



THE PRINT MAGAZINE YOU DIDN'T KNOW YOU NEEDED

APRIL EDITION



MANDY'S

• SALADES GOURMANDES •



MTL's Food Spots

An amazing aspect about Montreal is its diversity to when it comes to food. There is an immense variation of restaurants to try out and all with different prices and cuisines. As a tourist in a new city you might reach for the comfort that Mac Donald provides but I can assure you that after reading this article, it will not be the case. From breakfast to dinner we have you covered on some of the best food spots in MTL.

BREAKFAST

Allo Mon Coco

1684 boulevard de
Maisonneuve O.

Allo mon coco is a breakfast place that serves all options of breakfast including vegetarian options! There amazing food is made with delicacy and flavor. The bright and colorful interior design definitely matches the rich flavors of the meals.

Universel Déjeuners et Grillades

2055, rue Peel, Montréal

This amazing breakfast place will definitely satisfy your morning needs. Their prices range at a moderate price of 10-20\$. It's a little of a high end breakfast place. The atmosphere is fancy and beautiful and makes you feel cozy while in luxury.

Eggspectation Complexe Desjardins

190 saint-catherine st W.

Eggspectation isn't only a breakfast place but serves food through all the meals of the day. Their goal is to create a pleasant atmosphere with good service and amazing food! Their restaurants give plenty of welcoming space in order to dine in peace. Colourful murals, rustic columns, brick walls and much more fills the beauty of the experience.



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One should not attend even the end of
the world without a good breakfast.

-Robet A. Heilein

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LUNCH

It is always great to take time to enjoy a good coffee or a good meal at lunchtime. Whether to take a break from work or simply to take time to relax alone or with friends, these places are there to make you have a good time.

LA PANTRY

Located near Saint-Henri metro, La Pantry is a small market/cafe/take-out counter, where you will find something to please your appetite at lunchtime. Delicious sandwiches are made on site and even vegan options are in place. On tap kombucha is also available to accompany your meal. Some local craft products are on sale in the small "market" section. During the summer, you can go there to enjoy ice cream vegan or regular!

LA PETITE ADRESSE

Located on Avenue du Parc, La Petite Adresse is a charming little bistro offering lunch and dinner every day of the week to the delight of the people living in this area. Even if you do not live near by, it is worth the

Vegan/Vegetarian OPTIONS

LOV

Lov is a vegan restaurant that houses a lot of options for those who struggle to eat out. Its ambiance creates an inviting atmosphere for the client and the aesthetic of the place is overall breath taking. This killer combo definitely has this place winning.

Mandy's

Is an amazing salad spot with a variation of gourmet salads? Although their prices are a little bit up there, the portion is well worth it.

DINNER

Les Enfants Terribles

Is an amazing dinner spot with an amazing view on Montreal. This charming restaurants is the perfect place for a romantic date or even a night out with the girls! Les enfants terribles has amazing food while looking at an amazing view.

CINKO

1641 Saint-Denis

It's all in the name at this Latin Quarter restaurant, as CINKO only serves meals for the incredibly affordable price of \$5. And don't think you just get a couple of fries and a morsel of meat on a plate, as the portions at CINKO are pretty generous and the various dishes are quite creative.

COFFEE SHOPS

Barley's

Is the first cereal in Montreal and is wildly famous. This simple food is definitely at the center of this restaurant's menu. Barley's is an amazing spot to have a simple meal and catch up with a friend.

Tommy

Whether you're looking for a quick snack or a place to study, Tommy is perfect for that. The ambiance is serene and beautiful. The simplicity of the place is nice and calming along with its savory food.



SWEET SPOTS

Juliet et chocolate

1626 Saint Catherine St W

Juliette et Chocolate is an amazing sweet spot that has become iconic in the city of Montreal. A variation of food categories is served like brunch, fruity drinks, desserts, and loads of plates based off of chocolate. Over all this iconic spot will feed your sweet tooth.

CACAO 70

2087 Saint Catherine St

Cacao 70 is an amazing food spot for people with a sweet tooth. The star ingredient of this place is definitely chocolate. From chocolate drinks, to desserts it is most certainly the place for a sweet tooth craving to be fulfilled.

CONCLUSION

In other words Montreal has a lot to offer. Its versatile food spots serve you deliciousness through breakfast, lunch dinner and even desserts. Bringing you Montreal's trendiest food spots in order to explore more is our goal!



INTERVIEW

With our modern world we have many people who use social media to share their love for food. Many food spots are shared by these big social media influencers in order to share their favorite spots to get their poke bowls. Many food places get famous because of the power of social media. The following interview was a young man who works in the food industry in Montreal and knows the ins and outs of it.

What is your favorite type of food to eat?

Club sandwich with chips which would involve being substitute for fries, they are de-fried and very salty.

Which are your favorite places to eat at?

Lester's smoke meat deli, Hurley's pub and beaver tales.

Do you find that there are enough vegan options out in the Montreal restaurant business?

There are a fair amount of vegan restaurants but a majority are overpriced or food is not quiet the best but that is only from personal experience. I feel like veganism comes from a good place but should be more accessible when it comes to pricing.

Do restaurants advise about reverse contamination?

For example: if a hamburger patty is being grilled on the grill, restaurants should advise their customers that there is reverse contamination. From personal experiences working in the restaurant business restaurants should always advise their customers prior to ordering.

In conclusion, we just saw how food defiantly has an impact in someone day to day activities and is a small luxury to treat yourself with on a daily basis. Obviously, there is more then just the luxury aspect to it all, more so just the laws that should be respected.

Written by Maria Vidoza

