

*Montreal:  
Restaurants  
and Activities*



*USNCCM14*

*Montreal, July 17-20, 2017*

# Restaurants

Montreal is home to a wide variety of delicious cuisines, ranging from fine dining foodie delicacies to affordable gems. Below you will find a guide to many of the best restaurants near the **Palais des Congrès (PDC)**. Restaurants were grouped according to price and ordered according to distance from the convention center. Prices shown are the price range of main courses within a restaurant's menu.

## Casual Dining

Located on the Border of Old Montreal and China Town, there are many casual dining places to be found near the convention center, particularly to the north of it.

### < 1 km from PDC

**Mai Xiang Yuan**, 1082 Saint-Laurent Boulevard, **\$10-15**, 500 m

Made-to-order Chinese dumplings made with fillings such as lamb, curried beef, and pork.

**Niu Kee**, 1163 Clark St., **\$10-25**, 550 m

Authentic Chinese Restaurant, specializing in Szechwan Dishes. Relaxed, intimate setting with large portions and a wide variety of Szechwan dishes available.

**LOV (Local Organic Vegetarian)**, 464 McGill St., **\$10-20**, 750 m

Sleek, inspired vegetarian cuisine ranging from veggie burgers & kimchi fries to gnocchi & smoked beets.

**Restaurant Boustan**, 19 Sainte-Catherine St. West, **\$5-12**, 800 m

As the Undisputed king of Montreal food delivery, this Lebanese restaurant offers tasty pita wraps until 4:00 A.M. For delivery, call 514-844-2999.

### 1 to 2 km from PDC

**La Pizzaiolle**, 600 Marguerite d'Youville St., **\$10-20**, 1.1 km

Classic pizzeria specializing in thin-crust, wood-fired pies, and other Italian dishes.

**Juliette & Chocolate**, 3600 Saint-Laurent Boulevard, **\$10-20**, 1.6 km

Sweet chocolate delicacies paired with savory crepes.

**Lola Rosa Café**, 545 Milton St., **\$10-20**, 1.6 km

Delicious Home-style vegetarian cuisine, served in a cozy environment next to McGill Campus. If you wish to avoid the possible wait at peak hours, there is a larger branch at 4581 Park Avenue.

**Burger Bar**, 1465 Crescent St., **\$12-18**, 2.0 km

Small, casual burger joint with thick, adventurous burgers.

**Schwartz's Deli**, 3865 Saint-Laurent Boulevard, **\$8-15** 2.0 km

Renown smoked meat deli in business for over 80 years. If the line outside is too long, **Leonard Cohen's** favorite deli, **The Main**, serves smoked meat right next door (3864 Saint-Laurent Boulevard).

#### > 2 km from PDC

**La Maison des Pâtes Fraîches**, 865 Saint-André St., **\$8-15**, 3.0 km

Charming Italian Deli & Grocery store serving freshly made pizza, pasta, and Italian cuisine. Just North of the beautiful *Parc La Fontaine*.

**Ma Poule Mouillée**, 969 Rachel St. E, **\$8-15**, 3.1 km

Mouthwatering Portuguese chicken served with signature spicy *Piri Piri* sauce. Also serves some of the best poutine in the city!

## Mid Range & BYOW

Montreal is renown for its extensive French influenced scene of mid-range bring-your-own wine (BYOW) spots. Below is a list of some of the best in the area.

#### < 1 km from PDC

**Stash Café**, 200 St Paul St. W., **\$25-40**, 700 m

Traditional Polish Restaurant with set menus and a warm atmosphere.

**Ikanos**, 112 McGill #1 **\$25-55**, 1.0 km

This upscale outpost garners rave reviews for its refined Mediterranean cuisine and craft cocktails.

**Grenadine**, 2004 l'Hôtel-de-Ville Ave., **\$30-60**, 1.3 km

One of the top rated new restaurants in the city, Grenadine brings responsibly sourced Quebec food to a French-inspired modern menu.

**O'thym**, 1112 Maisonneuve Boulevard E., **\$20-50**, 1.9 km

Seasonal Québécois ingredients feature heavily in a sharp, well-priced, contemporary menu. Fixed price Menus are available along side a la carte options. **BYOW**

#### 1 to 2 km from PDC

**Nil Blue**, 3706 Saint-Denis St., **\$15-35**, 2.1 km

Ethiopian food served on authentic *injera* bread. Vegetarian friendly, and ideal for sharing plates.

**Moishe's After Hours**, 3961 Saint-Laurent Boulevard, **\$25**, 2.3 km

This classic Jewish steakhouse would normally be priced in the fine dining section of this list, but from 9-12p.m on Wednesdays to Saturdays, you can enjoy a full 4 course meal here for \$25!

#### > 2.0 km from PDC

**Kyhber Pass**, 506 Duluth Ave. E., **\$18-30**, 2.6 km

Located in an eclectic wooden building on the cobblestone road of Duluth avenue, Khyber Pass offers authentic Afghani cuisine served in hearty portions at affordable prices. **BYOW**

**Kazu**, 1862 Sainte-Catherine St. W., **\$20-40**, 2.9 km

One of Montreal's most renown Japanese restaurants, Kazu offers innovative yet authentic Japanese dishes prepared fresh and from scratch at their kitchen. No reservations taken.

**Le Quartier General**, 1251 Gilford St., **\$30-60**, 4.0 km  
Bustling open kitchen bistro with local Quebec cuisine. **BYOW**

## Fine Dining

Montreal cuisine is perhaps most famous for its high-end fare, with world renown chefs populating many of Montreal's kitchens. Below is a short list of this exquisite selection.

**Bis**, 1229 De la Montagne St., **\$30-55**, 3.3 km

Classic, refined, Italian cuisine made from fresh, local ingredients. One of Montreal's top rated restaurants.

**Europea**, 1227 De la Montagne St., **\$90+**, 3.3 km

Consistently rated among the top three restaurants in Montreal, Europea offers a dizzying array of inventive French inspired cuisine, meticulously delivered through top-notch service in an experience that feels like the culinary equivalent of a Broadway show.

**Joe Beef**, 2491 Notre-Dame St. W, **\$80+**, 4.4 km

A favorite among culinary stars such as Anthony Bourdain and New York Chef David Cheng, Joe Beef is the at the cutting edge of culinary culture, with a style that transcends traditional cultural boundaries with playful inventions such "truffled beer-can chicken", created from fresh local ingredients by inspired chefs.

# Cafés & Bars

With a large immigrant and student population, as well as a longstanding Quebecois culture of Brewing, Montreal is home to a vibrant and multicultural café and bar scene. Below are some especially recommended places.

## Bars

**Terrace Place d'Armes**, 55 Saint-Jacques St., 350 m

Rooftop Lounge with amazing views, cocktails, burgers and tapas. Only steps away from the convention center!

**Joverse**, 52 Saint-Jacques St., 400 m

Swanky New York style bar with tapas, an extensive wine list, and many mixed drinks. Deep in the heart of old Montreal.

**Pub St. Paul**, 124 Saint-Paul St. E., 850 m

Laid back old pub on the shores of the Saint Lawrence, offering live music, food, and drinks.

**La Distillerie**, 300 Ontario St. E., 1.7 km

Dozens of exceptional cocktails, both classic and invented in-house, are served in mason jars in this cozy bar.

**Bar Reservoir**, 9 Ave Duluth E., 2.0k m

Laid back microbrewery with a rooftop patio and a wide selection of beer.

**Bar N sur Mackey**, 1244 Mackey St., 2.7 km

Exquisitely refined cocktails are served in this thoroughly unpretentious establishment at surprisingly low prices.

**Dieu du Ciel!** 29 Laurier Ave W., 3.5 km

Home to Montreal's most distinguished Microbrewery, Dieu du Ciel! serves dozens of their top notch craft beers in this large but invariably tightly packed bar. No one interested in craft beer should miss this bar.

## Cafés

**Café Crew**, 360 Saint-Jacques St., 450 m

Renovated from an old bank's central lobby, Café Crew provides quality coffee and treats in a space reminiscent of New York City's grand late 19<sup>th</sup> century public libraries.

**Café Tommy**, 200 Notre-Dame St. W., 550 m

This opulently quaint bi-level coffee shop with historical architecture serves sweets and sandwiches.

**Café Olimpico**, 419 Saint-Vincent St., 850 m

A local favorite Italian-style coffee joint; long and narrow in shape, it is constantly bustling with activity. Great place to stop for a quick coffee on the way to explore Old port.

**Café de Mercanti Old Montreal**, 350 Notre-Dame St. E. #1, 1.1 km

Cozy Italian Coffee shop serving espresso and gelato. The Coffee itself regularly receives rave reviews.

**Café Osmo**, 51 Sherbrooke St. W., 1.1 km

At the ground floor Start-up workspace center, Osmo is a sleek coffee shop and an ideal workspace, whether it be for indoor laptop write-ups or impromptu business meetings in their comfortable outdoor terrace.

**Café Santropol**, 3990 Saint-Urbain W., 2.1 km

Vegetarian and family friendly café in the heart of the vibrant plateau neighborhood. Includes a shaded outdoor seating area half a block from *Parc Jeanne-Mance*.

# Events & Activities

Summertime in Montreal is bustling with countless events and activities going on simultaneously throughout the city. There is something going on for everyone, and below we have listed some of the many events happening during your stay in Montreal.

The list is organized into three sections: Annual Festivals, Celebrations of Montreal's 375<sup>th</sup> Birthday, and Perennial Events.

## Annual Festivals

### **Comedy Festival Montreal Just For Laughs 2017**, July 14-30

The comedy festival of festivals, Montreal's Just for Laughs runs July 12 to July 30, 2017 featuring dozens of stand-up acts, comedy galas, themed shows and free events with the most sought-after A-listers converging at the fest July 24-30, 2017.

*More Information:* <http://www.hahaha.com/en>

### **Fantasia Film Festival 2017**, July 13 - August 2

Horror, fantasy, Hong Kong action, animation, gored up sci-fi, gratuitous low-budget B-movies; name any eccentric, non-PG genre you can think of, and chances are Fantasia has it covered. Asian films, which make up almost half of every year's selection, are a specialty in this festival. Most Fantasia films are screened at Concordia University's SGWU Alumni Auditorium (Hall Theatre) and *J.A. De Sève Cinema*.

*More Information:* <http://www.fantasiafestival.com/home/en>

### **Festival International Nuits d'Afrique (African Nights)**, July 11-23

Since 1987, every edition of Festival International Nuits d'Afrique has had its own particular charm and personality, as it thrives on the moments and experiences that it's artists bring to the table. With talent from here to Timbuktu (in a literal sense for once), old and new traditions blend together into a spirit of magic and passion.

*More Information:* <http://www.festivalnuitsdafrique.com/en/the-festival/about>

### **Montreal Cirque Festival**, July 6-16

Montreal Complètement cirque is a festival that brings people together across the city every July with a stunning circus program. For 11 days, Montreal moves to the rhythm of the circus arts as its venues, streets, parks, and sidewalks become the stages for colorful, high-flying performance. From the city that nurtured *Cirque Du Soleil*, this festival cannot be missed!

*More Information:* <https://montrealcomplètementcirque.com/en/program/>

### **Montreal International Fireworks Competition 2017**, July 1 - August 15

The largest pyrotechnics competition of its kind in the world, the Montreal International Fireworks Competition has been going strong since 1985 and remains one of this city's top summer attractions. In 2017, the Montreal Fireworks Competition will be held July 1 through August 5, 2017.

*More Information:* <https://www.tripsavvy.com/amazing-spots-to-watch-montreal-fireworks-2391703>

### **Piknik Électronique**, Every Sunday

Piknik Électronique is an electronic music festival that takes place every Sunday in *Parc Jean Drapeau*. Within the beautiful grounds of this park you'll find various stages of DJs, drinks, and food trucks.

**More Information:**

[https://piknicelectronik.com/montreal/en/?gclid=CjoKCOjwkZfLBRCzARIsAH3wMKpPomlYoDWOiqjorFXQjrHQchwvRS\\_aG E\\_YXNB6sA8uowLfntGuRKoaApyuEALw\\_wcB](https://piknicelectronik.com/montreal/en/?gclid=CjoKCOjwkZfLBRCzARIsAH3wMKpPomlYoDWOiqjorFXQjrHQchwvRS_aG E_YXNB6sA8uowLfntGuRKoaApyuEALw_wcB)

## **Celebrations for Montreal's 375<sup>th</sup> Birthday**

### **Explosion 67 – Terre des Jeunes:** Wednesday to Sunday, from 10h to 17h., Centre d'histoire de Montréal

To mark the 50th anniversary of Expo 67, the *Centre d'histoire de Montréal* brings you *Explosion 67 – Youth and Their World*, a living portrait of this monumental event through the impressions and first-time experiences of people who were between the ages of 11 and 21 in 1967 and the two subsequent turbulent years. Through their often humorous accounts, along with visual and sound archives from that watershed period, the effervescence of our city and Quebec society in those years is recaptured in immersive sets and a lively digital, graphic, and audio-visual environment.

**More Information:** [http://ville.montreal.qc.ca/portal/page?\\_pageid=8757,142749530&\\_dad=portal&\\_schema=PORTAL](http://ville.montreal.qc.ca/portal/page?_pageid=8757,142749530&_dad=portal&_schema=PORTAL)

### **Montreal Avudo**, Wednesday to Saturday, 21h30 & 22h30 (30 minutes), Vieux-Port

A spectacular show that pays tribute to the St. Lawrence River will come to life with enormous projections inspired the city's history. Get ready to travel back in time!

**More Information:** <http://www.375mtl.com/programmation/montreal-avudo-70/>

### **La Balade pour la Paix – un Musée à ciel ouvert**, Thursdays & Sundays, 14h (English) & 14h30 (Français)

Sherbrooke Street turns into an open-air museum, inviting everyone to join in a walk for peace through 72 works reflecting the spirit of Expo67.

**More Information:** <http://www.375mtl.com/programmation/la-balade-pour-la-paix-un-musee-a-ciel-ouvert-40/>

### **Planète MTL**, Everyday from 10h to 17h, Biosphère

Make your way to the Biosphère for a must-see exhibition on Montréal's urban ecosystem, with a giant 3D model of the city as well as an amazing panoramic HD mural that celebrates Montréal's 375th year in 360 degrees.

**More Information:**

1. <http://www.375mtl.com/programmation/planete-mtl-350/>
2. <http://www.ec.gc.ca/biosphere/default.asp?lang=Fr&n=69502346-1>

### **Soirées Country:** Fridays from 20h, *Bistro le Ste-Cath*

Country music's history in Montreal, from colonization to today. A reminder about the history and importance of country music in Hochelaga-Maisonneuve (HOMA)

**More Information:**

1. <http://www.375mtl.com/programmation/le-country-de-la-colonisation-a-nos-jours-en-route-vers-le-festival-252/>
2. <http://stecath.com/>

## Perennial Events and Activities

### Cirque du Soleil

A legendary theatre troupe that performs around the world, *Cirque du Soleil* began and is still headquartered in Montreal. The world's best acrobatic performers give us beautiful and technically brilliant show full of millimetrically choreographed dances, abstract narratives, and sensory experiences.

**More Information:** <https://www.cirquedusoleil.com>

### Habitat 67

The iconic result of the Moshe Hafdi's contribution to the famous Expo 67, these modular apartments are an incredibly interesting take on modular apartment living. As the apartments are currently in use, they are not overtly a tourist destination, so for all but the most architecturally inclined, a reasonable way to see them would be from *Parc Jean Drapeau*, which houses many others Attractions such as the Montreal Casino, the amusement park *La Ronde*, and *Piknik Electronique*.

**More Information:** <http://www.habitat67.com/en/information/>

### Mont Royal

With an unparalleled view of the city, a surrounding park, and beautiful hiking, most Montreal's spend many summer afternoons on top and around this famous mountain. Due to a law that prohibits any building from rising taller than the mountain, this landmark will be easily visible from nearly anywhere in the city, and is a classic Montreal experience.

**More Information:** [https://en.wikipedia.org/wiki/Mount\\_Royal](https://en.wikipedia.org/wiki/Mount_Royal)

### Tam Tams, Every Sunday, approximately 10h - 17h (but no official Schedule)

Urban lore has it Montreal's Tam Tams, named after the French word for hand drums like the bongo or djembe, started in the '80s, maybe late '70s. It depends on the source. According to writer Susan Krashinsky, it began with an African drumming workshop looking for a change of pace from their usual haunt.

Students ended up convening on the edge of *Parc Mont Royal* at the edge of *Parc Jeanne Mance*, right beside the park's famous angel statue.

**More Information:** <https://en.wikipedia.org/wiki/Tam-Tams>

### Olympic Stadium, Open Every Day

Built in 1976 for the Montreal Olympics, this iconic building is one of Montreal's most famous works of architecture. A trip to see it up close will reward visitors with more than pretty sights: within the building resides Montreal's Biodome, a deconstructed zoo where guests can see animals from inside large rooms mirroring their habitats. Montreal's insectarium is also on the neighboring grounds. For a more peaceful visit, the botanical gardens, which neighbor the insectarium, provide a tranquil and pristine atmosphere for guests to roam about.

**More Information:** <http://parcolympique.qc.ca/en/>