YOUR MONTRÉAL CULINARY GUIDE

The taste of a great food city





MONTRÉAL'S TRIBUTE To the good life

Ask anyone what it is that makes Montréal such a sensational destination and it's almost certain their answer will include a reference to the city's dazzling food scene.

In no other city in the world is the simple perfection of a fresh-from-the-oven bagel transformed into an exquisite mouth-watering masterpiece within a world-renowned restaurant. Montréal's creative culinary universe is prepared to delight every taste, whim, and budget, any time of the day, every season of the year.

From diners and delis to intimate chef-owned restaurants; from bringyour-own-wine bistros to food trucks, bustling farmers' markets and gourmet shops — the boldness and zest of Montréal's multitude of culinary artists and offerings is nothing short of delicious.

Dig in!



DISCOVER OUR OUTSTANDING TABLES AT MTL.ORG

YEAR-ROUND FOOD FAVOURITES IN MONTRÉAL

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In 2007, Montréal joined the ranks of the Délice Network, uniting 24 gourmet cities such as Lyon, Barcelona, Canton, Osaka and Turin for international collaboration, and cementing our reputation as a metropolis where people live and eat well.



CRUNCHING THE NUMBERS



• An average of 69 restaurants and 13 bars per km² in tourist areas in 2017

• In 2015, nearly 50 public markets welcomed locals and tourists from June to October, compared to just 10 in 2007 More than 850 restaurant and bar patios in 2016

5 times more vegetarian restaurants than 10 years ago (± 70 today, compared to just 12 in 2005)

More than 285 gourmet food shops and about 50 specialty beer stores in 2016

• The Island of Montréal had 20 farms and 97 gardens in 2016

• 1.37 Km² (137.51 hectares) were used for urban farming initiatives in 2017

SOURCES: <u>Mapaq 2016 Statistics.</u> The "Montréal Gourmand" and "Montréal est_" studies conducted by <u>Tourisme Montréal's Research Department.</u>



Montréal's food scene is peppered with iconic restaurants that helped put it on the gastronomic map. From the meaty indulgences dreamt up by chefs like Martin Picard, David McMillan and Fred Morin to the refined offerings of chefs Jérôme Ferrer, Normand Laprise and Antonio Park, Montréal's landmark restaurants run the gamut. It's simple: just try them all.

- AU PIED DE COCHON
- BOUILLON BILK
- CLUB CHASSE ET PÊCHE
- DAMAS
- EUROPEA
- H4C
- JOE BEEF /LIVERPOOL HOUSE
- MONTRÉAL PLAZA
- L'ATELIER DE JOËL ROBUCHON
- LA BANQUISE

- LA CHRONIQUE
- LEMÉAC
- LE MOUSSO
- L'EXPRESS
- MAISON BOULUD
- PARK
- RENOIR
- SCHWARTZ'S
- ST VIATEUR BAGEL AND FAIRMOUNT BAGEL
- TOQUÉ



OUR MASTER CHEFS

This vibrant New World metropolis features a marquee of talented chefs who make their own rules and play leading roles in the kitchen: Normand Laprise (Toqué!), Canada's chef of the year in 2012, Jérôme Ferrer (the Relais & Châteaux restaurant, Europea, is one of the 10 best restaurants in the world according to TripAdvisor), Martin Picard (Au Pied de Cochon), Antonin Mousseau-Rivard (Le Mousso), and Laurent Godbout (Chez L'Épicier) who represented Canada at the Bocuse d'Or international competition - these are just a few of the names that make Montréal's food scene sizzle. Watch out for the next generation, too!

NORMAND LAPRISE

For over two decades now, Normand Laprise has been considered a pioneer when it comes to Quebec's gastronomy. He has given new meaning to farm-to-table cuisine and quality product thanks to a solid relationship with local producers. In acknowledgement of his work, in June 2009, he was appointed Knight, by the Ordre national du Québec – the highest honour bestowed by the Québec government. Normand's 2012 cookbook Toqué!: Creators of a New Quebec Gastronomy received multiple awards, including the Marcel-Couture Prize and a James Beard Award. Chef Laprise is the sole Canadian chef sitting on Institut Paul Bocuse's International Chefs Advisory Board, which he has been a member of since 2015.

MARTIN PICARD

"Martin Picard is a fantastically talented chef, a friend, an inspiration," wrote the great Anthony Bourdain. "Au Pied de Cochon is simply one of my favourite restaurants on the planet-and the Rabelesian [sic] Martin Picard one of my favourite chefs." Before opening his own legendary restaurant (plus sugar shacks and more), Picard apprenticed at the Michelin-starred Pierre Gagnaire restaurant and cooked at Le Cinq in Paris, in addition to working at Montréal's Toqué!

JERÔME FERRER

In Ferrer's words: "Whatever the restaurant, the ingredients are the stars while the artisans are the supporting cast. We, the chefs, simply negotiate between them." In 2011 he was awarded the title of Chef of the Year by the Société des chefs du Québec, and he became a Grand Chef Relais & Châteaux. In 2013, Ferrer's restaurant Europea was inducted into the Grandes Tables du Monde.

CHARLES-ANTOINE CRÊTE

Creative cuisine with a spark of quirky madness: that's what the chef of Montréal Plaza is known for. After being a key player in Normand Laprise's brigade for a decade, Charles-Antoine Crête has made it his mission to showcase Québec's humble but delightful food heritage of "cooking from scraps", from which originated the concept of Toqué!'s award-winning cookbook. But be careful: the eclectic decor of this Plaza St-Hubert restaurant sometimes spills over into your meal. Don't be surprised to see a few blue plastic Smurfs decorating your plate!

DEREK DAMMANN

Dammann worked at Victoria, BC's Zambri's, one of Canada's great Italian restaurants, before moving to the UK to work with Jamie Oliver. He returned to Canada and settled in Montréal in 2009, subsequently opening DNA restaurant in Old Montréal. He partnered with Jamie Oliver again in 2012 to open the gastro-pub Maison Publique, where dishes are comforting, and ingredients are strictly Canadian.

LAURENT GODBOUT

Godbout is the chef-owner of Montréal's Restaurant Chez L'Épicier, founded in 1999, as well as of Chez L'Épicier Palm Beach. As a proud proponent of Quebec ingredients, Godbout launched Les Saveurs de l'Épicier, a range of gastronomic products including maple syrup, flavoured vinegars, Parmesan flavoured oil and jams, which are distributed around the world.

ÉRIC GONZALEZ

The kitchens of l'Atelier de Joël Robuchon operate under the direction of Eric Gonzalez, renowned chef who earned his first Michelin star when he was only 27 years old. He is a member of the prestigious Association des Maîtres Cuisiniers de France and a leader in gourmet circles in France and Québec. His cuisine is made up of paradoxes and contrasts with combinations of the traditional and contemporary. A true artist, Éric Gonzalez has an uncommon ability to communicate his taste for the beautiful and delicious.

MARTIN JUNEAU

After the popular La Montée de Lait, Juneau opened Pastaga on Boulevard Saint-Laurent in 201, having just won Gold at the 2011 National Golden Plate Award, the ultimate celebration of Canadian Excellence in cuisine. He founded a private wine import agency, Volet, as well as a wine bar, Cul-Sec, a second restaurant, Le Petit Coin, and the ice cream food truck Monsieur Crémeux.

DAVID MCMILLAN & FRÉDÉRIC MORIN

McMillan (who has worked at La Cigale, Glove and Rosalie) and Morin (who worked at Globe) really made their names once they'd joined forces. In 2005 the duo founded the nowiconic Joe Beef on a desolate strip of Notre-Dame West, and effectively put Little Burgundy on the culinary map. Their shared success has lead them to also open Liverpool House, Vin Papillon and Vin Mon Lapin.

SHE WEARS THE CHEF'S HAT

Chefdom is still known as a maledominated profession, but not so in Montréal! A number of the city's best restaurants are owned and operated by female chefs. Come and bite into the perfect piece of fried chicken, the most comforting plate of gnocchi, or a fresh array of Turkish mezze at these womenrun eateries.

> • LE RICHMOND – Marie-Pier Morin

• FOXY - Leigh Roper

• GRAZIELLA – Graziella Battista

• LOV - Stéphanie Audet

- NORA GRAY / ELENA – Emma Cardelli
- PORTUS 360 / HELENA - Helena Loureiro

• SU / BARBOUNYA - Fisun Ercan

• TAPEO / MESON - Marie-Fleur St-Pierre



THE VEGGIE ARTISTS

Perhaps as a contrast to the Au Pied de Cochon / Schwartz's legacy, many Montréal chefs make magic with vegetables, putting them in the starring role on their plates. Whether served with a side of meat or fish, or fully vegetarian, you'll find stunning flavours galore – from luscious curries to sophisticated five-course tasting menus.







Québec is the world's second-largest producer of cranberries

(SOURCE: APCQ)

Québec is the leading producer of organic milk in Canada 33% of food products consumed in Québec come from farms right here in the province

In 2016, Québec produced approximately 92% of Canadian maple syrup and 71.4% of global production

ONLINE DIRECTORY BY TOURISME MONTRÉAL, CIBÎM AND THE MINISTRY OF AGRICULTURE, FISHERIES AND FOOD. <u>Check out</u> our québec product directory and browse the items by region! (in French only).



BRUNCH STOPS

Brunch is as Montréal as the nightlife that precedes it. There's no better way to start a weekend morning (or early afternoon) than by making your leisurely way to a plateful of amazing eggs benedict, breakfast poutine or Montréal bagels and lox. You might have to wait in line a little, but it'll only help whet your appetite.

- HOOGAN & BEAUFORT
 LES AFFAMÉS
 LA FABRIQUE
 LE CARTET
- LEMÉAC



CAFFEINE SCENE

From the Old Port to Mile End, Montréal is filled with independently owned coffeeshops (affectionately known as 'indies') that will give any international chain a run for its money. It's all about flavour, expert brewing techniques and carefully curated beans.

> CAFÉ MYRIADE
> CAFÉ OLIMPICO AND CLUB SOCIAL
> CAFÉ ST-HENRI
> CARDINAL TEA ROOM
> CREW COLLECTIVE



COCKTAIL HOUR

The joie de vivre in Montréal has been the stuff of legends ever since it was Sin City, when exotic dancer Lili St-Cyr put this party town on the map. Decades later, the party still rages on, but if the club scene isn't quite your thing, tasteful drinkeries abound – and often come with kitchens worth travelling for as well.

AGRIKOL
 BAR LE LAB
 BIG IN JAPAN BAR
 MIMI LA NUIT
 LA CHAMPAGNERIE
 HENRIETTA
 NACARAT





Wine is in Montréal's blood, both because of its bacchanalian soul and its European heritage. But your grandfather's wine cellar this ain't: At these beautiful sipping spots around town, you'll discover incredible private import lists from around the globe that are sure to inspire both serious oenophiles and weekend tipplers to open their minds and palates.

ANABEL
 CHEZ LAVIGNE
 CUL-SEC
 PULLMAN
 ROUGE GORGE
 VIN PAPILLON



SWEET EATS

In the last few years the city has seen a boom in artisanal bakeries and pastry shops, making everything from specialty cupcakes to designer doughnuts to chocolate croissants and dainty French patisseries so beautiful they'll make you swoon. Sugar addicts : get ready to get your fix.





LEGENDARY LOCALES

JEAN-TALON MARKET

The multicultural flavours and sights of the Jean-Talon Market have been attracting crowds to Little Italy since 1933. In addition to the ubiquitous fruit, vegetable and flower stalls is a tasty array of specialty shops that feature spices, oils, cheeses, meats, pastries and other gastronomic products that are specific to Québec.

ATWATER MARKET

In operation since 1933, the Atwater Market features a diverse range of merchants, caterers and specialty boutiques selling meats, fish, baked goods and fine foods all year round, in addition to its many vegetable and horticultural producers. The Lachine Canal cycling path leads right up to the market.



LEGENDARY LOCALES

ITHQ: INSTITUT DE TOURISME ET D'HÔTELLERIE DU QUÉBEC

The professional training institute not only offers specialized programs in Tourism, Hotel and Restaurant services in stateof-the art facilities, but also welcomes customers. Located in the heart of the Plateau Mont-Royal neighbourhood, the ITHQ includes a 42-room, 4-star training hotel focused on sustainable development. From a warm welcome at reception to concierge services, administration, dining room and kitchen operations, you'll be pampered throughout your stay by keen ITHQ students.

The Restaurant de l'Institut is also entirely run by students – under the watchful eye of experienced professors – and promises a gastronomic experience reflecting the enthusiasm and passion of up-and-coming culinary talent. In addition to welcoming diners, ITHQ hosts groups for private culinary workshops and wine tastings and caters special events and meetings. Their first-rate facilities and staff make any event a resounding success — so much so that Prince William and Kate Middleton stopped in for a class during their first royal tour in the summer of 2011.



MOUTHWATERING NEWS

AU PIED DE COCHON INCLUDED IN <u>ROBB</u> <u>REPOT'S</u> "30 MOST INFLUENTIAL RESTAURANTS OF THE LAST 30 YEARS"

MONTRÉAL, MON AMOUR: WHY IT'S FAST BECOMING THE FOOD CAPITAL OF NORTH AMERICA

VALENTINA VALENTINI, EVENING STANDARD UK, 2017



MONTRÉAL IS THE NEW FOOD CAPITAL IN NORTH AMERICA ALAN RICHMAN, TOWN & COUNTRY MAGAZINE, 2016

MONTRÉAL RANKS 1ST RISING STAR FOODIE DESTINATION, AMONG 60,000 CITIES G0G0B0T AWARDS-2017

> MONTR HAS MOR

WHY THE FOODSCENE IN MONTRÉAL WILL KEEP YOU ON YOUR TOES HUFFP0ST- 2017 MONTRÉAL HAS MORE TOP RESTAURANTS THAN ANY OTHER CANADIAN CITY MONTREAL GAZETTE, 2018





As a gourmet mecca, Montréal plays well with others by hosting festivals and events that bring together chefs from around the world, such as MONTRÉAL EN LUMIÈRE, YUL EAT or the local version of restaurant week: MTLàTABLE.



MONTRÉAL EN LUMIÈRE Annually in February

This winter festival has three components: arts, light, and cuisine. Revel in an atmosphere of light and warmth in the middle of winter, with hundreds of exceptional gastronomic and wine tasting activities, shows (music, dance, theater, circus) and a free outdoor illuminated site in the heart of the Quartier des Spectacles.



SUGAR SHACK SEASON

Annually from March to April

A whole array of traditional dishes comes served with lashings of maple syrup during this seasonal celebration, including pork and beans, omelettes, oreilles de criss (a kind of fried pork rind), pancakes and meat pies. Sugar-shack meals tend to be well lubricated affairs too, with beer and Sortilège (a maple whisky) keeping things hopping well into the night.



MONDIAL DE LA BIÈRE - BEER FEST

Annually in June

The most important festival of international beers in North America, the Mondial de la bière is the place where beer amateurs – neophytes and connoisseurs alike – meet to fulfill their quest for flavours. There are tastings, workshops, meetings and lots of feasting.



YUL EAT

Annually in September

The YUL EAT festival is aimed at epicurious gourmets and culinary creativity enthusiasts. It offers a spectacular setting for discovering, enjoying food and alcohol prepared by local talent, all in the company of other lovers of good fare.



FIRST FRIDAYS

Once a month from May to October

First Fridays is the largest gathering of food trucks in Canada. It takes place on the Esplanade Financière Sun Life (at the Olympic Stadium) on the first Friday of every month from May to October to promote the discovery of local chefs and emerging music. In 2017, more than 100,000 people gathered for Montréal's First Fridays.

www

MTLàTABLE November 1 to 11, 2018

Montréal's Restaurant Week, created by Tourisme Montréal, is a time when Montrealers and visitors are invited to celebrate our delicious and diverse restaurant scene. For two fantastic foodie weeks in November, more than 150 Montréal restaurants offer 3-course fixed-price table d'hôte menus at \$23, \$33 or \$43 for dinner and 17\$ for brunch.

Other events:

- Happening gourmand
- du Vieux Montréal (January)
- Le Chop
- (January-February)
- Montréal Poutine Week
- (February)
- Je t'aime en chocolat
- (February)
- Week-ends gourmands
- at Parc Jean-Drapeau (March)
- Chef à l'érable
- Urban sugar shack (March-April)
- Fête du Croissant
- (April)
- Invasion Cocktail
- (May)

- Made with Love
- mixology competition (May)
- Taste of the Caribbean
- (June)
- RibFest Montréal
- (August)
- Oysterfest Montréal
- (September)
- Montréal Burger Week
- (September)
- Martinique Gourmande
- (September)
- La Grande dégustation
- (November)
- Fête des vins du Québec
- (November)

Every Montréal neighbourhood is peppered with fresh-produce stands, pastry shops, charcuteries and bakeries. And need we mention the ubiquitous fresh baguette? Here are quick neighbourhood notes to get your restaurant crawl started.

ROSEMONT PETITE PATRIE

This mainly residential neighbourhood features pretty twoand three-story houses and an expanding range of great dining options, especially along Beaubien east. Keep room after your meal for treats from one of the pastry shops.

- HOOGAN & BEAUFORT
- DINETTE TRIPLE CROWN
- LABARAKE, CASERNE À MANGER
- MADRE SUR MASSON
- LA RÉCOLTE, ESPACE LOCAL



LITTLE ITALY

North of Mile End with Boulevard Saint-Laurent as its main artery, Little Italy is a foodie neighbourhood that's full of Italian trattorias, caffes, bakeries and clothing stores, but also a newer batch of hipster breweries and hangouts to reflect the influx of young residents.

- QUINCAILLERIE DANTE
- IMPASTO
- PRIMO SECUNDO

- ÉPICERIE MILANO
 KITCHEN GALLERY
 LANNES & PACIFIQUE
- SALMIGONDIS

MILE END/OUTREMONT

These neighbourhoods north and west of the Plateau Mont-Royal share stylish residents, pretty parks and designer clothing stores (make sure you save some time to shop). Both are also filled with fly bars and exciting restaurants.

- PROVISIONS 1268
- ÎLE FLOTTANTE
- DIEU DU CIEL

• DÉPANNEUR LE PICK-UP

Caffè Italia

Montréal

- LES FILLETTES
- LES ENFANTS TERRIBLES

PLATEAU MONT-ROYAL

Known as the Plateau for short, this is a neighbourhood of two-storey houses, spiraling exterior staircases, brightly coloured awnings and wide shopping streets. It's redolent with charm, boutiques, restaurants and third-wave cafés.

- LA BINERIE MONT-ROYAL
- LALOUX
- QUARTIER GÉNÉRAL
- M. MME

• CHEZ VICTOIRE

• CHASSE-GALLERIE

GRIFFINTOWN/SAINT-HENRI/LITLLE BURGUNDY

This trifecta of Montréal's oldest neighbourhoods, south and westward of downtown, makes for a rich landscape of restaurants, shops and art galleries. The banks of the Lachine Canal are perfect for scenic strolls and bike rides.

- PERLES ET PADDOCK
- BISTRO LICENCE IV
- LA BÊTE À PAIN

- SATAY BROTHERS
- LE LOCAL
- HVOR



VILLAGE

Spanning eastward of downtown from Berri street, this festive neighbourhood is the epicentre of Montréal's gay club scene and the site of a growing restaurant culture. In the summer, the main drag of Sainte-Catherine becomes a pedestrian-only open-air art gallery.

- DE FARINE ET D'EAU FRAÎCHE RED TIGER
- LA GRAINE BRÛLÉE

• **KITCHENETTE**

• LE BLOSSOM

• LE SALOON, BISTRO BAR INC

WESTMOUNT

This upscale neighbourhood west of downtown is a beautiful, park-filled residential area with beautiful shops and excellent restaurants centred on casual but haute dining: expect steak, duck pasta, nouveau sushi and oysters on the half shell – with Champagne, naturally.

- BRASSERIE CENTRAL
- BRASSERIE LUCILLE'S
- TAVERN ON THE SQUARE
- LE GLADSTONE

• CAFÉ GENTILE



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