN HÔTELS



© ENFANTSTERRIBLES



LE MEZZ / © LE MEZZ BISTRO

Monème

📍 1041 De Bleury Street | 514 379-2000

France

Enter the Hotel Monville and you'll find a bastion of fine French cuisine prepared with a focus on Québec ingredients: Monème. The menu changes twice a year to stay seasonal and varied, which it does with a refined spirit of fun: take the popcorn veal sweetbreads, for example, served with creamed corn and fried shallots.

Osco!

📍 360 Saint-Antoine Street West | 514 847-8729

France, Regional Québec

Located within the Intercontinental Montréal, Osco! offers a sunny menu featuring seafood (scallop carpaccio, whole grilled fish, organic Canadian salmon with roasted kumquats), local meats (Québec lamb kofta, half Cornish hen, Angus smashburger) and a plethora of seasonal vegetables. Every plate tells a story, from breakfast to dinner.



OSCO! / © INTERCONTINENTAL MONTREAL

Les Enfants Terribles (Place Ville Marie)

📍 3 Place Ville-Marie | 514 544-8884

Regional Québec

The summer terrace smack bang on the Place Ville Marie plaza couldn't be better located for a people watching session! Pair that with a family-friendly menu that runs the gamut from grilled lamb chops with gochugaru to fish and chips, and you've got a Montréal restaurant formula that's hard to beat.

Lloyd

📍 1050 De La Gauchetière Street West | 514 878-6799

Regional Québec, Europe

Named after starchitect Frank Lloyd Wright, Lloyd's charms include a vintage aesthetic, tropical cuisine and drool-worthy desserts. It's located in the iconic Marriott Château Champlain, within view of the Bell Centre, which makes it the perfect destination for a chic pre-gaming session before a Canadiens hockey game.



© MONÈME

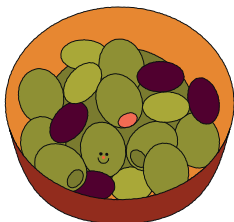


Portus360

📍 777 Robert-Bourassa Blvd. | 514 849-2070

Portugal

Located on the 30th and 31st floors of the EVO building, Portus360 transports you to the upper echelons of Portuguese cuisine. Treat yourself to a complete sensory experience by enjoying Chef Helena Loureiro's tasty fish, seafood and meat dishes in this space with a 360-degree panoramic view — the restaurant rotates!



Renoir

📍 1155 Sherbrooke Street West | 514 788-3038

France, Regional Québec

A palate party awaits at this restaurant within the Sofitel whether you sip a bellini at the renowned weekend brunch or if you go for the champagne-and-oyster Tuesday special. French flair is apparent in every dish, but a must is the foie gras torchon on homemade brioche.

Restaurant Bivouac

📍 1255 Jeanne-Mance Street | 514 841-2021

Regional Québec

Part lounge, part cocktail bar and part modern bistro, Le Bivouac promises an urban, boreal gastronomic journey. In summer, enjoy its terrace overlooking Place des Arts, i.e. festival central. In winter, STILL enjoy the terrace — this time from within one of the heated clear domes that'll have you dining in the snow.



RESTAURANT BIVOUCAC / © DOUBLETREE PAR HILTON MONTREAL



RENOIR / © CITIZEN NORTH

Restaurant h3

📍 340 De La Gauchetière Street West | 514 312-7085

Regional Québec

Expect finesse from your experience at this restaurant in Hotel Humaniti. The special happy-hour sharing plates are a draw for the downtown crowd, but you'll be rewarded for taking the time to enjoy the five- or seven-course tasting menu. From the Wagyu sando starter to the asparagus ice cream, it sings.

Île de France Restaurant

📍 1500 Robert-Bourassa Blvd., 9th Floor
514 317-9809

France

The setting is one of the city's most enchanting, within Le 9^e: an Art Deco space inspired by the chic dining room of an ocean liner, restored to its full, glittering splendour. Luckily the food is just as glamorous. Oysters on the half-shell, velvety French omelettes, mushroom cavatelli with fromage frais... and of course, great wines.

 Air Canada's
**Best New
Restaurants
2024 Finalist**



Restaurant Kamúy

📍 1485 Jeanne-Mance Street | 514 447-7481

West Indies

Kamúy celebrates the city's diversity in a big way with Caribbean cuisine inspired by French and Québécois gastronomy. Paul Toussaint's seasonal menu features local products while evoking the warm, colourful atmosphere of traditional Caribbean markets. Kamúy: the jewel of the Antilles in downtown Montréal.

Papito Restaurant

📍 1425 Saint-Alexandre Street | 514 403-3146

Europe

Whether you're an intimate party of two or a gang of eight, this huge, stylishly designed restaurant will feed your need for succulent flame-grilled meats and tasty veggie sides. Papito feels like you're at your family dinner table (if your family happens to be great cooks) thanks to a seductively nonchalant *à la bonne franquette* philosophy.



Siam Restaurant

📍 1325 René-Lévesque Blvd. West | 438 380-0655

Thailand

Expect more than just pad Thai: this is authentic Thai cuisine so delicious it spurred the opening of two other locations. This HQ within Hôtel Le Crystal in the heart of downtown conveniently offers a fast showtime menu, but come back when you've got time to explore the full range of luscious curries and the stellar crispy tofu.



“Our other restaurants, Le Parvis and Le Furco, are located just around the corner on Mayor Street, and since the group has its own farm and makes sure to limit food waste, and because the kitchens share tasks, it was very important to be close to the others. We'd been eyeing the Papito premises for a while!”

— JOËLLE TROTTIER, CHEF,
PAPITO



Sho-Dan Restaurant

📍 2020 Metcalfe Street | 514 987-9987

Asia

Sho-Dan has been a Montréal sushi institution since 1998, serving up generous helpings of refined Japanese cuisine, attentive service and friendly atmosphere for decades already. Now it's your turn to discover this emblematic place and see why it's such a fave (even among celebrities).



© SHO-DAN RESTAURANT

Tbsp.

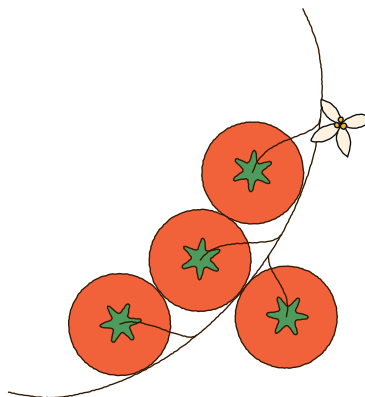
📍 901 Du Square-Victoria Street | 514 395-3180

Italy

Tbsp. revisits Italian and Mediterranean cuisine while celebrating local produce with platters of Québec cheeses and charcuterie, homemade pasta dishes and grilled meats, all in a warm, modern setting on the ground floor of the W Hotel.



TBSP. / © W MONTRÉAL



TBSP. / © W MONTRÉAL

SEA ME Restaurant

📍 1455 Peel Street | 438 381-1122

Italy

Fish up some coastal Italian specialties like delicate thin slices of hamachi tuna crudo, lobster-stuffed squid-ink ravioli with sage and whole roasted royal sea bream. Food this good calls for a toast. How about a Julius Caesar decorated with housemade pickles and a prosciutto crisp?

Restaurant ZinZin

📍 50 Sainte-Catherine Street West | 514 439-4999

France, Maghreb

V

ZinZin is an ideal meeting spot for any business lunch or live jazz dinner downtown, located as it is within the Maison du développement durable. From tartines loaded with confit tomatoes and burrata to fresh salads, the food is hearty and casual, a perfect match for the convivial, colourful décor.



Shabu Shabu Kagayaki

📍 75 De La Gauchetière Street West | 514 396-4746

Japan

Get your gang together for a night of Japanese hot pot, aka shabu shabu, where you get to cook your chosen ingredients (including Wagyu beef, pork cheek and every veggie imaginable) in a central pot of boiling broth. Nothing inspires lively conversation more — and the shochu menu will help!



Stanley

📍 1201 René-Lévesque Blvd. West | 514 878-2000

United States, Regional Québec

Housed in the Centre Sheraton Montréal, the Stanley's contemporary décor and locally inspired cuisine are sure to please. Signature cocktails, carefully selected wines and exclusive beers from Brasserie Harricana will complete your dining experience with flair. Perfect for a business lunch, a 5 à 7 or a good meal before a game or a downtown show.



© TERRASSER



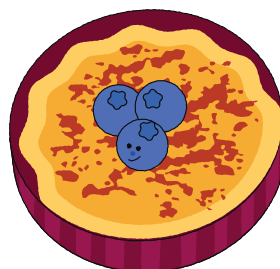
STANLEY / © LE CENTRE SHERATON MONTRÉAL

Terrasse R

📍 1250 Robert-Bourassa Blvd. | 514 657-5000

Regional Québec, Asia

The world feels harmonious from this two-floor terrace perched high above downtown Montréal in the Renaissance Hotel. Enjoy the perspective, sunshine, cocktails and conversation while noshing on a poke bowl, chicken dumplings with chili oil or panko-crusted salmon — savour every bite and let that eternal-vacay feel wash over you.





Tiramisu

📍 989 Saint-Laurent Blvd. | 514 657-5296

Italy, Japan

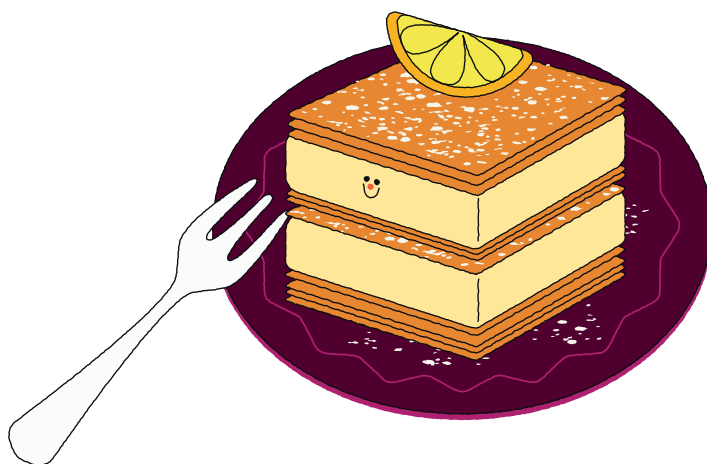
It may be in Chinatown, but Tiramisu offers Italian cuisine influenced by the flavours of Japan. Confused? You won't be when you bite into the sushi arancini tartare, the Tonokotsu, the bechamel lasagne or the Japanese whisky tiramisu. The setting nods to both Italian 1960s design and Japanese-inspired mid-century style.

Yoko Luna

📍 1234 De la Montagne Street | 514 929-9656

Latin America, Asia

Aside from being a stellar Japanese-Peruvian steakhouse, the Yoko Luna supperclub is a must on the Montréal nightlife scene. Its cuisine — featuring Wagyu beef, Kobe beef and fatty tuna — seduces the taste buds, while your eyes will drink in the sumptuous décor. Two lively terraces will make you want to dance the night away.





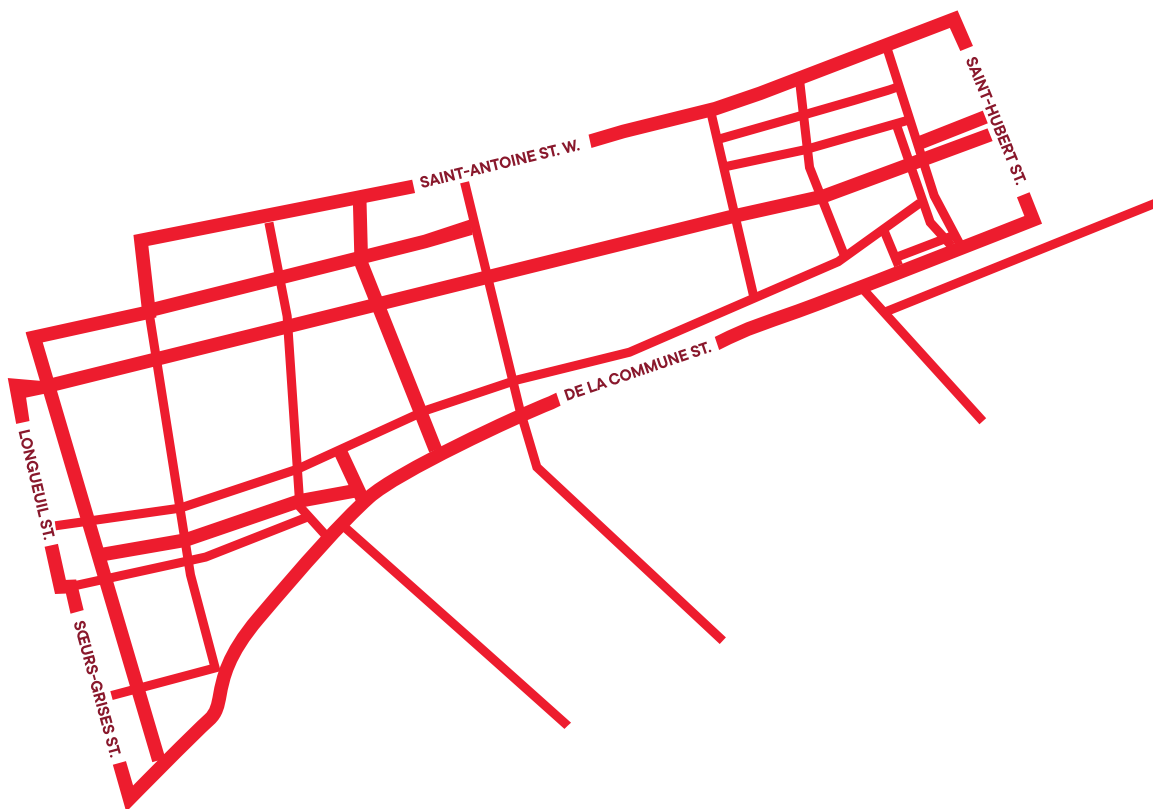
TIRAMISU / © RESTAURANT TIRAMISU

Old Montréal

Old Montréal and the Old Port:
a dollop of Old-World Europe in our own
backyard, where foodie dreams come
true and fanny packs reign supreme.



© PLACE JACQUES-CARTIER



The future has arrived, and it's old

Old Montréal and the Old Port are an increasingly beloved playground as much for Montrealers as for visitors. There are few among us who haven't flown over Bonsecours Island on the MTL Zipline, taken a spin on La Grande Roue de Montréal, caught Cirque du Soleil's latest opus under the Big Top, or scared themselves silly at Montréal Bungee. And if you haven't, you know you want to.

Fun, floaty, boaty things

The smart money says you've climbed aboard the Bota Bota, spa-sur-l'eau, one of the most in-demand hot (and cold) spots in the city. Because it's on a boat. Or checked out the docked yachts at Port d'escale marina to see how the 1% entertain themselves. Or gazed at the massive cruise ships flaunting the laws of floating physics at the Grand Quay. If you're activity driven, you've hit the pedal boats, taken a cool cruise on the St. Lawrence River or tamed the waves with Saute-Moutons Jet Boating.

Outside thinking

From the sensational to the sublime to the secret, you've got your très cool hotel terraces (Hôtel Nelligan), rooftop terraces (Auberge du Vieux-Port), hidden terraces (Jardin Nelson) and winter terraces (Hôtel William Gray)... more top-tier terraces than you can shake a martini at.

In Old Montréal and the Old Port, the past and the present collide in an explosion of vibrancy and creativity. It's where we go to satisfy guilty culinary pleasures and cultivate new ones because choice, and plenty of it, is the name of the game here.

Balboa

📍 105 Saint-Paul Street West | 438 375-9595

Italy

Balboa invites you to discover its range of wood-oven pizzas (proudly made with organic sourdough flour), bold pasta dishes (such as tagliatelle with mushrooms) and a fine selection of wines and festive cocktails. Its wall decorated with vintage finds adds a friendly, nostalgic touch.

Barroco

📍 312 Saint-Paul Street West | 514 544-5800

France

Barroco will whisk you away to the Med, somewhere starting in France but with a few detours around Spain and Italy. Its market-fresh cuisine hits the spot with dishes like the O.G. braised beef and lobster salad *à la française* — add the carefully curated wine list, creative cocktails and a cozy atmosphere, and you're nearing perfection.

BEVO Bar + Pizzeria

📍 410 Saint-Vincent Street | 514 861-5039

Italy

BEVO Bar + Pizzeria: home to 19th-century stone walls, cozy atmosphere and a menu inspired by the great Italian classics. Try the tasty pizzas — a fusion of Neapolitan and Roman... or shall we call it Romapolitan? — or the revisited regional specialties prepared with *amore*. For a real festa, go from Thursday to Saturday, when there's a DJ.



Bonaparte

📍 447 Saint-François-Xavier Street | 514 844-4368

France

Old Montréal's Bonaparte offers classic French cuisine in a comfy setting where every detail is carefully considered. Maple-kissed duck magret and mushroom ravioli are just some of the refined dishes to be savoured in one of its three distinct dining rooms: the Impératrice, the Verrière or the Central Hall.

Brasserie 701

📍 701 Côte de la Place-d'Armes | 514 904-1201

France

It's called 701 because it used to be on the 7th floor, but it was so popular with the Old Montréal business set that this restaurant within the Place d'Armes hotel took over the vast space downstairs to serve up its French brasserie classics, from Niçoise salad to duck breast à l'orange.

Bord'Elle Boutique Bar

📍 390 Saint-Jacques Street West | 514 379-3553

France, Italy, Japan

You might be tempted to give all your attention to the outlandish space or the high-colour entertainment (people have been known to literally swing from the chandeliers), but look down into your plate: you'll find indulgent retro classics running from fall-off-the-bone beef short ribs to French dip sliders at this happening supperclub.

Capisco

📍 85 Saint-Paul Street East | 438 380-0887

Italy, Latin America

Never knew you craved a Peruvian take on Italian classics? Now you do, thanks to Chef Marcel Olivier Larrea. Capisco brings striking creativity and fulsome flavour to every dish. The fish and seafood specialties sing, but don't sleep on the braised beef brisket with ricotta gnocchi and Huancaína cheese sauce!



CAPISCO / © MARTIN HUYNH



BRASSERIE 701 / © KAROLINA JEZ



BONAPARTE / © GLEB GLOMBERG



BORD'ELLE BOUTIQUE BAR / © ED YAO PHOTOGRAPHY



Chez Delmo

📍 275 Notre-Dame Street West | 514 288-4288

France

Housed in a building dating back to 1862, Chez Delmo has been part of Old Montréal's rich gastronomic scene since 1934. The kitchen offers fish and seafood specialties ranging from Dover sole to Québec lobster, while the space does credit to local artist Carlito Dal Ceggio, whose unmissable murals set the tone for the restaurant's inviting ambiance.

Gaspar - French Brasserie

📍 89 De la Commune Street East | 514 392-1649

France

When you need a moules-frites fix, Gaspar on De la Commune will give you a dreamy vantage point to enjoy them with. Within striking distance of the Grande Roue de Montréal, this French brasserie has a menu filled with perennial favourites, and the wine list to go with them — including a dozen bubbly to choose from.

AML Cruises

📍 Grand Quay of Old Port of Montréal, across from the Pointe-à-Callière Museum | 866 856-6668

Regional Québec, France

All aboard for a culinary experience like no other! Discover the St. Lawrence River and the city as you've never seen them before from within this dining room aboard a ship, while savouring exceptional cuisine to boot. Whether you choose a three course, five course, Red Carpet or Signature dinner cruise, Croisière AML is sure to rock your boat.



CHEZ DELMO / © CHEZ DELMO



AML CRUISES / © PASCAL DUCHESNE

Graziella

📍 116 McGill Street | 514 876-0116

Italy

Join the legions of Chef Graziella Battista's followers that crave her comforting Italian *alla nonna* dishes, like osso bucco and the perfect red-wine risotto. The elegant, airy dining room in an ancient greystone is a wonderful place to be transported to the Old Country, bite after bite.

Hang

📍 686 Notre-Dame Street West | 514 910-2227

Vietnam

Settle into a banquette beneath the canopy of creeping plants and soak up the buzz of this happening Griffintown supperclub, where dinner is just the start to the evening. The Vietnamese inspired cocktails will start the party, but the star of the show is the food, including arguably the best beef pho in town, made with Wagyu and marrow.



Helena

📍 4438 McGill Street | 514 878-1555

Europe

Considered the queen of Portuguese cuisine in Montréal, Chef Helena Loureiro makes food that's heartwarming, authentic and generous. The menu at her eponymous restaurant offers a wide variety of dishes and tapas, from Alaskan black cod to Québec rack of lamb, not to mention an impressive wine list featuring over 100 Portuguese vintages.

Héritaj

📍 701 William Street | 514 360-8657

France, India

Old Montréal's Héritaj offers a bold fusion of French and Indian culinary traditions with a sophisticated menu created by the Sandhu family and chef Arnaud Glay. Put it on your list for your next date night or for any special occasion worthy of a contemporary, velvety atmosphere featuring teak wood hues and smooth, curvaceous surfaces.

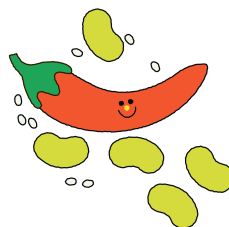


Jacopo

📍 436 Place Jacques-Cartier | 514 876-8844

Italy

Old Montréal's Jacopo offers an authentic Italian experience, inspired by the Roman trattorias of yesteryear and market-fresh ingredients. Whether on the terrace, under the giant skylight or in the homey dining room, take your crew to enjoy homemade charcuterie, seafood risotto or fresh pasta with black truffles and speck.



Kwizinn Vieux-Port

📍 311 Saint-Paul Street East | 514 761-4030

West Indies

Whatever you order at Kwizinn, whether it's the oxtail empanadas or the Lobsta Pasta, make sure to pair it with the Ti-Punch. One sip and you'll be whisked off to Caribbean shores. It'll also help temper the fire of the authentic and generous dishes, spiced to perfection by Chef Mike Lafaille.

“It was mainly my passion for customer service that inspired me to settle in Old Montréal. I love meeting people from all over the world, practising languages, listening to their stories and telling mine, too... and sharing my unique Afro-Caribbean flavours with a Montréal twist.”

— MICHAEL LAFAILLE, CHEF AND OWNER,
KWIZINN



© HÉRITAJ



© JACOPD



KWIZINN VIEUX-PORT / © TWO FOOD PHOTOGRAPHERS



Kyo Bar Japonais

📍 711 Côte de la Place-d'Armes | 514 282-2711

Japan

Saddle up to one of the high tables at Kyo and you'll be immediately immersed by the moody atmosphere of an izakaya-meets-traditional sushi bar. Located on the bottom floor of the splendid Hôtel Place d'Armes, this bar offers a tasty selection of Japanese classics, original creations and over 25 sakes to discover.

La Catrina Old Port

📍 117 De la Commune Street West | 514 543-7172

Mexico

Mexico meets Old Montréal at La Catrina, where Chef David Melo Rubio prepares creative Mexican cuisine like tuna tostada, Baja fish tacos, Prince Edward Island ribeye and more from this wonderful location mere steps away from the St. Lawrence River. Now, what to drink: how about something from the impressive menu of margaritas?

La Boqueria

📍 121 De la Commune Street West | 514 419-4193

Spain

Get a hit of Mediterranean sun on the shores of the St. Lawrence River with tapas like fried Ibérica ham croquetas, fresh anchovies with olive oil, and Spanish cheese and charcuterie boards. All you need now is a house cocktail, like the Jerez Colada, an astute marriage of rum, sherry and pineapple soda.

The Farsides

📍 690 Notre-Dame Street West | 514 951-8454

Asia

"Grandiose" is the perfect word to describe this place, both literally — it's huge! — and in décor, which is big, bold and inspired by Brooklyn back lanes in the 1990s. This is a supperclub that starts the party on the plate, with Thai-Hawaiian dishes like surf'n'turf dumplings, lemongrass chicken salad and their signature pad Thai.



THE FARSIDES / © MIKE DELEON

"I chose Old Montréal to open my restaurant because its unique character is charming: its old stone buildings and cobbled streets remind me of Europe. The proximity of magnificent hotels attracts a varied and high-quality clientele."

— GRAZIELLA BATTISTA, CHEF AND OWNER,
GRAZIELLA



LA BOQUERIA / © RABIRRECHIAN PHOTOGRAPHER



KYO BAR JAPONAIS / © KAROLINA JEZ

LOV McGill

📍 464 McGill Street | 514-287-1155

United States, Italy, Asia

V

For vegan and vegetarian cuisine in a grandiose setting, there's no better than this stunning, high-ceilinged spot on McGill. Light and airy, it's an uplifting spot that sees queues at lunchtime and serves up elevated comfort foods like spiced roasted cauliflower, portobello crostini, fettuccine carbonara-style and the popular truffle burger.

Maggie Oakes

📍 426 Place Jacques-Cartier | 514 656-6000

Regional Québec

Giving onto the picturesque Place Jacques-Cartier, this steakhouse on the ground floor of the William Gray Hotel serves up a mean burger at the epicentre of Old Montréal. Make it a special soirée by sharing the marvelous seafood platter for two, or go for the steaks, featuring AAA Canadian beef aged for 45 days.



Maison Saint-Paul

📍 343 Saint-Paul Street East | 514 903-9343

United States, Regional Québec, France

How's this for a bucket-list item: sabering a bottle of champagne before savouring it alongside a succulent steak or buttery fish with lots of tasty sides made with the finest local ingredients. At Maison Saint-Paul, you'll find a unique gastronomic experience you won't soon forget.



Mati Greek Taverna

📍 185 Saint-Paul Street West | 514 510-6284

Greece

At Mati, every dish tells a story you'll want to share with your dining companions, from the 24-hour braised lamb neck to the grilled octopus and the famous spanakopitas. To your selection of sharing plates, add something from the affordable wine and cocktail list — because all stories are better told with a glass in hand.

Mignon Steak Old Montréal

📍 101 Saint-Paul Street West | 514 844-9663

France, United States

This happening spot isn't where you'd go for a quiet tête-à-tête, but rather for a lively and celebratory time any day of the week. The menu is packed with satisfying retro comfort foods like a truffled mac'n'cheese made with local St-Benoit cheese, shrimp cocktail, beef tartare and steaks. And for dessert, try the cream puffs.

Modavie

📍 1 Saint-Paul Street West | 514 287-9582

France

This two-storey bistro has been a fixture on the Montréal jazz scene since 1997. Dig into house classics like veal sweetbreads *à la Normande* or mushroom risotto paired with an astutely selected wine or something delightful from the cocktail and mocktail list. Let the dulcet sound of nightly live jazz, blues or R&B wash over you as you sip and savour.



MIGNON STEAK OLD MONTRÉAL / © MIGNON



MATI GREEK TAVERNA / © MATI



MODAVIE / © KAROLINA JEZ



Pincette - Lobster Bar

📍 94 Saint-Paul Street East | 514 876-4261

Regional Québec

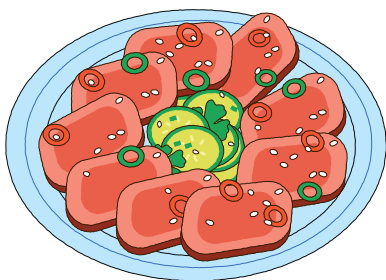
If seafood is your middle name, first, question your parents, then, head to Pincette. Modelled after an elevated lobster shack, this heavenly haven offers lobster rolls, lobster ravioli, lobster and crab poutine, mussels, pan-seared striped bass and more. Take the whole experience up a notch with the Bloody Pincette cocktail, featuring whole shrimp.

Fish Bone

📍 420 Notre-Dame Street West | 514 849-4424

United States, Asia

Every night's an occasion at Fish Bone, where the Asian-American fusion cuisine is served late into the night to the rhythm of DJs or live music, in true supperclub fashion. The nautical atmosphere (spot the miniature ships on the shelves!) gives a real vacation vibe. Spring for the bottle service to truly make a night of it.



Restaurant Pubjelly

📍 600 Marguerite-D'Youville Street | 514 379-3140

Regional Québec

If you're a fan of Jellyfish you'll love this more casual and accessible joint next door, where the pub vibe starts with the open kitchen and continues the amazing people-watching bustle, especially at happy hour. The oyster bar, small sharing dishes and wood-fired pizzas change with the seasons, but always pair well with the cocktails.



Restaurant Véranda

📍 295 Saint-Paul Street East | 514 419-2017

India

Savour complex curries layered with a symphony of spices at this Indian fusion restaurant, the second concept by the team behind Rutba. The richness of the experience extends to the plush décor, featuring forest green velvet chairs and smooth, auburn woods. Pair your selection with something nice and robust from the interesting wine list.



Santos

📍 191 Saint-Paul Street West | 514 849-8881

France, Latin America, Regional Québec

Looking for an out-of-the-ordinary night? Santos it is, where you can eat, drink and be merry. After delish sushi, tacos and tapas designed for group sharing, you'll want to keep the drinks flowing and the party going as the dining room turns more clubby. The DJs are sure to get you moving with all the latest bangers.



Terrasse William Gray

📍 421 Saint-Vincent Street, 8th floor | 438 387-2010

France

Summer or winter, you can dine on the William Gray Hotel's rooftop terrace — it has one of the best views of Old Montréal and the water in town. Tuck into some primo charcuterie boards, the yummy bacon cheeseburger or, for a special occasion, the grandiose, 55-day aged, 20-oz shareable beef rib steak.

Vandale

📍 120 McGill Street | 514 903-7710

Regional Québec, France

Dressed in graffiti, dark woods and chocolate brown leather, Vandale is a large-scale restaurant with big ideas. Breathing fresh life into a historic building, it's got a fun menu full of seductive dishes like cod accras and honey-glazed five-spice pork belly. And what a cocktail list! You'll want to try everything thought up by mixologist Jake Cristofaro.

Vallier Bistro

📍 425 McGill Street | 514 842-2905

France

With the soul of a French bistro, the look of an English pub and an energy reminiscent of Brooklyn, Vallier Bistro is Montréal through-and-through. Whether it's beef or salmon tartare, coquille Saint-Laurent or poutine with duck confit, you can be sure local produce is always at the heart of the menu.

Vieux-Port Steakhouse

📍 39 Saint-Paul Street East | 514 866-3175

United States

A veritable institution founded in 1983, Vieux-Port Steakhouse is known for its 30-day-aged cuts of AAA-certified Canadian beef, attentive service and warm décor. With its original stone walls, superb garden terrace and many bright rooms that can seat nearly 1,000 people, the atmosphere is always on point.



© VANDALETTLE SPEAKEASY

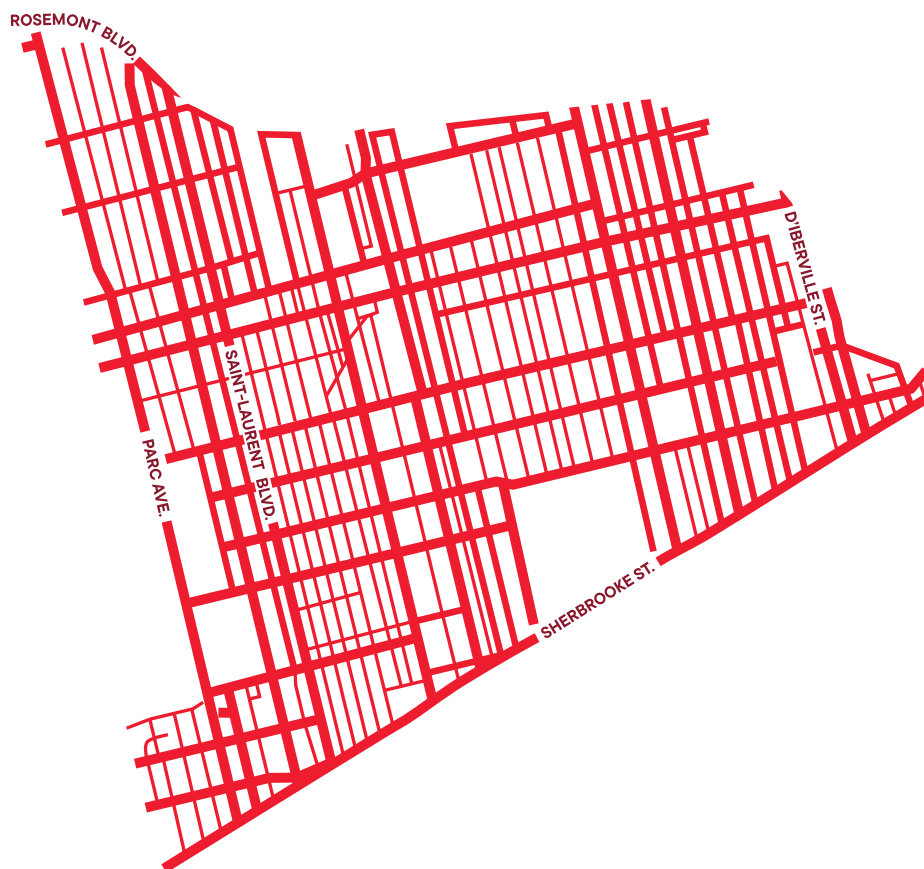


© TERRASSE WILLIAM GRAY

Plateau-Mont-Royal and Mile End

The perennially trendy Plateau-Mont-Royal and Mile End district is unlike anywhere else in the city. Neighbourhoods thrive within neighbourhoods, becoming their own unique social microcosms.





The Main artery

The throughline that ties downtown, the Plateau and Mile End together is Saint-Laurent Boulevard, what Montrealers call “The Main.” You may be a descendant of the immigrant diaspora that made its way up The Main over the last 150 years or so, leaving a trail of mom-and-pop food shops, delis and traditional eateries in its wake. If you’ve been within a stone’s throw of The Main, then you know that Portuguese piri piri grilled chicken is practically its own food group.

The creative neighbourhood

A generational haven for writers, artists and especially musicians, the Plateau and Mile End likely provided the soundtrack to your turn-of-the-21st-century self. Its indie clubs are where you and your hipster mustache and thick-rimmed glasses went to see Arcade Fire and Grimes. And colouring outside the lines are the multitude of multi-storey murals adorning side-street buildings.

Life in the Plateau and Mile End...

Downing a “Special” (Wilensky’s iconic salami sandwich — a taste of a bygone era). Savouring a magical smoked meat sandwich (medium, not lean, obviously) at Schwartz’s. Stumbling across a refined-dining slice of France on Laurier Avenue West. Lingering at Café Olimpico over the Best. Coffee. Ever. Debating Fairmount vs. St-Viateur bagels... and conceding defeat when you couldn’t tell them apart.

The Plateau and Mile End are where many different experiences sit comfortably side by side, all of them speaking to the dynamism of the places, the people and the plate. To put it another way, it’s quintessentially Montréal.



31 Latitude

📍 3627 Saint-Laurent Blvd. | 514 985-8898

China

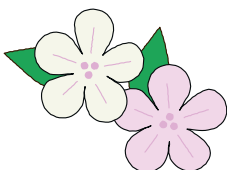
In addition to its vast selection of mains, this Plateau restaurant — on the Main — brings the small sharing-plates trend to Chinese cuisine. Now we can finally sample everything we want! Garlic spare ribs, dumplings in peanut sauce, Szechuan shrimp and more await, ready to be paired with a dry pinot blanc.

325 F

📍 1902 Masson Street | 514 522-1902

Africa

Discover Madagascar's unique cuisine as mastered by Chef Bryan Rajarison in his quaint Masson Street restaurant. From chicken fragrant with coconut milk and curry to flaky beignets stuffed with spiced minced beef, it dances between the flavours of Africa and Asia. For dessert, the banana mochi-like Mofo Ravina is a must.



Barranco

📍 4552 Saint-Denis Street | 514 282-9000

Latin America

It may sit pretty in the Plateau, but Barranco draws its inspiration from the bohemian side of Lima, both for its atmosphere and its menu of urban Peruvian cuisine. In a vibrant and colourful setting, the menu brings together ceviches, Asian-influenced rice dishes, Angus beef burgers and signature cocktails.



Bistrot La Fabrique

📍 3619 Saint-Denis Street | 514 544-5038

France, Regional Québec

Enjoy Chef Jean Baptiste Marchand's work at this fun, bright spot with a street-level terrace right across from Square Saint-Louis. On the menu: brunch delights worth waking up for, seasonal salads and hand-cut tartares, plus a vast wine list and cocktails galore, most of which can be made alcohol-free.

Brasserie Dieu du Ciel! (Montréal)

📍 21 Laurier Street West | 514 490-9555

Regional Québec

Since 1998, this Laurier Avenue West landmark has been attracting legions with its signature home brews, building it into a brand that's even distributed in stores. With around 20 beers on tap, many seasonal specials and a bistro kitchen that celebrates local produce, there's always a good reason to go back.



BISTROT LA FABRIQUE / © AXEL LECLERCQ



BRASSERIE DIEU DU CIEL! (MONTREAL) / © NOUVELLE IDÉE



CAFÉ RUTBA / © RUTBA

Café Rutba

📍 3633 Saint-Laurent Blvd. | 514 849-8002

India

Saddle up to the wood-slat bar at this beautifully decorated Indian haven and order up a selection of Chef Surpeet Arora's creations. Crispy pani puri, zingy with chutney and perfectly paired with an Indian beer... creamy malai shrimp with buttery naan... vegan pineapple curry... you'll want to taste it all.

Caribou Gourmand

📍 5308 Saint-Laurent Blvd. | 438 387-6677

Regional Québec, France

Discover Québec flavours interpreted through a Normandy lens at Caribou Gourmand, a warm and casual pub-like neighbourhood restaurant on Saint-Laurent Boulevard. The charcuterie board and smoked meat croquettes are the perfect prelude to some of their decadent desserts, like the crunchy meringue topped with lemon curd and blueberries.



© CARIBOU GOURMAND



Chai-Yo

📍 3603 Saint-Denis Street | 438 381-1888

Thailand

V

Dive deep into this plant-based menu of entirely vegan Thai dishes, always delivered with friendly, attentive charm. Here, street food meets authentic family recipes to produce addictive dishes like fried Brussels sprouts with peanut sauce and the famous crispy vegan “duck.”

Chez Lévêque

📍 1030 Laurier Avenue West | 514 279-7355

France

French bistro classics have been expertly prepared at this Outremont institution since 1972. Come for a quick lunch or a lazy late-night meal to take advantage of the Formule Brasserie, when dishes like coq au vin, boudin noir or steak with creamy pepper sauce are offered at a very special price.



Chez Victoire

📍 1453 Du Mont-Royal Avenue East | 514 521-6789

France, Regional Québec

This refined bistro shines such a flattering spotlight on sustainable local products that it makes it hard to decide between dishes like truffle-roasted cauliflower, oyster mushroom risotto and scallops from the Magdalen Islands. And the hard decisions are only beginning — wait until you see the list of organic wines!

Côba Sushi

📍 1124 Laurier Avenue West | 514 908-1889

Japan

Côba Sushi's menu offers refined Asian cuisine with a wide selection of sushi, pokes, stir-fries and even tapas, all served up in a hushed atmosphere featuring lacquered wood and crisp white tablecloths. Don't be overwhelmed by the menu because you can't go wrong — especially with the perfect sake pairing.





Coco Disco Club

📍 3609 Saint-Denis Street | 514 977-5703

Europe

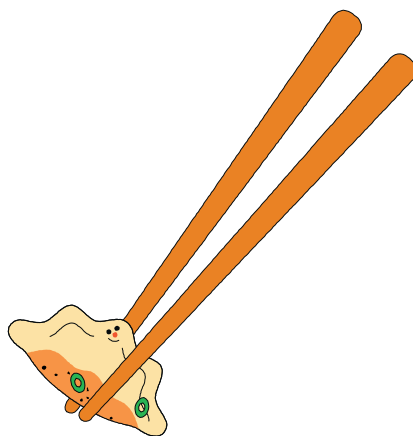
Glamour lives on Duluth Street, at this buvette with scrumptious cocktails like a scratch-made Caesar (house Clamato included!) and Mediterranean inspired bites worthy of a grandmother's kitchen. (Try the meatballs!) It's all the perfect kick-off to an evening spent under the glint of discoballs, wouldn't you say?

CUP Thai Pub

📍 404 Duluth Avenue East | 514 845-7287

Thailand

Pub food is extra tasty with a Thai twist, as evidenced at this Plateau spot. Pair a crisp bottle of white with some \$1 oysters on the half-shell before diving into chicken fried rice, crispy pork belly, fried catfish and a selection of skewers. Not feeling like wine? The house cocktails are exotic and enticing.







IBERICOS SPANISH TAPAS

📍 4475 Saint-Denis Street | 514 845-4475

Spain

Ibericos relies on charcuterie and fine Spanish imports to craft their authentic and tasty menu. From homemade pork meatballs to oxtail stew croquettes, the tapas are each as inspiring as the next. The weekend brunch also offers up the most delish Spanish traditions (try the runny-yolked Huevos Rotos).

Joséphine

📍 4007 Saint-Denis Street | 514 840-5015

Regional Québec, France

Renowned for its generous seafood platters and its oyster bar, this bistro also offers à la carte dishes like delicious lobster ravioli, classic moules-frites and flank steak grilled to perfection. Every Wednesday, come and enjoy dinner and a show courtesy of Jazzy DJO in the establishment's private room.

La Prunelle

📍 327 Duluth Avenue East | 514 849-8403

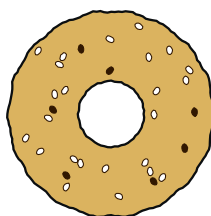
France

Inventive French food prepared to perfection, PLUS the accessibility of a BYOB? It's no wonder La Prunelle is the apple of so many eyes. Clink glasses at this Plateau mainstay over dishes like tender roasted octopus with chorizo cream, and crispy veal sweetbreads with roasted parsnips and raspberry gastrique.



Did you know?

St-Viateur Bagel experienced a major fire in 1985, though its legendary wood-fired oven survived unscathed and is still pumping out doughy deliciousness to this day. There's a lesson to be learned here, we're just not sure what it is.





© LE MEKONG

Le Mekong

📍 921 Du Mont-Royal Avenue East | 514 379-4844

Asia

The wide-spanning Southeast Asian menu at this Plateau spot draws loyal fans for its unique take on dishes like green papaya salad and General Tao chicken, the latter of which comes spiked with a sriracha kick and topped with crispy taro crisps. Explore every flavour inspired by Vietnam, Thailand, Indonesia and beyond.

Le Bay Cà Phê

📍 5263 Saint-Laurent Blvd. | 514 550-1283

Vietnam

Mile End's Bay Cà Phê is sure to please even the biggest fans of Vietnamese cuisine with its bánh mì sandwiches, vermicelli salads and vegetable stir-fries, all available in vegetarian versions. In the evening, its shareable small-plates menu is perfect for tête-à-têtes or for group hangs.



© LE BAY CÀ PHÊ



© MONSIEUR B



MOMOPAR CHRISTIAN VENTURA | © SUSAN MOSS

Le Virunga

📍 851 Rachel Street East | 514 504-8642



Africa

V

At Virunga, Chef Maria-José de Frias celebrates African gastronomy with passion and boldness. From braised mutton from the Eastern Townships to guinea fowl supreme from Sainte-Sabine, traditional recipes are revisited using local produce. Enjoy every mouthful on this journey to the heart of sub-Saharan Africa.

“For me, the Plateau is like a neighbourhood back home in Africa. I love the family vibe, the closeness... here, we can hear each other, we can slow down. I’m very family-oriented, I like to find that warmth wherever I go!”

— MARIE-JOSÉ DE FRIAS, EXECUTIVE CHEF AND CO-OWNER,
LE VIRUNGA

Momo par Christian Ventura

📍 3609 Saint-Denis Street | 514 825-6363

Japan

V

Chef Christian Ventura introduced his unique brand of 100% plant-based sushi to Montréal in 2012, and, well, let’s just say it took off. His four-course tasting experience and à la carte menu feature refined futomaki, maki and sashimi with ingredients like soy steak, oyster mushrooms and delicate konjac prawns.



© NIKKEI MTL

Monsieur B

📍 371 Villeneuve Street East | 514 845-6066

France

V

B is for bountiful bistro bonanza in this case, a specialty of this friendly neighbourhood hangout where the nightly offerings include filet of cod, lamb shanks on risotto and beef tartare with really good fries. To go all out, select the six-service tasting menu, and complete it with your own wine pairings — this is a BYOB.

Nikkei MTL

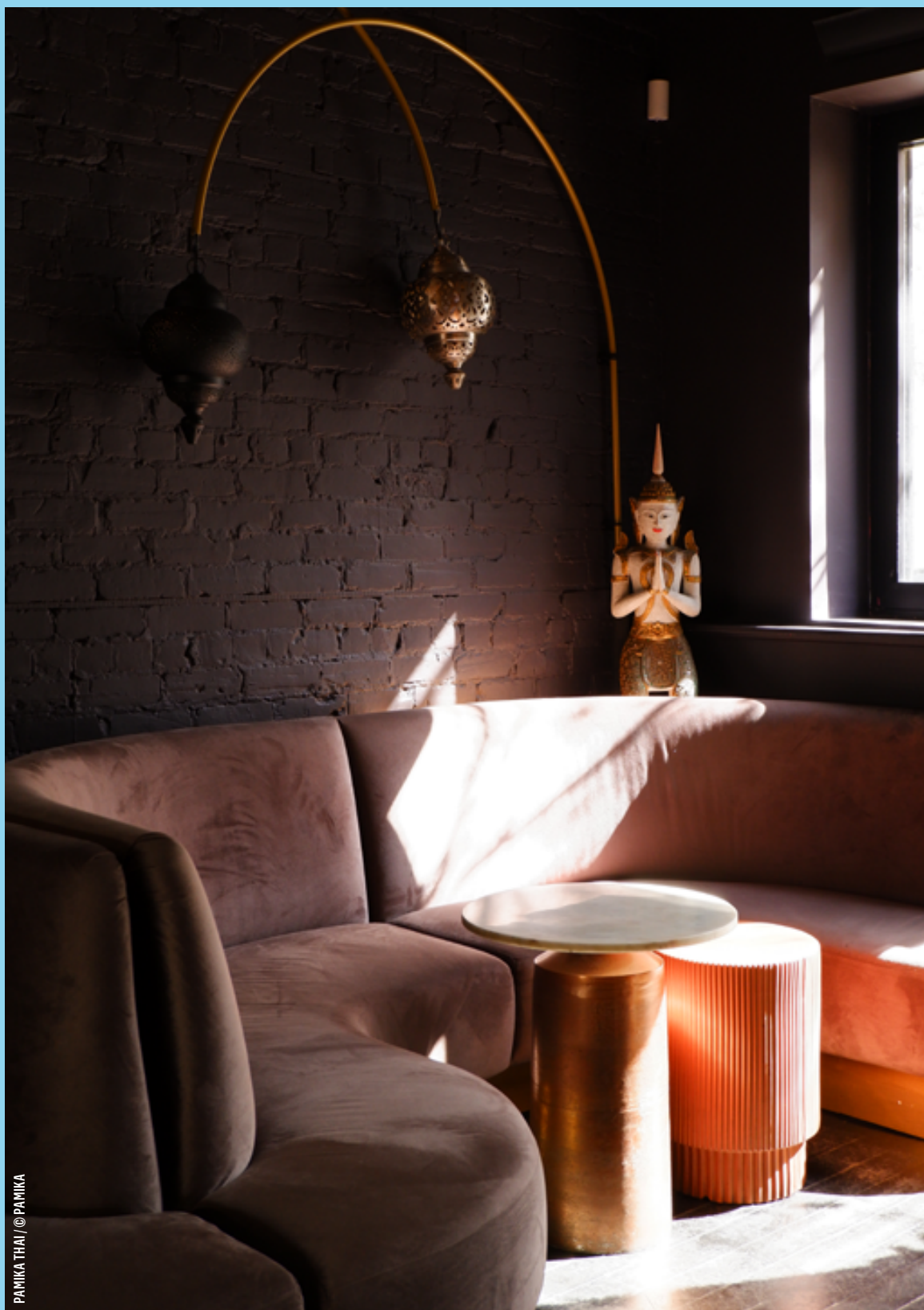
📍 1577 Laurier Avenue East | 514 492-1577

Latin America, Japan

A perfect marriage of Peruvian and Japanese flavours, Nikkei is a type of cuisine that was born from the influx of Japanese immigration to Peru. Picture Québec red snapper ceviche as tender as sashimi, tenderloin tataki with chalaquita, and udon noodles with jamon del país... what are you waiting for?



LE VIRUNGA / © VALÉRIE MARTIN-HUNTER



Pamika Thai

📍 4902 Saint-Laurent Blvd. | 438 797-2580

Thailand

With huge artful wall murals and moody lighting that immediately sets a cozy tone, this Mile End restaurant is the *IT* place for a tête-à-tête or a girl gang dinner. It's Chef Pamika Sukla's eponymous restaurant, which guarantees fine Thai cuisine and tasty cocktails like the Nuit d'Ivresse, a fruity gin punch made with Thai tea.

Bungalow Restaurant

📍 1279 Du Mont-Royal Avenue East | 514 379-1179

Regional Québec, Europe

At Bungalow, it's all about good times and market flavours. Come enjoy its homey atmosphere and seasonal cuisine inspired by Québécois, European, Mediterranean and Oriental traditions. The menu evolves with each new harvest, promising a different taste experience every time you visit.

Plein Sud

📍 5064 Papineau Avenue | 514 510-6234

France

Although Plein Sud's veal with olives pays homage to Corsica, most of its menu is redolent with the flavours of Provence. Take your taste buds on a trip to the south of France with pissaladière and ratatouille, accompanied by privately imported wines... or maybe a pastis?



BUNGALOW RESTAURANT / © MICKAËL GUIGNON



© CHUCHAI RESTAURANT

ChuChai Restaurant

📍 4088 Saint-Denis Street | 514 843-4194

Thailand

V

Close your eyes and you'd have no idea the toothsome crispy duck and savoury chicken in the coconut green curry at this Saint-Denis restaurant are 100% plant-based. ChuChai has been tickling palates with vegan Thai delights since 1992, setting the tone for all other chic vegan restaurants in the city.



© PLEIN SUD

Restaurant de l'ITHQ

📍 3535 Saint-Denis Street | 514 282-5155



Regional Québec

Experience fine dining at a discount at this gracefully designed restaurant across from picturesque Square Saint-Louis, where students from the ITHQ (Montréal's renowned cooking and hostelry school) perfect their training both in the kitchen and front-of-house. The cuisine is French-style and locally sourced, and generally a great bang for its buck.

Restaurant La Chronique

📍 104 Laurier Avenue West | 514 271-3095



Europe

La Chronique offers fresh, inventive French cuisine featuring local flavours, like tuna from Gaspésie with heirloom tomatoes and cherries, and duck foie gras served with Québec chanterelles. And since the wine list has already won awards from *Wine Spectator*, we can assume that the selection is up to snuff!

Restaurant La Raclette

📍 1059 Gilford Street | 514 524-8118

France

La Raclette has been serving Swiss and European specialities in a warm and friendly atmosphere on the Plateau since 1985. Bring your own wine and enjoy a taste of the Alps — raclette, pierrade, cheese fondue (including a vegan version) and much more. All that's missing is the view!



Restaurant Leméac

📍 1045 Laurier Avenue West | 514 270-0999

France

A weekend brunch destination on Laurier Street West, Leméac is great for all three meals of the day, especially thanks to their handsome four-season terrace. The mushroom ravioli and pan-seared scallops are perennial favourites, but nothing is quite as iconic as their pain perdu: picture the most decadent (and tall!) French toast you've ever seen.



Viva Restaurant + Bar

📍 107 Rachel Street East | 514 844-4588

Italy, Portugal

Somewhere between Portugal and Italy, Viva Restaurant + Bar has carved out a niche to offer up its unforgettable culinary experiences. Neapolitan pizzas, homemade pastas, paella... and how could you miss the piri-piri chicken, served with fries and house salad. The modern, friendly atmosphere makes it ideal for an intimate meal or a party.

Siboire Saint-Laurent

📍 5101 Saint-Laurent Blvd. | 514 379-3633

United States, Regional Québec

Located on the corner of Saint-Laurent and Laurier, this microbrewery offers craft and non-alcoholic beers, as well as a gourmet menu featuring mussels marinière, tartares and a popular sausage burger. Its mission? To help you discover the world of brewing, one beer at a time.



SIBOIRE SAINT-LAURENT / © MICHEL CARO



VIVA RESTAURANT + BAR / © VIVA

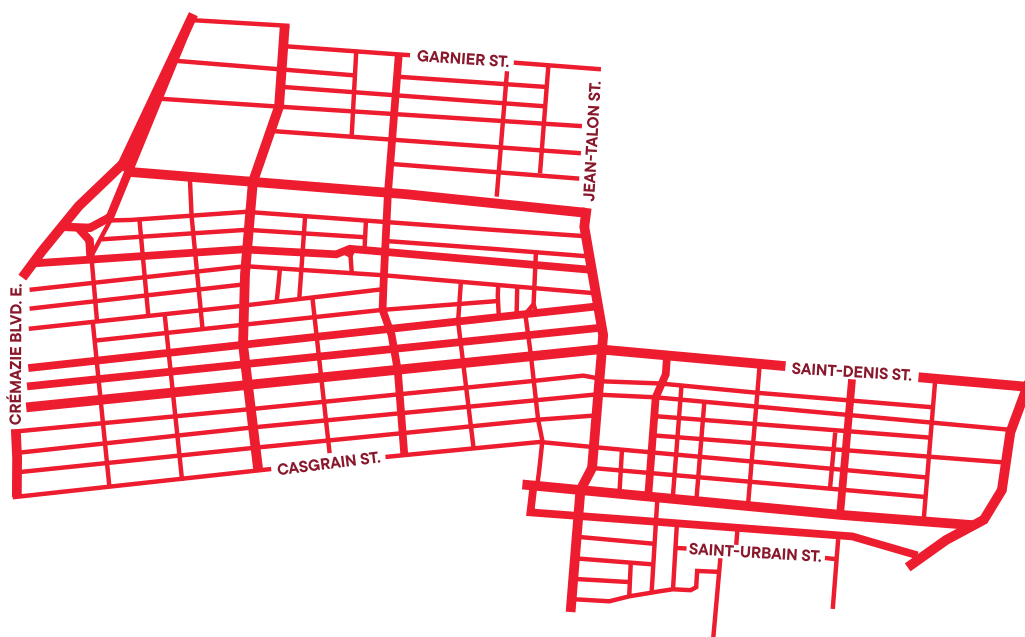


RESTAURANT LEMÉAC / © JIMMY HAMELIN

Little Italy and Villeray

While Little Italy is exactly that — little — it punches well above its weight in flavour and fun, as does its similarly compact, conjoined and colourful neighbour to the north, Villeray.





Small neighbourhoods, big impact

First off, let's be clear: there will be no resorting to Italian linguistic clichés here, *capiche*? Montréal's Italian diaspora is foundational to the flavour of the city. There is very little that they haven't influenced, and we're fortunate, and better fed, for it. And if you've visited Villeray, then you know that — whether the cuisine is Spanish, Mexican, African, Peruvian, Japanese, Vietnamese or, yes, Italian — a walk around the block is akin to a trip around the world.

A hive of activity

Little Italy and Villeray are always abuzz. Coffee buzz. Wine buzz. Fine dining buzz. Social buzz... all the buzzes. And there's nothing buzzier than Jean-Talon Market. What should have been called the "I Bought More Than I Can Carry (Again) Market" sits right between the two neighbourhoods. Jean-Talon Market is the crown jewel of fresh food in Montréal, and there are very few of us who don't make the short pilgrimage to its hallowed stalls during harvest season.

Vitality is the trick

By managing to be both lively and laid-back at the same time, Little Italy and Villeray pull off an uncommon kind of magic. You play bocce ball in Parc Dante, go bowling at the Notre Dame des Quilles pub, cheer raucous soccer games over cappuccino and cannoli at Caffè San Simeon, or get your ecological shopping itch scratched at LOCO Castelnau. Here, the world is your oyster. Oh, and if you fancy an oyster, there's a rad oyster bar in Jean-Talon Market.

“Jean-Talon Market is emblematic of Montréal. I grew up in a similar environment in Haiti, where merchants brought their fresh produce every morning. You get to know the producers, you chat, there’s a sense of evolution; you get to know what the next season will be like based on the weather, how they’re doing, all that. I don’t buy my vegetables to put them in the fridge; I use them fresh every day.”

— PAUL HARRY TOUSSAINT, CHEF AND OWNER,
3 PIERRES 1 FEU



3 Pierres 1 Feu

📍 7070 Henri-Julien Avenue | 514 447-7481

West Indies, Africa

With this colourful and lively place in Jean-Talon Market, Chef Paul Toussaint displays his Afro-Caribbean roots with a Texan twist thanks to his partner, pitmaster Chef Damien Brockway. Together they offer a whole new reason to love BBQ: ribs, brisket, jerk chicken, whole smoked fish, griots and sides like plantain or cassava fries.

Anemone

📍 271 Saint-Zotique Street West |
514 270-8000

Regional Québec

Chefs Minh Phat Tu and Mike Madokoro welcome you into their unique flavour universe on Little Italy’s Saint-Zotique with dishes that enhance local ingredients’ natural wonder with stunning textures, spikes of spice and creative contrasts that make every bite a discovery. Pair that artistry with some of their biodynamic wines.



Bo' Dégât

📍 1392 Beaubien Street | 514 567-3051

Spain

Experience the Barcelona buzz in Montréal at Bo' Dégât, a lively home-away-from-home type eatery where the tapas are also filled with atmosphere. Designed to share, you might be tempted to hog some of the dishes, like the fried calamari, the sautéed cauliflower with Manchego and the stellar olive-oil and chocolate ganache, for dessert.



“The neighbourhood is brimming with all kinds of offerings, and I think that’s what makes Little Italy such a popular destination. We offer Italian cuisine made with market-fresh ingredients that vary with the seasons and the arrivals at Jean-Talon Market. There’s something for everyone at Impasto: neighbours, tourists, families, lovers, business clients...!”

— BENJAMIN LEMAY-LEMIEUX, DIRECTOR,
IMPASTO

Bottega Pizzeria (Montréal)

📍 65 Saint-Zotique Street East | 514 277-8104

Italy

From the sprawling summer terrace on Saint-Zotique to the warming space inside with its huge wood-fire pizza oven, this place is hums year-round, drawing crowds for its authentic Napolitana style pizzas. Pair the Capricciosa (ham, artichokes, olives and oyster mushrooms) with something bold and boisterous from the wine list, and experience the soul of Italy.



BOTTEGA PIZZERIA (MONTREAL) / © BOTTEGA PIZZERIA

Buvette Pompette

📍 414 Saint-Zotique Street East | 514 270-7770

Spain

This *buvette de quartier* in Petite-Patrie offers Spanish bar classics with a little haute twist. Take the rum-pressed melon with prosciutto and halloumi, for example, of the octopus kissed with chimichurri: these are dishes worthy of the vast and inventive wine list, plus the signature cocktails (try the addictive Chérie Cherry).



BUVETTE POMPETTE / © AEB PHOTOGRAPHIE



DARNA BISTROQUET / © LE FIZZ

Darna Bistroquet

📍 1106 Beaubien Street East | 514 273-1106

Maghreb

Get ready to feel the warmth of the North African sunshine at this charming Petite-Patrie restaurant, where the tagine has a cult following and the shakshouka draws crowds. Darna feels like home whether you're there for the four-course discovery menu or a quick flavoured coffee (maybe orange blossom this time?) and a sweet.



IMPASTO / © STEPHANIA SARIDAKIS

Impasto

📍 48 Dante Street | 514 508-6508

Italy

Chefs Stefano Faita and Michele Forgione's beautiful restaurant on Little Italy's Dante Street will satisfy any craving for fresh pasta and delectable sauces, not to mention the every-changing seasonal specials. Go for a quick lunch of pasta or make it a four-course evening affair and explore the selection of fish and meats.



Kitchen Galerie

📍 60 Jean-Talon Street East | 514 315-8994

France

Watch the chefs at work in the open-concept kitchen in this moody, darkly decorated neighbourhood restaurant right by Jean-Talon Market, and you might discover some of the secrets behind the fantastic flavours you're about to enjoy. French cuisine gets turned on its head thanks to out-of-the-box thinking and a veneration of local ingredients.

La Cale - Zero Waste Pub

📍 6839 Saint-Hubert Street | 514 360-0634

Regional Québec

A no-waste philosophy distinguishes this lively pub on the hopping Plaza Saint-Hubert scene, as well as its largely vegetarian menu of feel-good pub specials like the bánh mì poutine and the BBQ pulled-mushroom sandwich. Among the house cocktails, the Sparkgria is an awesome refresher, especially if you order the pitcher to share with friends.



LACALE - ZERO WASTE PUB © LACALE



© LA TOXICA

La Toxica

📍 7221 Saint-Hubert Street | 514 277-1111

Latin America, Mexico

There's always a crowd milling at this Villeray favourite for Mexican food, not just on Tuesdays and Wednesdays when it's all-you-can-eat tacos! Bite into one of their addictive birria burritos or their greasilicious tortas — the most overstuffed loose-meat sandwiches you've ever seen. They'll inspire you to raise your paloma.

Gema Pizzeria

📍 6827 Saint-Dominique Street | 514 419-4448

Italy

Whether you order from the to-go window or sit down at this Little Italy gem, Gema will become one of your regular stops for Neapolitan style pizza. The standards are stellar, like the 1889 (a margherita), but you'll also want to explore unusual toppings like buttery softened leeks, house-smoked fior di latte and pistachio pesto.

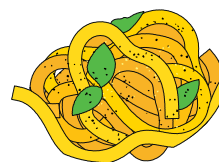
Did you know?

Jean-Talon Market is one of the largest open-air markets in North America. With over 300 vendors, it's a paradise for food lovers.



GEMA PIZZERIA © PIZZERIA GEMA





Pub Arya

📍 434 Saint-Zotique Street | 514 278-8147

Regional Québec

The buttery leather seats and mood lighting of this gorgeous Little Italy spot are just the beginning — the elevated gastropub experience continues with fresh-shucked oysters by the dozen, lobster rolls, mango-topped tuna tataki, burrata loaded with seasonal fruit, eye-popping desserts, well researched wines and a craft cocktail for every occasion.

Ratafia

📍 6778 Saint-Laurent Blvd. | 514 543-8033

Regional Québec

It's a wine bar with a sophisticated cuisine masterminded by four pastry chefs who all far exceed the purview of their training. From succulent fish dishes to complex pastas and veggies, the savoury side of the menu is a treat — and then comes the sweet! All we can say is: keep room for dessert.



RATAFIA | © SANDRA FORCIER



UMAMI RAMEN & IZAKAYA | © CÉDRIC CHARRON

Vesta Restaurant

📍 206 Jarry Street East | 514 543-7725

Italy

Not far from Parc Jarry in Villeray, this neighbourhood trattoria in the same family as Pizzeria Gema and Impasto meets the brief for convivial family dining with its mid-century vibe décor. The short menu offers something for everyone, from straightforward pizzas to recherch  pasta dishes and a lovely selection of Italian wines.

Umami Ramen & Izakaya

📍 6660 Clark Street | 438 375-6660

Japan

V

This light and bright space on Clark Street dishes out bowlfuls of slurpable ramen and sophisticated Japanese flavours, all 100% vegan. Explore the selection of sakes to find the perfect pairing for your airily crispy shimeji mushroom tempura, satisfying cabbage pancake and plump gyoza.



VESTA RESTAURANT | © RODOLPHE NO L

Sud-Ouest

The Sud-Ouest borough is an eclectic collection of neighbourhoods — Little Burgundy, Griffintown, Saint-Henri, Pointe-Saint-Charles and Verdun among them — that radiates a singular kind of cool.





A tapestry of communities

The Industrial Revolution-era Lachine Canal is the thread that weaves Montréal's working-class past and metropolitan present together in the Sud-Ouest. You may be one of the thousands of Montrealers who, every day, pedal the Canal's bike paths connecting Griffintown's historic New City Gas complex (now dance club) to Saint-Henri's entrancing Art Deco Atwater Market to the Pink House perched atop a grain silo overlooking Terrasse St-Ambroise.

Destination: stimulation

If you're in the hood, chances are you've gotten lost (in your mind) in the weird and wondrous Marché Underground labyrinth of vintage shops. Or paused to take in the grandeur of *Jazz Born Here*, an evocative mural tribute to legendary pianist Oscar Peterson in Little Burgundy. Or even regaled in the rowing poetry of the 22Dragons dragon boat racing club practicing in the Canal, then cooled off in the calm waters of the St. Lawrence River's Verdun Beach.

Socializing secrets revealed

Pawn shop chic, anyone? Rack 'em up on Bon Délire Bar's leopard-print pool table. Want a killer craft beer at a cool co-op in an old trainyard? Les Sans-Taverne is your ticket to ride. And what do you get when you put two hard-metal musicians and a hip-hop artist together? The Messorum Bracitorium. Nestled under a rustic water tower, it's one of the most wildly creative breweries/bars, frankly, anywhere.

Montréal's Sud-Ouest is now on everyone's radar for its offbeat freshness and fun, and especially its fantastic food.

Archway Verdun

📍 3683 Wellington Street | 514 766-3609

V

This vegan wine bar pairs an adventurous natural wine selection with fine plant-based dishes that span the globe in influence. The sharing plates range from palm-tempura bao buns to buffalo-fried mushrooms to moussaka croquettes, and the housemade cocktails are perfect for a hearty group “cheers!”

“I opened in Verdun because I had a feeling that gentrification was coming, and there was almost nothing vegan in the area. Here, people are curious, they like to support businesses on Wellington; we were welcomed by a diverse and loyal clientele... We really became a pillar for vegan food education.”

— JOSIANNE MARCOUX, CO-OWNER AND FOUNDER,
ARCHWAY VERDUN



ARCHWAY VERDUN / © ARCHWAY



BONHEUR D'OCCASION / © PETER CURRIE

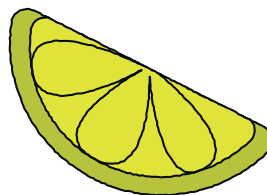
Bonheur d'Occasion

📍 4001 Notre-Dame Street West |
438 333-8895

 Air Canada's
**Best New
Restaurants
Top 10 - 2023**

Regional Québec

It's got all the ingredients of the perfect neighbourhood eatery: homey food like roast chicken and pork chops, except done better than at home; eminently drinkable wines to go with every dish; and coffee and pastries in the morning, so it's a go-to all day. Saint-Henri's *IT* place is a *bonheur*, indeed.



Brasseur de Montréal

📍 1485 Ottawa Street | 514 788-4505

Regional Québec

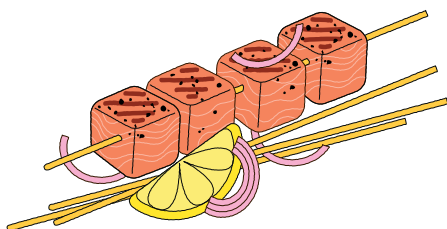
Choose your night right and you can join in the line dance classes or drag bingo games at this Griffintown brewpub. It's a good time guaranteed, thanks in part to the flowing pints of housemade beer, and also for the nosh: comfort food musts like crispy chicken burgers, loaded nachos and smoked meat poutine.

Buvette June

📍 1900 Centre Street | 438 381-1999

Regional Québec

It's small, moody and gorgeously designed, bringing together gaggles of gals and googly-eyed couples around small tables with comfy banquette seating. The beef carpaccio at this hip Pointe-Saint-Charles spot is a must, paired with one of their stellar wine choices. And in the warmer months, the whole front opens up and their terrace takes over the street.



“There’s life in Saint-Henri! Restaurants help each other out, and since there are so many in the area, if a customer is heading out for dinner somewhere and sees our beautiful terrace as they pass by, they’ll probably come back to see us next time.”

— PHILIPPE GAUTHIER, CHEF AND OWNER,
BONHEUR D'OCCASION



BUVETTE JUNE / © ALISON LATTERY



© BRASSEUR DE MONTRÉAL



FOIEGWA / © GROUPE BARROCO

Foiegwa

📍 3001 Notre Dame Street West | 438 387-4252

France, United States

From cool brunches starring the delicious croque-madame to evening hangouts over truffle pasta and steak tartare, this Saint-Henri mainstay is an all-day, any-day hot spot that draws regulars as well as out-of-towners. At closing time, hop on over to Atwater Cocktail Club right next door — their cocktail bar serving drinks as divine as the dishes you just had.



LA BÊTISE / © NAMASTEVO

La Bêtise (Verdun)

📍 3807 Wellington Street | 514 750-8288

Regional Québec, Asia

Chef Albert Leclair turns out dozens of flavoursome small plates to share, so bring your crew — there's enough for everyone! The menu's Asian twist shines in the bánh mì grilled cheese and the ginger-kissed garlic shrimp on sweet potato mash, as well as in the cocktails. Try the clear sangria (made with litchi juice).





Godot

📍 5145 Wellington Street | 438 375-4931

Regional Québec

At this fine dining establishment in Verdun, the idea of poutine becomes confit potato mille-feuilles with fried halloumi and lashings of luscious chicken gravy. The ordinary is turned on its head here at every turn, and the pretty platings are good enough to eat! Make a ceremony of it with the six-course tasting menu.

Le Marché Italien Le Richmond

📍 333 Richmond Street | 514 508-8749

Italy

Come to shop Italian imported delicacies, enjoy a glass of prosecco at the bar or settle into a seat in the bistro for a meal of coq au vin with crispy fried leeks, Chilean sea bass romesco, or one of the daily pastas or pizzas. Cheers the whole experience with a nice glass of red.

Did you know?

Honestly, what can't Atwater Market do? A major go-to for Montrealers who want to tap into local food producers, the market once hosted everything from political rallies to wrestling matches to a World War II army depot.



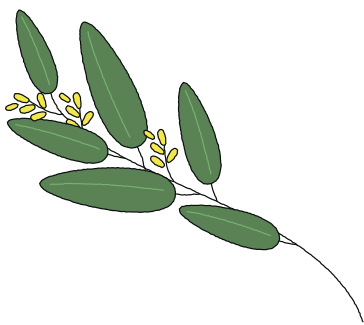
Mignon Petite-Bourgogne

📍 2523 Notre Dame Street West | 514 419-5222

United States, France, Regional Québec

V

Go in the summer for the terrace, though the interior is a vibe unto its own with a snazzy checkered floor and velvety orange banquettes that make the perfect backdrop for a rare steak and crisp fries. The retro steakhouse menu is full of treasures (try the plump, juicy garlic shrimp) and cocktails to enjoy.



Heni Restaurant

📍 2621 Notre-Dame Street West |

438 387-7837

Middle East



Often voted among the best on national lists, Heni pleases palates with dishes that distill the chefs' heritages — from Asia to North Africa — and local terroir to make quietly grandiose dishes where vegetables sing and proteins pack a punch. With special grill nights, wine fests and punctual specials, you'll soon become a regular.

Did you know?

Little Burgundy gave Canada two towering music legends: jazz pianists Oscar Peterson and Oliver Jones. Fun fact within a fun fact? Peterson's older sister Daisy taught Jones how to play piano.

Restaurant Kyomi

📍 7660 Newman Blvd. | 514 363-3602

Asia

Lasalle locals know that for poke bowls and Japanese-Vietnamese fusion sushi fests, Kyomi is the place to go. Raise a couple of Tsing Tao beers as you peruse the menu, and maybe go all-out this time and order the special tasting experience? Chef Chinh will delight you with dishes like tamarind-grilled lobster tails and Cognac-flambéed lamb.



Restaurant Les Street Monkeys

📍 3625 Wellington Street | 514 768-1818

Asia

Cambodian street food designed to be shared with a gang in small, flavour-packed plates so you can taste a bit of everything? Count us in. This Verdun fave draws crowds for its casual vibe and authentic, explorative approach to flavour pairings that results in new seasonal dishes that are always worth a try.



Rita

📍 3681 Wellington Street | 514 419-1942

Italy, Regional Québec

If ricotta ravioli with black garlic, lemon, mushrooms and tarragon sound to you like heaven on a plate, make your way to Verdun for an evening at Rita's on Wellington, in Verdun. The owners — both of whose nonnas are called Rita — conduct the Italian flavour palette like a symphony, making magic out of simple, seasonal ingredients.



Did you know?

Meet the coolest 340-year-old in town: Saint-Henri was listed in *Time Out* magazine's coolest neighbourhoods in the world (2024).

Siboire Notre-Dame

📍 3734 Notre-Dame Street West | 438 380-8980

Regional Québec

Follow any shopping expedition at Atwater Market with a stop into this house of brews, where the selection of 20-odd everchanging beers on tap are artisanally produced in Sherbrooke. For eats, the hearty pub fare menu boasts a few of superstars, including the halloumi burger and the beer-battered fish'n'chips, available in cod, haddock or salmon.

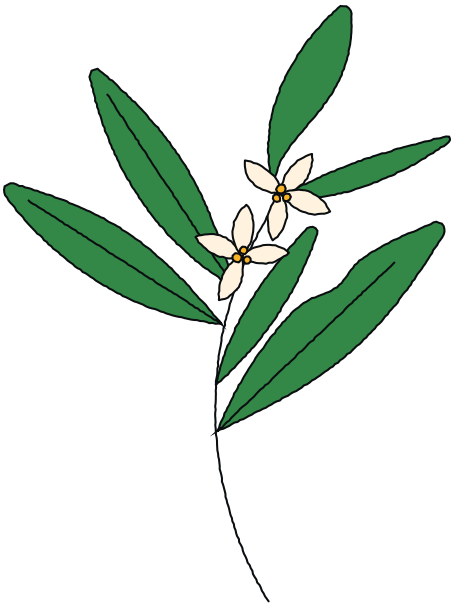


Sesame Atwater

📍 141 Atwater Avenue | 514 508-4576

Asia

After a shopping session at Atwater Market, pop into Sésame for an Orange Crush slush cocktail (as refreshing as it sounds) and some feel-good pan-Asian classics ranging from General Tao chicken to pad Thai to dumplings — even poke bowls. The ingredients are always fresh and the prices can't be beat.





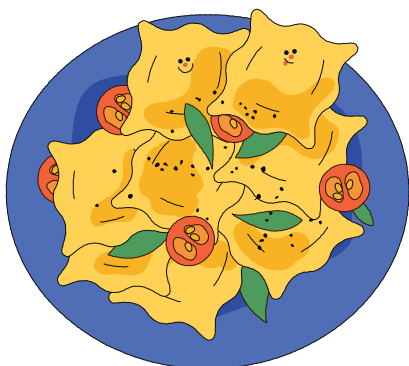
TRATTORIA FUGAZZI / © ELIZABETH GARTSIDE

Trattoria Fugazzi

📍 1886 Centre Street | 438 522-7499

Italy

Sit under the skylight for an uplifting experience at this Pointe-Saint-Charles joint that goes even beyond the scrumptious fresh pastas and wood-fired pizzas. There's a '90s air in the décor here (maybe it's the glass bricks) that spells instant comfort in our books, and that's even before we've perused the natural-wines list.





Air Canada's Best New Restaurants

New is our specialty

For more than 20 years, we've uncovered the best new restaurants as culinary gems emerge from coast to coast. Time and again, we're proud to count Montréal's finest among our nominees.

Explore the 2025 longlist and make a world of discoveries, right here.



A STAR ALLIANCE MEMBER



AIR CANADA



2025



NEW



2025



Explore more Montréal

Montréal may be an island unto itself, but nestled within its shores is a whole world of culinary diversity in dynamic neighbourhoods from east to west.





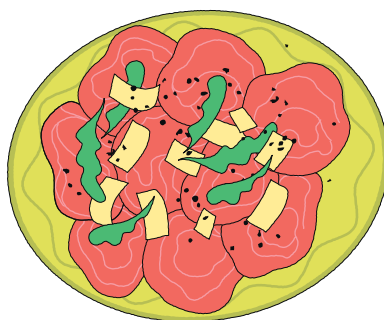
Both a charming time capsule of Montréal's past and a window into its future, Hochelaga-Maisonneuve — or HoMa, as we affectionately know it — epitomizes the spirit of reinvention while staying true to its working-class roots.

Bagatelle Bistro

📍 4323 Ontario Street East | 514 254-3838

France, Regional Québec

A French brasserie where you can bring your own wine, located just steps away from Maisonneuve Market: Bagatelle Bistro is a rare gem. From early morning until late at night, come here to enjoy a weekend brunch, a business lunch, or a four-course tasting experience featuring brilliantly prepared meat, fish and seafood dishes.



Bistro Le Cerf-Volant

📍 8480 Hochelaga Street | 438 381-0800

France

Glide on into this bistro in Tétreaultville, where the menu flies high with refined creations such as duck breast on a silky avocado purée and salmon tartare artfully plated with peach, cucumber and caviar. To add even more lift to your feast, all you've got to do is bring your own wine of choice to this friendly neighbourhood BYOB.

Cabotins

📍 4821 Sainte-Catherine Street East | 514 251-8817

France, Regional Québec

With live music nights and a fun, irreverent atmosphere helped by the mismatched furniture and ceiling full of table lamps hung upside down, Cabotins is more than a neighbourhood restaurant: it's a scene. Go to this Hochelaga-Maisonneuve spot for the fabulous brunch and a French-inspired cuisine that's as playful as it is tasty.





Les Canailles

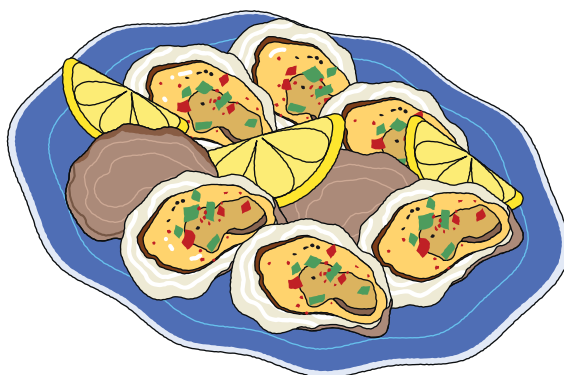
📍 3854 Ontario Street East | 514 526-8186

Europe

This friendly BYOB bistro is located opposite Place Simon-Valois, one of Hochelaga's most iconic spots. Let the menu tempt you into indulgence with the savoury pork burger stuffed with foie gras, or the buttery, perfectly seasoned salmon tartare... and to finish off in style, the crème brûlée of the day.

Did you know?

The name Hochelaga may be derived from the Kanien'keha word "osheaga," meaning "big rapids," referencing the powerful waters that flow around the island of Montréal and not the major music festival.



A gourmand's paradise, Rosemont — with its beautiful streets and proliferation of small businesses and restos — exudes a community vibe. It caters to the curious with its rich bounty of artisanal eateries, boutiques and more.



Bistro Chez Roger

📍 2316 Beaubien Street East | 514 593-4200

France, Regional Québec

This Rosemont institution has seen the whole neighbourhood around it gentrify, but it was always a glittering destination along Beaubien Street. The bistro classics are excellent, whether it's the French onion soup, the fish'n'chips or the César à Roger, but you'll want to try some of the surprises on their menu, too.

La Chope Angus - Brasserie artisanale

📍 2601 William-Tremblay Street, Suite 140 | 514 333-7186

Regional Québec, United Kingdom

Located in the historic neighbourhood that bears its name, La Chope Angus is part craft brewery, part cozy gastropub. Whether you're looking to discover your new favourite beer or cocktail, or indulge in vegan mac'n'cheese or their LCA poutine (featuring gravy made with dark beer), every visit is sure to leave you wanting more.



Did you know?

With more than 140 *ruelles vertes*, or green alleys, Rosemont leads the way in transforming urban space into community-created gathering places (charmingly sprinkled with children's toys).

Terroirs Restaurant Angus

📍 2600 William-Tremblay Street, Suite 120 |
438 793-6792

Regional Québec

Locavores, unite: you have to try Terroirs Angus's seven-course menu featuring 100% Québec ingredients paired with local wines and spirits. Sit down and enjoy gourmet cuisine in a beautiful space bathed in natural light, comfortable in the knowledge that the restaurant's primary mission is to support Québec producers.

“The Angus Shops neighbourhood is part of Québec history — one of the largest factories in North America was here in the 1920s. It was an industrial, working-class neighbourhood. Terroirs’ mission is to promote Québec producers, but also to democratize gourmet food regardless of social class.”

— MARCELLA URENA, CO-OWNER,
TERROIRS

Rose Ross

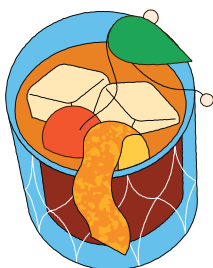
📍 3017 Masson Street | 514 379-1900

France, Regional Québec

Expect a refined cuisine de marché at this spot on Promenade Masson spot with picture-perfect dishes. They offer flavour combinations and textures that set the senses tripping: think crunchy nori and crispy soy leaf served with the silky salmon tartare and the pop of roe. All you need now is a glass of white.

“We’ve lived in the neighbourhood for 16 years. We were thrilled to find the space and bring gastropub cuisine to the neighbourhood. Rosemont is like a village within the city! We know 90% of our customers by name. At Rose Ross, it’s very common for customers at different tables to know each other and chat. It really creates some magical moments.”

— MYRIAM PELLETIER AND SÉBASTIEN COURVILLE, CHEFS,
ROSE ROSS



TERROIRS RESTAURANT ANGUS / © MELISSA BELTRAN FRANCO



ROSE ROSS / © CHLOÉ FERREIRA

Ahuntsic, with its wealth of green spaces and sweet spot on the river, is something of an urban oasis. Its ascendant culinary scene is especially apparent on Fleury Street in the heart of the 'hood.



© CAFÉ LE PETIT FLORE

Café Le Petit Flore

📍 1145 Fleury Street East | 514 387-2640

France

Close your eyes and point to anything on the extensive private-import wine list — you're sure to be delighted with something sophisticated at this Parisian enclave in Ahuntsic. Pair your chosen tippie with delicately battered frogs' legs, veal liver steak with raspberry vinegar coulis, the picture-perfect pâté en croûte... a world of French delicacies await.

Cerise Café Buvette

📍 234 Fleury Street East | 514 508-5033

France, United States, Regional Québec

It's worth coming again and again to taste the latest vintages of this private-import wine bar, where the gastronomic events and wine tastings draw fans from all over. Raise a glass to good times as you chow down on seasonal offerings like flambéed chorizo and Québec Arctic char tartare.



CERISE CAFÉ BUVETTE / © CERISE



© L'ESTAMINET

“I was born in Ahuntsic, five minutes away from the restaurant! The Millen was a tram that brought workers to Millen Street to build the neighbourhood, hence the name. The vast majority of our customers are regulars, people who’ve been coming for years and bring their cousins and friends with them.”

— JÉRÉMIE GÉLINAS-ROY, CHEF AND CO-OWNER,
LE MILLEN

L'Estaminet

📍 1340 Fleury Street East | 514 389-0596

France, Regional Québec

A jewel of Ahuntsic's pretty Promenade Fleury since 1986, this family restaurant doles out hearty salads, killer sandwiches, yummy pizzas and a scrumptious weekend brunch that keeps all diners in mind: vegan, gluten-free and more. With special deals, happy-hour twofers and lots of new dishes to try, it says “welcome!” from the get-go.



LE MILLEN / © A. PASQUIN

Le Millen

📍 1185 Fleury Street East | 514 903-0636

France

Le Millen is much more than just a BYOB — it's an enclave of French-inspired cuisine beloved by its loyal clientele. Renowned for its seven- or nine-course tasting menu (featuring dishes like cured foie gras dressed in Pinot Noir, melt-in-the-mouth beef cheek and fish served with smoked butter), this Ahuntsic restaurant promises a transportive multisensory experience.

Le St-Urbain

📍 96 Fleury Street West | 514 504-7700

Regional Québec

The first Ocean Wise-certified restaurant in the province, chef Marc-André Royal's establishment in Ahuntsic celebrates sustainable fishing with a seasonal menu that showcases all things aquatic. But that's not all: enjoy fresh pastas, seasonal veggies, a great steak and a selection of divine desserts.



LE ST-URBAIN / © MARC-ANDRÉ ROYAL

Did you know?

Ahuntsic was home to Habs hockey, and cultural, icon Maurice “The Rocket” Richard. The legendary #9 — who terrified opponents with “the Rocket’s red glare” — continues to stir the hearts of Quebecers with the memory of his fierce competitive spirit.



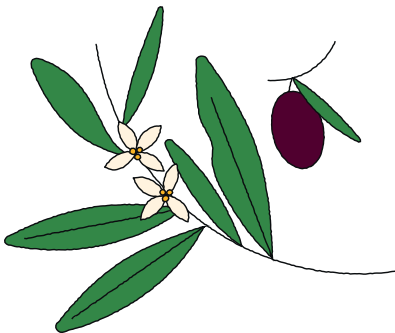
LES CAVISTES RESTAURANT WINE BAR / © LES CAVISTES

Les Cavistes Restaurant Wine Bar

📍 196 Fleury Street West | 514 508-5033

France, United States

The 100-plus privately imported wines are a draw to this Fleury Street destination, but there's also stellar food to pair your tipples with: whether it's the beef tartare adorned with crispy-fried shallots, the handmade gnocchi in asparagus and pea sauce or the famous black pudding. They also run very cool wine tasting workshops.



Many of Montréal's can't-miss menus can also be found in lively pockets of culinary creativity that thrive in other neighbourhood hotspots throughout the city.

Balam

📍 8510 Royden Road | 438 383-8878

Mexico

Looking for an excuse to visit Royalmount? Go for Balam, where delicious Tulum-style Mexican cuisine will make your shopping expedition even more enjoyable. Ensaladas, ceviches, tacos and even Sunday brunch dishes await — not to mention the signature cocktails, which are as colourful as they are delicious.



BALAM / © RESTAURANT BALAM

Bistro La Franquette

📍 374 Victoria Avenue | 438 380-4545

France

Victoria Street in Westmount is a beautiful place to hang for a while, especially if La Franquette is part of your plans: this classic French bistro is a fun, homey place for a delightful meal any day, but with regular pop-up events with guest chefs, BBQ nights, oyster festivals and the like, it's worth going back again and again (and again).

Brasserie Blandino

📍 6939 Décarie Blvd. | 514 657-2622

Italy

Blandino is where Italian flavours flourish, from morning until night. Between the happy hour specials (from 4 p.m. to 7 p.m.), Thursday DJ nights and \$10 margherita pizzas on Sundays, there's always a reason to go — if the sausage and rapini gnocchi weren't reason enough. Plus, free parking!



BISTRO LA FRANQUETTE / © DAN HABER



BRASSERIE BLANDINO / © BRASSERIE BLANDINO



LES ENFANTS TERRIBLES NUNS' ISLAND / © LET



LE MONTRÉAL / © LOTO-QUÉBEC

Le Montréal

📍 1 Du Casino Avenue | 514 392-2709

Regional Québec

The open kitchen provides a view on the experts at work creating the indulgent culinary experience that awaits — if you can draw your attention away from the stunning views of the city on the other side, that is. Nestled within the Casino de Montréal, this elegant restaurant will make you feel like a winner with one bite of that perfectly grilled rib-eye.

Les Enfants Terribles (Nuns' Island)

📍 209 de la Rotonde Street | 514 508-6068

Regional Québec

With a festive ambiance that spills onto the street in the summer months, this family-friendly Nuns' Island restaurant (complete with kids' menu) serves brasserie classics for everyone in your group, from yummy brunch options to burgers, steaks, mac'n'cheese and fish'n'chips. You'll love the generous servings and small special touches.



Did you know?

Any time you can get notoriously fickle sunflowers to do what you want is a good time, and La Prairie Louvain is the definition of a good time. With some 10,000 sunflowers, get ready to give your Instagram account a workout.

Major gastronomic events

①

MONTRÉAL EN LUMIÈRE

Annually in February and March | Downtown

This winter festival, one of the largest of its kind in the world, pairs internationally renowned chefs with some of the city's finest tables to create unforgettable feasts.

②

First Fridays

Annually, from June to September | Olympic District and Hochelaga-Maisonneuve

Every first weekend of the summer months, enjoy food from all over the world at Canada's largest annual street food gathering.

③

Mondial de la bière

Annually in June | Downtown

At this beer lovers' festival, attend workshops, demonstrations and panels, and sample local and international microbrews.

④

Soif de Cidre

Annually in July | Les Quartiers du Canal

Here, you'll discover the world of Québec cider and meet local cider producers from all over the province.

⑤

ItalfestMTL

Annually in August | Little Italy and various other neighbourhoods

Italfest celebrates everything around la *dolce vita*. Its festival, which takes place along Saint-Laurent Boulevard in Little Italy, is among the summer's musts.

⑥

Marché de nuit asiatique

Annually in August | Chinatown

The wildly popular annual Asian night market takes over Montréal's Chinatown for a fun-packed event featuring fabulous food and mesmerizing performances.

⑦

Les Rendez-vous gourmands

Annually in August | Parc Jean-Drapeau

This event brings together renowned chefs and local restaurateurs to create a memorable culinary experience in the enchanting setting of Parc Jean-Drapeau.

⑧

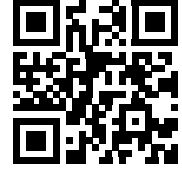
MTLàTABLE

Annually in November | Various neighbourhoods

A Tourisme Montréal initiative, MTLàTABLE is the foodie event of the fall season in Montréal: over 100 restaurants from all around the city serve up their specialties and table d'hôte menus at friendly prices. Take advantage of this popular event to discover the culinary creations of participating restaurants.

Sponsored content

Exhibition at the McCord Stewart Museum



On the Menu – Montreal: A Restaurant Story

Starting on November 26, 2025, the Museum will present the exhibition **On the Menu – Montreal: A Restaurant Story**. Discover the evolution of Montréal's restaurant scene in all its forms, since the 1960s. From deli to haute cuisine, the exhibition reveals how part of the city's identity has been forged around the table.

The McCord Stewart Museum tells Montréal stories, from the intimate to the incredible, the everyday to the exceptional. Its programming highlights the city's ever-evolving identities and the richness of its many cultures, bringing the histories that make Montréal to life.



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SCHWARTZ'S DELI © LAURA DUMITRIU – 2025

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