

# EATZ

# REKKIDS

**9 Aux Vivres**  
4631 Boul. St. Laurent  
(514) 842-3479  
MTL's premier vegan resto featuring classics like veggie-lox and BLT. Lots of teas, juice & yummy desserts. \$10-\$13 a plate.

**Le Bouddha d'Cuisine**  
1253 McGill College Ave  
514-419-1808  
Mostly raw vegan/vege lunch counter downtown. Lots fresh, healthy options.  
\$10-15

**Bato Thai**  
1310 Sainte-Catherine St E  
(514) 524-6705  
Second best Thai resto in Montreal. Only feature tofu as a meat alternative but the peanut sauce and fried spinach makes it worth it. \$8-10 a meal.

**20 Sonik**  
4050 Rue Berri  
(514) 288-2113  
Mon-Wed noon-6p.m.  
Thur-Fri noon-9p.m.  
Sat-Sun noon-5p.m.  
Punk, hardcore, garage, termbo punk, 60's etc. New and used records, CDs, books and DVDs. Knowledgeable and friendly owner.

**10 Soundcentral**  
4486 avenue Coloniale  
Mon-Wed & Sat 11a.m.-7p.m.  
Thur-Fri 11a.m.-9p.m.  
Sun noon-7p.m.  
New and used records and CDs with an emphasis on punk, hardcore and metal. Reasonable prices.

**Cheap Thrills**  
2044 Metcalfe  
(514) 844-8988  
Mon-Wed, Sat 11a.m.-6p.m.  
Thu-Fri 11a.m.-9p.m.  
Sun noon-5p.m.  
Longtime MTL establishment selling new and used vinyl and CDs. Punk, hardcore, black metal, indie etc. LOTS of books and DVDs as well.

**2 Death of vinyl**  
6307 Boul. St-Laurent  
(514) 495-2786  
Mon-Wed 10a.m.-6p.m.  
Thur-Fri 10a.m.-9p.m.  
Sat noon-6p.m.  
Sun noon-5p.m.

# DRUNK

**Yer'mad**  
901 de Maisonneuve Est  
(514) 522-9392  
Good beer selection in a good atmosphere. Yummy drunky snacks and kicker (foosball) table.

**16 Barfly**  
514-284-6665  
4062 St-Laurent  
Tiny dive bar featuring live music and/or hockey on the TV.

**8 Casa del Popolo**  
4873 Boul. St Laurent  
(514) 284-3804  
Vegetarian café featuring lots of sandwiches, soups and salads in a relaxed & hip atmosphere. Vegan friendly. Serves beer and wine. \$7-10 a meal.

**19 Chuch / ChuChai**  
4094 St. Denis / 4088 St. Denis  
(514) 843-4194  
Debatably the best Thai food in MTL. All vege with tons of mock meat options. Sit and eat at Chuch café style resto & BYO wine. Or go fancy at ChuChai. \$10-18 meal.

**13 Crudessence**  
105 Rachel Street West or 2157 Mackay Street  
(514) 510-9299  
All raw and vegan from lasagna to pizza. Lots of healthy juices and homemade Kombucha. About \$11-15 a plate.

**23 X20**  
3456 Rue St. Denis  
(514) 281-0986  
Mon-Wed 11:30a.m.-6p.m.  
Thur-Fri 11:30a.m.-9p.m.  
Sat-Sun 11a.m.-5p.m.  
New and used records on the second floor of this punky-punk store. Sometimes hidden gems priced cheap.

**21 Beatnick**  
3770 Rue Saint-Denis  
Best place to look for non-punk and some punk classic re-issues.  
(514) 842-6944

**17 Cafe Santropol**  
3990 Rue St-Urbain  
(514) 842-3110  
Lots of sammies, soups and salads and a wide drink assortment including MTL famous home roasted coffee. Nice hippie dippie setting.  
\$8-12

**18 Le Pick-Up**  
169 Avenue des Pins Est  
(514) 849-9484  
Mon-Fri noon-6p.m.  
Sat 1p.m.-5p.m.  
Punk, 77, Oil, Franco, Yeye, 60's etc. New and used records. Owner is a collector and always has good stuff.

**11 L'escogriffe**  
4467 Rue St. Denis  
(514) 842-7244  
Get your drinks in a rock'n'roll atmosphere. Do not miss Punk Record Swap on Nov. 6

**26 Cheval blanc**  
809 Ontario Est  
(514) 522-0211  
Local classic featuring lots of small batch beers brewed on site. Yummy drunky snacks.

**6 Dieu du ciel**  
29 Laurier West  
(514) 490-9555  
Delicious home-brewed beer.

**25 L'amère A boire**  
(514) 282-7448  
2049 Rue Saint-Denis  
Delicious home-brewed beer.

**Katacombes**  
1635 St-Laurent  
(514) 861-6151  
Mon-Thu 7p.m.-3a.m. / Fri-Sat 8p.m.-3a.m. / Sun 8p.m.-1a.m.  
MTL's premier punk bar. If you're holding this you're probably there right now.

**24 Yuan**  
2115 Rue St-Denis  
(514) 848-0513  
Vegetarian Chinese resto. Cheap lunch buffet. Lots of mockmeat options, noodle dishes, bubble tea, etc. Vegan friendly. \$8-12 for a big plate.

**12 Rumi**  
4403 St. Laurent  
(514) 495-0565  
Probably the best falafel in MTL. Loads of other vege/vegan friendly goodies too. Classy sit-down atmosphere for \$5-15.

**27 Le Commensal**  
1720 St Denis  
(514) 845-2627  
Vegetarian buffet style resto. Also offers a line of vegan/vege packaged food. Meals charged by weight, so be careful. Could be \$10-\$20 depending.

**Al Taib**  
1237 rue Guy  
(514) 931-3333  
Lebanese fast food featuring pizza, salad bar & the famous Zaatar wraps. Get one all dressed for a cheap vegan treat, half and half zaatar for veges. \$4-8  
\*Open 24 hours

**1 Dépanneur Le Pick-Up**  
7032 Waverly  
514.271.8011  
Featuring famous veggie pulled pork sandwiches and veggie burgers. \$6-8 a meal.

**4 Panthère Verte**  
66 Rue St-Viateur Ouest  
(514) 903-7770  
All vegan resto with yummy tempeh sammies & falafels along with cold salads. Homemade vegan kefir. About \$7-\$10 a meal.

**5 Le Cagibi**  
5490 St Laurent  
(514) 509-1199  
Coffee shop, vege café and overall nice hangout. Loads of yummy foods from breakfast to dinner. Serves beer and wine as well. Vegan friendly. About \$6-9 a meal.

**Bonny's**  
1748 Notre-Dame St West  
(514) 931-4136  
All veggie/vegan options. Cafe atmosphere with slightly pretentious food that's still pretty yummy. \$12-15

**3 Jardin du Cari**  
5554 St. Laurent  
(514) 495-0565  
Rivals Toronto's best roti joints. Offers Caribbean food and drinks. Get a roti with squash or pumpkin if available and add loads of hot sauce. Vegan/vege friendly. \$5-10 a meal.

"... is a dish consisting of French fries topped with fresh cheese curds, covered with brown gravy or sauce and sometimes additional ingredients"

# POUTINE

**22 Lafleur**  
2120 Rue Ontario Est  
(514) 523-7239  
3620 St. Denis  
(514) 848-1804

**Lafayette**  
1870 Rue St. Catherine Est  
(514) 522-5028  
6 :30a.m.-1a.m. daily

**14 Patati Patata**  
4177 St. Laurent  
(514) 844-0216

**7 Chez Claudette**  
351 Avenue Laurier Est  
(514) 279-5173vtvvvv

**15 La Banquise**  
514.525.2415  
994 Rachel Est  
\*Open 24 hours

**Resto Du Village**  
1310 Rue Wolfe  
(514) 524-5404