



RESTAURANT NOODLE FACTORY serves a pork and vegetable soup.



ST-VIATEUR puts any number of things between halves of its bagels.



WILENSKY'S LIGHT LUNCH makes this Special Sandwich and its own syrups for the egg creams.



CLAUDE POSTEL makes its quiche and salad a memorable lunch.



RÔTISSERIE ROMADOS serves generous helpings of roast chicken, fries, and salad.

10 MONTREAL FOR \$10

A little is French, a little is Canadian, the whole lot is delicious

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Sometimes practicality pays off. When we were researching a new book here we allowed ourselves about \$10 each for lunch. It was not truly a hardship, even in a city that is among North America's top dining destinations. In fact, our lunches were some of our most memorable meals because they served up real Montreal character with every bite. Here are our top 10, all open daily unless otherwise indicated. (Prices are in US dollars.)

Claude Postel

We still laugh at the title of the 2009 essay in *Gourmet* magazine, "Montreal: We're French and You're Not." For travelers who want to tap into the city's Gallic chic minus the hauteur, there is no better place than Claude Postel in Old Montreal. The shop-cum-bistro has the elegant look of an Art Deco Parisian pastry shop, but at midday Postel offers a few lunch specials for under \$10, such as an asparagus quiche and a large side of roasted beet and fennel salad. Of course, it's easy to blow the budget (and your diet) with some of Postel's exquisite chocolates or picture-perfect pastries. *75 rue Notre-Dame ouest, 514-844-8750, www.claudepostel.com, quiche and salad with coffee \$8.62*

La Binerie Mont-Royal

When the city's French-language newspaper *Le Devoir* did a survey a few years ago to determine Quebec's "national" dish, *pâté Chinois* (a version of shepherd's pie with layers of corn, ground beef, and mashed potatoes) was declared the winner. At La Binerie, a slight splurge lets you augment the dish with split pea soup and pouding chômeur ("unemployed pudding" of white cake baked with a maple-cream syrup) in a trifecta of old-fashioned Quebec cooking. This iconic eatery has been around since 1938 — back when the Plateau Mont-Royal was home to factory and mill workers. The neighborhood has changed a lot, but not the recipes. *367 avenue Mont-Royal est, 514-285-9078, www.labineriemontroyal.com, pâté Chinois \$8.62, with soup, dessert, and coffee \$10.54*

Le Canard Libéré, espace gourmand

A lot of people were surprised that poutine, the dish of french fries, brown gravy, and cheese curds so closely associated with Quebec, was not named the national dish in the *Le Devoir* poll. We can only assume that the voters



LA PÊCHÉ GLACÉ puts a pinch of Paris in its crepe with carrot salad.



LA BINERIE MONT-ROYAL serves such favorite Quebecois standards as shepherd's pie.



SCHWARTZ'S smokes meat for a sandwich that has become a lunchtime icon.



LE CANARD LIBÉRÉ fries its fries in duck fat and uses duck in its version of poutine.



LA MAISON DU CHEDDAR indeed does make grilled cheese sandwiches a tasty lunch.