

The Ultimate Guide to Montreal's Hidden Lunch Spots: Neighborhood Gems for Business Meetings

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Introduction

Montreal is a city that thrives on its culinary culture – even during the workday. Business lunches here are about more than just a quick bite; they're opportunities to connect, impress, and strategize in a relaxed setting. While tourists flock to the famous eateries, local professionals know the value of those under-the-radar spots where you can converse comfortably over excellent food. In this guide, we've curated a selection of **Montreal's hidden lunch gems** across various neighborhoods. Each restaurant offers something unique – be it a quiet ambiance ideal for negotiation, a layout conducive to group meetings, or simply exceptional service that makes every guest feel valued.

We've organized the guide by neighborhood, so you can easily find a convenient spot whether you're in the bustling downtown core or the eclectic Plateau. For each venue, you'll find details on location, cuisine, atmosphere, why it's perfect for business lunches, price range, signature dishes, and any business-friendly amenities (like Wi-Fi or private rooms). Lastly, a comparison table at the end summarizes these key details at a glance. Let's dive into Montreal's best-kept lunch secrets – your next productive meeting or client impressing opportunity might just be at one of these local favorites!

Downtown & Business District Gems

! <https://www.mtl.org/en/experience/great-places-business-lunch> The meticulously restored *Art Deco* interior of **Île de France Restaurant** exudes sophistication, blending modern cuisine with an elegant 1930s atmosphere [mtl.org](https://www.mtl.org). Tucked away on the 9th floor of 1500 Robert-Bourassa Boulevard in the heart of downtown, this spot is truly hidden in plain sight. Its **Ville-Marie** location is central for businesspeople, yet the venue feels worlds apart from the busy streets below. **Cuisine-wise**, expect a mix of French-inspired and contemporary dishes – fine food and craft cocktails are the focus, making it easy to impress a client over lunch. The *atmosphere and décor* steal the show: think marble floors, grand fixtures, and a calm, refined dining room that's quiet enough for confidential discussions. **Why it's ideal for business meetings:** Île de France offers a *sophisticated yet welcoming environment* where you can talk deals without shouting [mtl.org](https://www.mtl.org). Professional service and an extensive wine list further set the stage for a successful meeting. **Price range:** \$\$ to \$\$\$ (it's an upscale experience, but lunchtime table d'hôte options provide value). **Noteworthy dishes** include their modern takes on French classics – if available, the chef's *plat du jour* is always a reliable choice. **Business-friendly amenities:** As a higher-end establishment, reservations are recommended; the staff is very accommodating to schedule needs, and the quiet ambiance is practically an amenity in itself for those needing focus.

! <https://www.mtl.org/en/experience/great-places-business-lunch> High above downtown in Place Ville Marie, **Hiatus** offers a dining experience with literal perspective. Perched on the 46th floor (yes, *46th!*), Hiatus serves refined Japanese-inspired cuisine alongside panoramic views of Montreal's skyline [mtl.org](https://www.mtl.org). Located at **1 Place Ville Marie**, this new gem is known by insiders but still under-the-radar to many – you might not guess there's an elegant lunch venue atop this office tower. **Cuisine:** a fusion of Japanese techniques with local ingredients, yielding artful bento-style plates and fresh sushi options

that are as beautiful as they are delicious. The **atmosphere** is modern and tranquil – natural wood accents, floor-to-ceiling windows, and a serene, minimalist decor that lets the view do the talking. Despite the lofty setting, the vibe remains business-focused and not touristy. **Ideal for business meetings because:** Hiatus combines *elegance and professionalism*, boasting **private meeting rooms** for more confidential luncheons and *impeccable service* that understands the pace of a workday mtl.org. You can discuss strategy without interruption, or even project a presentation in a private room if needed. **Price range:** \$\$\$ (premium pricing comes with the premium locale and service). **Noteworthy dishes:** The menu changes with seasonal inspirations, but their **sushi platters** and inventive appetizers (like miso-glazed eggplant) stand out. Don't forget to sip on their green tea cocktail – a subtle nod to the Japanese theme. **Amenities:** Hiatus is one of the few lunch spots with dedicated meeting rooms and audiovisual capabilities, plus it has the convenience of being in the core business district (making it easy for attendees to get there). Reliable Wi-Fi and the sheer quiet at this height make it perfect for a working lunch or video call demo.

Jatoba (Downtown – Phillips Square)

If you're looking to wow a client with a hidden gem in the downtown core, **Jatoba** is a top contender. Tucked away on Rue du Square-Phillips, Jatoba delivers an upscale Japanese fusion menu in an absolutely gorgeous space tastet.ca. **Location:** 1184 Place Phillips, in the heart of the business district yet somewhat discreetly situated (many passersby wouldn't realize a high-end restaurant is inside). **Cuisine:** Japanese bistro fare with Montreal flair – an inventive mix of sushi, seafood, and grilled items devised by star chef Olivier Vigneault marriott.com. From delicate sashimi to flavorful dumplings, the menu is packed with *addictive dishes* meant for sharing blog.mtl.org. **Atmosphere & décor:** The interior strikes a balance between lush and professional. You dine under hanging plants and lanterns in a space that's *picturesque* but still maintains an executive polish blog.mtl.org. By day, it's filled with natural light; by night, it's intimate – but either way, you can carry on a conversation at normal volume. **Why it's great for business:** Jatoba is *popular with locals for business lunches* blog.mtl.org, thanks to its combination of courteous service and seating layout that accommodates both small meetings and larger groups. The vibe is lively enough to be interesting but never so loud that you can't hear your dining companions. It's the kind of place to bring a partner or client you want to impress – as one local expert notes, *a pretty fat wallet will charm your guest or impress the gallery, guaranteed* tastet.ca. In other words, it's a splurge that pays off when sealing a deal. **Price range:** \$\$\$ (expect upscale pricing; many expense-account lunches happen here). **Noteworthy dishes:** Jatoba's *signature seafood platter* is renowned as a show-stopper, loaded with fresh oysters, tartares, and other ocean delicacies tastet.ca. Also notable are their creative cocktails and a summer *terrasse* (patio) that's perfect for a more relaxed client meeting in warm weather tastet.ca. **Business perks:** While Jatoba doesn't have private rooms, it can accommodate groups with advance booking, and service is timed well for business schedules. There's even a **smart-casual dress code** (no jeans) marriott.com which subtly keeps the atmosphere professional. Reservations are strongly recommended, especially for lunch, to ensure you get a timely seating.

Le Pois Penché (Downtown – Golden Square Mile)

A classy French brasserie that many tourists overlook, **Le Pois Penché** feels like a slice of Paris nestled in Montreal's downtown. Located at **1230 Blvd. de Maisonneuve Ouest** (near Peel Street), this *Golden Square Mile* institution has been serving up French culinary classics since 2007 lepoispenche.com bonjourquebec.com. **Cuisine:** Traditional French bistro fare – think steak-frites, bouillabaisse, foie gras, and a standout raw bar with fresh oysters and seafood towers. It's the kind of menu that satisfies clients craving something classic and elegant. **Atmosphere & décor:** Walking into Le Pois Penché, you're greeted by the look of a 1940s Parisian brasserie – black-and-white tiled floors, red leather banquettes, and a long gleaming bar. The dining room is spacious and **neoclassical** in design, which means even when it's busy, there's a sense of grandeur and an ability to converse comfortably. There's a palpable *Montreal charm* here, a blend of European elegance with local warmth bonjourquebec.com. **Business meeting appeal:** Le Pois Penché is *a great choice for casual gatherings or special events alike* mtl.org. For daytime meetings, it offers a refined yet unpretentious setting where colleagues can talk freely. Importantly, it features a **warm, rustic private dining room** adjacent to its extensive wine cellar – accommodating 20 to 70 guests – which is perfect for presentations or larger team luncheons in privacy blog.mtl.org. Few hidden gems have such capacity. The regular dining area is also group-friendly; tables are well-spaced, and reservations for groups can be made easily. **Price range:** \$\$ (moderate-to-upscale; you can expect mains in the \$20–\$30 range, with good prix-fixe lunch deals often available). **Noteworthy dishes:** The *bouillabaisse* here is a highlight, brimming with seafood and Provencal flavor, and their steak-frites is a dependable classic done right. Don't skip the raw bar if your group enjoys seafood; it's one of the best downtown blog.mtl.org. **Amenities:** Besides the private room and full bar, Le Pois Penché also offers group menus on request, which can simplify ordering for business groups blog.mtl.org. The staff is experienced with business clientele, so you can expect efficient service that gets you back to the office on time if needed.

Café Parvis (Downtown – Quartier des Spectacles)

Not every business lunch requires white tablecloths – sometimes a *casual-yet-stylish café* is the perfect backdrop, and **Café Parvis** delivers exactly that. Found at **433 Mayor Street** on a quiet side street near Place des Arts, Parvis is a local favorite that many tourists simply walk past, unaware of the green oasis inside. **Cuisine:** Parvis specializes in light fare – gourmet pizzas, fresh salads, and seasonal dishes that change frequently. The menu is *delicious and accessible*, meaning there's something for everyone and it won't break the bank tastet.ca. It's great for a quick bite or a longer lunch, depending on your schedule. **Atmosphere & décor:** This café has a *magnificent space adorned with plants*, cleverly designed by local designer Zébulon Perron tastet.ca. By day, sunlight pours in, giving life to the myriad of potted plants and hanging greenery; by night (if you ever come back for after-work drinks), it's softly lit and cozy. The vibe is **elegant and warm** – you get a trendy ambience without the pretension. A mix of low tables, couches, and bar seats means you can choose a spot that fits your meeting style. **Business friendliness:** We love Parvis for informal meetings and brainstorming sessions. It has become a *staple downtown* for professionals who want a relaxed setting tastet.ca. You can actually hear yourself speak here, as the music and noise levels stay moderate, and there are tucked-away nooks perfect for a one-on-one chat. For more formal needs, Parvis even offers something rare for a café: **conference rooms**

available for rent upstairs montrealcentreville.ca. This means you can transition from lunch to a private meeting space if you need to present slides or have a team discussion. **Price range:** \$-\$\$ (very reasonable; you might spend around \$15-20 per person for lunch). **Noteworthy eats:** Their daily pizza special is often inventive (toppings range from gourmet cheeses to seasonal veggies), and the assorted salad bowls are fresh and generously portioned. Coffee is top-notch too, should you need a post-meal espresso. **Amenities:** Free Wi-Fi is available, as Parvis doubles as a remote-work spot for many – you'll notice laptops in the afternoon. Those *rentable meeting rooms* (a huge plus for a hidden gem) come equipped with AV gear for presentations. It's wise to reserve a table at lunchtime, as local office folks do fill the place, but turnover is quick. Overall, Parvis combines a laid-back cafe charm with just enough professionalism to make it a go-to for casual business lunches.

Old Montreal Classics with a Twist

LOV (Old Montreal – McGill Street)

For teams that include vegetarians, or anyone craving a healthy yet chic lunch, **LOV** is a godsend. Short for "Local Organic Vegetarian," LOV is a plant-based restaurant that has earned love from even the most dedicated carnivores blog.mtl.org. Its original location on **464 McGill Street** (at the edge of Old Montreal's business sector) is a *bright, tall-ceilinged space* filled with hanging plants and modern white-and-wood décor blog.mtl.org. **Cuisine:** Vegetarian and vegan dishes crafted with creativity. The menu ranges from hearty **veggie burgers and poutine** (yes, a vegetarian poutine!) to colorful salads, fresh pastas, and vegan takes on comfort food. Because the focus is on local and organic ingredients, the menu changes seasonally, but every dish is presented beautifully – ideal if you're entertaining health-conscious clients or just want a light, energizing meal before heading back to work. **Atmosphere:** LOV's decor is almost whimsical – think botanical garden meets bistro. Daylight streams through large windows, illuminating the pastel furnishings. The ambience is calm and uplifting, which makes conversation easy and upbeat. It's spacious, and tables aren't crammed together, giving a sense of privacy even without walls. **Business meeting appeal:** This is *the* spot for a mindful business lunch. It shows consideration for colleagues or clients with dietary preferences, and proves that "vegetarian" in Montreal can still be gourmet. According to local buzz, *even meat eaters will love the heart-warming dishes* here blog.mtl.org – so you needn't worry about anyone leaving unsatisfied. The service is friendly and knowledgeable about ingredients (helpful if someone has allergies). It's relatively quiet, especially during the mid-lunch lull, so discussions can flow easily. **Price range:** \$\$ (most mains \$15-\$25, which is quite reasonable given the quality and downtown location). **Noteworthy dishes:** Their **kimchi fries** and *fried oyster mushroom "lollipop" appetizer* are popular for sharing. The LOV Caesar salad (made with kale and grilled tofu "croutons") is a signature, and for dessert, the vegan cheesecake often surprises guests – you'd never know it's dairy-free. **Amenities:** Reservations are accepted and recommended for groups. LOV can accommodate larger parties and even offers **group menus** blog.mtl.org if you want a pre-set selection for efficiency. While not a tech-oriented place, they do have Wi-Fi if needed. Bonus –

the airy space makes it a nice option for a working session; it wouldn't be out of place to bring a laptop or some documents to review as you dine.

Graziella (Old Montreal – McGill Street)

Tucked in a historic building on McGill Street, just a short walk from the Notre-Dame Basilica, **Restaurant Graziella** is the kind of elegant Italian restaurant that only insiders seem to know. Chef Graziella Battista has been running this *wonderful restaurant since 2008* tastet.ca, and it has remained a quiet favorite for local professionals in Old Montreal. **Location:** 116 Rue McGill, right in Old Montreal's business corridor yet somewhat inconspicuous from the outside – blink and you might miss the modest sign, but inside awaits a truly impressive space. **Cuisine:** Upscale Italian with a focus on simplicity and tradition. Graziella's menu features classic pastas (made in-house) and seasonal dishes showcasing market-fresh ingredients. It's frequently cited as serving some of the *best Italian cuisine in Montreal*, known for its purity of flavor and respect for Italian culinary heritage tastet.ca. **Atmosphere & décor:** The dining room is *chic and impressive* – high ceilings, contemporary art on the walls, and a layout that feels intimate despite the grandness of the room. Tables are dressed with crisp linens, and there's a certain *understated elegance* to everything. Yet, it's not stuffy; the ambiance is inviting and warm. As one review notes, Graziella is loved for its *inviting atmosphere and generous nature*, and notably because "we can hear ourselves speak" even when the restaurant is full tastet.ca. This makes it perfectly suited for conversation over lunch. **Why it's ideal for business:** Privacy and professionalism. The staff at Graziella are consummate professionals – they know many regulars by name and treat newcomers with equal care. Service is attentive but never intrusive, timing the meal well if you mention you have to be back to the office. It's quiet enough for sensitive discussions, and the refined setting is sure to impress a client or partner, especially one who appreciates fine dining. **Price range:** \$\$\$ (a higher-end lunch, but worth it for the quality; a two-course prix fixe lunch is often available around the \$30 mark, which is a deal for this caliber). **Noteworthy dishes:** Regulars rave about the *osso buco*, a slow-braised veal shank that has become a signature dish and embodies the restaurant's blend of tradition and excellence tastet.ca. Other highlights include daily fresh pasta (if the lamb ragù pappardelle is on the menu, it's a must-try) and beautifully prepared seafood like grilled octopus. **Amenities:** Graziella has a well-curated Italian wine list, handy if a bit of vino over lunch helps seal your business deal. While it doesn't have separate meeting rooms, the restaurant's layout includes semi-private corners. Reservations are recommended, as the place is popular among those in the know. They also accommodate group bookings; if you have a larger team lunch, calling ahead can often get you a quieter section of the restaurant.

Crew Collective & Café (Old Montreal – St. Jacques Street)

For a truly unique off-site lunch meeting, why not conduct business in a converted 1920s bank hall? **Crew Collective & Café** is not your typical restaurant – it's a hybrid café and co-working space – but it has firmly established itself as an extraordinary venue for business meetups in Montreal. **Location:** 360 Rue Saint-Jacques, in the awe-inspiring former Royal Bank of Canada headquarters. From the outside,

you see an imposing neoclassical facade; inside, you step into a cavernous hall with 50-foot-high vaulted ceilings, marble everywhere, and ornate chandeliers. **Cuisine:** As a café, Crew offers a more casual selection: excellent espresso-based coffees, teas, and an array of fresh sandwiches, salads, quiches, and pastries (many sourced from local bakeries or made in-house). It's more light lunch fare than a multi-course meal, but the quality is high and the menu is perfect for a working lunch. You can grab a gourmet bagel sandwich or a hearty salad bowl; there are options for all diets. **Atmosphere & setup:** The moment you enter, you're struck by the *astounding architecture of this neo-classical building*, which can actually make you and your colleagues feel *inspired and productive* [postcard.inc](#). Long communal tables stretch across the former main banking hall, now repurposed with modern lighting and comfortable chairs. **Business-friendly amenities:** This place was literally designed for working and meeting. There's **super-fast free Wi-Fi**, and power outlets ("plugs aplenty") at virtually every seat [postcard.inc](#). Around the periphery of the grand hall are semi-private booths and even small "silence pods" where you can take a call. For more privacy, Crew Collective offers **meeting rooms in the old bank vaults** that can be reserved by the hour or day – a memorable spot to pitch a client, to say the least [postcard.inc](#). You can even become a member for full co-working access, but for a one-off meeting, renting a room is easy via their website. **Why it's great for business meetings:** The buzz of productivity is contagious here. You'll often see freelancers, startup teams, and executives all sharing the space harmoniously. It's perfectly acceptable to have a laptop out or papers spread at the table – in fact, it's the norm. If you need to sketch a concept or go over documents, no one will bat an eye. And if you just want a casual chat, the ambient noise is like a soft background hum (think coffeehouse vibe under a grand dome) that actually offers a bit of auditory privacy. One visitor aptly noted that many come *"just for the spectacle — it's a stunning space in a historic, repurposed bank building. But with coffee from local roasters and free Wi-Fi, it's also a prime place to get work done."* [postcard.inc](#). **Price range:** \$ (very affordable; a lunch here might run \$10-15 each for a sandwich or salad and a coffee). **Noteworthy items:** Their *matcha latte* and baked goods get high praise. For lunch, the smoked salmon bagel or the caprese sandwich are favorites, and they often have daily soup specials. **Additional perks:** You don't even have to queue to order – Crew allows you to **order online from your table** and you'll get a notification to pick it up when ready [postcard.inc](#), which is great if you don't want to interrupt a meeting. The environment is very flexible: you can start with a coffee meeting that seamlessly transitions into a working session with laptops. Keep in mind it's first-come seating (aside from reservable rooms), so arriving a bit early to snag a good table is wise. Overall, Crew Collective & Café is the epitome of a modern business lunch spot – visually stunning, incredibly functional, and indisputably "Montreal" in its blend of heritage and innovation.

The Plateau, Mile End, and Surroundings

Barcola Bistro (Mile End)

In the artsy **Mile End** district, amid indie boutiques and galleries, lies **Barcola Bistro**, a true neighborhood gem that combines Italian comfort food with a serene atmosphere. Located at **5607**

Avenue du Parc, Barcola is easy to miss – its unassuming storefront gives little hint of the delightful experience inside. **Cuisine:** Authentic cuisine from the Northeast of Italy (the region around Trieste), which is not something you find everywhere in Montreal. Barcola operates a bit like a *tasting menu bistro*, often changing its menu daily. Typically, there will be a fresh homemade pasta, a fish dish, a meat dish, and a vegetarian option every day tastet.ca. The food is hearty, rustic, and bursting with genuine Italian flavor – it's like a home-cooked meal by an Italian nonna, executed with bistro finesse.

Atmosphere & décor: Barcola is intentionally low-key. The space is simple and inviting, with perhaps a dozen tables and a minimalist decor that might feature vintage Italian posters or a chalkboard with the day's menu. The vibe is *welcoming and relaxed* tastet.ca, far from the bustle of downtown. This is the kind of place where conversations flow easily; the acoustics and mellow background music make it easy to hear your companions. Indeed, Barcola proudly bills itself as a "listening bar" – a restaurant where you can actually talk. They even dim the music when the room is full to keep noise levels conversation-friendly. **Business meeting suitability:** For a more informal business lunch or a one-on-one meeting, Barcola is fantastic. It offers a *homey address where you can hear yourself talk* tastet.ca – ideal for a brainstorming lunch with a colleague or a casual check-in with a client you know well. The personal touch here is significant: you'll likely be served by the owner or chef themselves, and they'll never rush you out. That said, because of the intimate size, Barcola is best for small parties (2-4 people). It's also a nice change of pace if you've been meeting in corporate boardrooms all week; the cozy setting can put people at ease. **Price range:** \$\$ (moderate; lunch prix-fixe is common, e.g. soup + main for around \$20). Considering the quality and quantity – Italian portions! – it's great value. **Noteworthy dishes:** Since the menu changes daily, there isn't one single dish to recommend, but the *risottos* and *gnocchi* (when available) have a devoted following. Everything is made with authentic Italian ingredients and techniques. Also worth noting: they have a small but excellent wine selection, primarily Italian, if a glass at lunch is in order. **Amenities:** No special high-tech amenities here – Barcola keeps it old-school. No Wi-Fi advertised, and you won't find private rooms. What you do get is an attentive service that can adjust the pacing of the meal if you mention you're on a schedule. Reservations are a good idea since seating is limited. The staff's English and French are fluent (plus Italian, of course), which can be useful if you're hosting someone more comfortable in one language or the other.

Cafeden (Little Italy)

Up in **Little Italy**, many spots vie for attention with neon signs and bustling terraces – but **Cafeden** stands out as a *quiet treasure* perfect for a low-key business lunch. Situated at **6576 Boulevard St-Laurent**, just a bit north of the main Little Italy strip, Cafeden is a family-run Vietnamese restaurant that has earned cult status among locals. **Cuisine:** Vietnamese cuisine with a northern twist, served in a *tapas-meets-bistro* style. It's one of those "nice, good and cheap" restaurants that foodies adore tastet.ca. On the menu you'll find favorites like imperial rolls, flavorful **pho** soup (occasionally as a special), and aromatic curries. However, the stars of the show – as any regular will tell you – are the **green papaya salad** and the **soy and honey glazed chicken wings**, reputedly some of the best in the city tastet.ca. Portions are ideal for sharing a few plates, which can be a fun approach for a lunch meeting as everyone gets to try a bit of everything. **Atmosphere & décor:** True to its name, Cafeden has

a café-like intimacy. The decor is *minimalist*, featuring clean lines, simple wooden tables, and subtle nods to Vietnamese culture without any kitsch tastet.ca. Thanks to this simplicity, it feels like a calm retreat. On a typical afternoon, you might hear soft Vietnamese or French music playing quietly. The owners – a charming couple – often greet patrons and ensure everyone is comfortable, adding to the welcoming vibe. It's easy to carry on a conversation here; *unless there's a rowdy group, you'll be able to hear each other* just fine tastet.ca. **Fit for business:** Cafeden is great for a casual business lunch, especially if you're in the Mile-Ex/Little Italy area or meeting with a colleague who loves discovering hole-in-the-wall eateries. It's unpretentious, so it might not be the spot to impress a conservative client with upscale tastes, but it's perfect for a brainstorming session or a meet-up with a colleague you know well. The bar seating along the open kitchen is actually a fun spot to sit with a partner and chat while watching the chefs "waltz about" preparing dishes tastet.ca. This can even serve as an icebreaker if your guest is a foodie. **Price range:** \$ (inexpensive; you can easily have a satisfying meal for \$15-20 per person, which is rare for sit-down restaurants). **Highlights:** Definitely order the papaya salad – it's crisp, refreshing, and generously portioned, excellent for sharing. The chicken wings are another *must-try*, perfectly balancing sweet and savory (you might find yourselves ordering a second plate). They also have daily specials, often reflecting seasonal ingredients or Vietnamese street food staples not on the regular menu. **Amenities:** Being a small establishment, Cafeden doesn't offer much in terms of tech or private space. It's all about the food and friendly service. However, it is licensed, so you can enjoy a beer or a glass of wine. In fact, the texturally rich dishes pair nicely with a light white wine, and they do have a little wine list. Service is quick – important if you have a tight schedule – and you'll often see nearby business folks in and out within an hour. If you have a bit more time, you can linger over a Vietnamese coffee (served with the traditional slow drip filter) for a sweet end to your meeting.

Chez Lévêque (Outremont/Laurier Avenue)

A short trip from downtown to the Uptown **Outremont** area (or a quick hop from the Plateau) brings you to **Chez Lévêque**, a Parisian-style bistro that has been a fixture of Laurier Avenue West for decades.

Location: 1030 Ave Laurier Ouest, at the corner of Laurier and Durocher, in a charming, tree-lined part of town. Established in the 1970s (originally as Le Paris until the name change to Chez Lévêque), this restaurant is a veritable *institution of Montréal dining* blog.mtl.org. **Cuisine:** Classic French bistro fare, executed consistently well. The extensive menu truly "keeps it classic," offering everything from **bouillabaisse** to **foie gras terrine**, **oysters on the half shell**, blood sausage, steak tartare, and more blog.mtl.org. At lunch, you'll find approachable prix fixe options alongside à la carte choices like croque-monsieur, salads, and the plat du jour. It's the kind of menu where you might spot a well-known lawyer having his usual bavette steak, while at the next table an artist enjoys French onion soup and a glass of Beaujolais. **Atmosphere & décor:** Think retro French charm: black-and-white tiled floors, a long zinc bar, and mirrored walls that reflect the soft glow of globe lamps. There's a casual elegance here – white tablecloths and polished cutlery, but also a convivial, unhurried air. Many of the waiters have worked here for years, adding to the authentic French service feel. The dining area is sectioned into a few small rooms, which helps keep noise at a pleasant murmur. This layout also provides a sense of seclusion; you're not in a vast hall, but rather a cozy corner bistro. **Why it's great for business:** Chez Lévêque is

ideal for when you need a **quiet, dignified setting** to talk shop. It's popular for business lunches among professionals in the area (and a destination for those from downtown seeking a change of scenery). You can count on being able to hear your companions – indeed, the restaurant prides itself on allowing conversation to flourish. It's easy to imagine negotiations or interviews happening here over a two-martini lunch. The service is professional and timed well; they know many people come on a limited break and they adjust accordingly. Also, the bistro setting can lend a slightly formal tone to your meeting without feeling intimidating. **Price range:** \$\$ (mid-range; lunch mains typically in the \$18–\$25 range, with a two-course lunch special often available). **Noteworthy dishes:** The **oyster platter** makes a great starter if you're looking to impress (and yes, some do indulge even at lunch). The bouillabaisse (a traditional Provençal fish stew) is a standout – rich and aromatic. Also notable is the *boudin noir* (blood pudding) for adventurous eaters, and the steak-frites which is classic and perfectly done. For dessert or a mid-day pick-me-up, their *crème brûlée* has a loyal following. **Amenities:** While there are no projectors or meeting rooms here, the restaurant does have a lovely sidewalk terrace in summer – useful if you prefer an outdoor meeting. They accept reservations and you can often request a specific quieter section if you know you'll be discussing something sensitive. Another business-friendly feature: it opens early and stays open through the day, so if you have a very late lunch or an odd time to meet, they can likely accommodate (Chez Lévêque is known for serving all day, from morning coffee to late-night supper). Parking on Laurier can be tricky, but it's easily accessible by public transit or a quick cab from downtown.

Now that we've explored each venue in detail, the table below provides a quick comparison of these hidden gems. You can scan for the neighborhood, cuisine type, price range, and key business-friendly features to decide which spot best fits your next meeting's needs.

Montreal Business Lunch Gems: Quick Comparison

Restaurant (Neighborhood)

Cuisine

Price

Business-Friendly Features

Île de France (Downtown)

Modern French

\$\$\$

9th-floor Art Deco venue; quiet elegant ambiance; refined cocktails mtl.org; ideal for private discussions.

Hiatus (Downtown)

Japanese-Fusion

\$\$\$

46th-floor panoramic views mtl.org; private meeting rooms mtl.org; impeccable service in a sophisticated setting.

Jatoba (Downtown)

Japanese Bistro

\$\$\$

Lush interior with plants & lanterns blog.mtl.org; popular with locals for business lunches blog.mtl.org; shareable upscale menu, summer terrace available.

Le Pois Penché (Downtown)

French Brasserie

\$\$-\$\$\$

Parisian bistro vibe; spacious neoclassical dining room; **private wine cellar room** (20-70 ppl) for group events blog.mtl.org; classic menu to please all.

Café Parvis (Downtown)

Café (Salads/Pizzas)

\$-\$\$

Lush plant-filled space, warm atmosphere tastet.ca; generally quiet for conversations; **rentable conference rooms** upstairs montrealcentreville.ca; free Wi-Fi.

LOV (Old Montreal)

Vegetarian/Vegan

\$\$

Bright, high-ceilinged décor blog.mtl.org; healthy menu (appeals to all diets); group menus available blog.mtl.org; multiple locations (consistency).

Graziella (Old Montreal)

Upscale Italian

\$\$\$

Chic, impressive decor ideal for clients [tastet.ca](#); quiet, chef-owned (personal touch); highly rated Italian cuisine (osso buco & fresh pastas).

Crew Collective (Old Montreal)

Café & Bakery

\$

Stunning historic bank setting; **fast Wi-Fi, many outlets** [postcard.inc](#); informal meeting-friendly; rentable private vault rooms; order-from-table convenience.

Barcola Bistro (Mile End)

Northeast Italian

\$\$

Cozy "listening bar" – very quiet environment [tastet.ca](#); daily-changing menu (fresh variety); homey service, great for small casual meetings.

Cafeden (Little Italy)

Vietnamese Bistro

\$

Minimalist, calm atmosphere [tastet.ca](#); reasonably priced (easy on budgets); renowned papaya salad & wings (local talking point); quick, friendly service.

Chez Lévêque (Outremont)

Classic French Bistro

\$\$

Timeless Parisian ambiance; multiple small dining rooms keep noise low; an established business lunch spot (reliable service); broad menu of French classics [blog.mtl.org](#).

Each of these restaurants showcases a different side of Montreal's culinary scene, but all share a common trait: they provide an environment where business can be conducted seamlessly alongside great food. Whether you need a high-profile venue to impress, or a laid-back cafe for a creative brainstorm, Montreal's neighborhoods have a *hidden lunch spot* that fits the bill. By venturing beyond the obvious choices, you'll not only enjoy better conversation (no shouting over tourist crowds!) but also support the local gems that Montreal professionals cherish.

Conclusion: The next time you're scheduling a midday meeting or client lunch in Montreal, remember that ambiance and setting can be just as important as what's on the plate. The restaurants above offer

the trifecta of delicious cuisine, conducive atmosphere, and thoughtful extras that turn a meal into an opportunity. Explore by neighborhood, and you might find that your favorite new meeting spot is one you hadn't heard of until now. Bon appétit – and good luck with that meeting!

Sources

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About 2727 Coworking

2727 Coworking is a vibrant and thoughtfully designed workspace ideally situated along the picturesque Lachine Canal in Montreal's trendy Griffintown neighborhood. Just steps away from the renowned Atwater Market, members can enjoy scenic canal views and relaxing green-space walks during their breaks.

Accessibility is excellent, boasting an impressive 88 Walk Score, 83 Transit Score, and a perfect 96 Bike Score, making it a "Biker's Paradise". The location is further enhanced by being just 100 meters from the Charlevoix metro station, ensuring a quick, convenient, and weather-proof commute for members and their clients.

The workspace is designed with flexibility and productivity in mind, offering 24/7 secure access—perfect for global teams and night owls. Connectivity is top-tier, with gigabit fibre internet providing fast, low-latency connections ideal for developers, streamers, and virtual meetings. Members can choose from a versatile workspace menu tailored to various budgets, ranging from hot-desks at \$300 to dedicated desks at \$450 and private offices accommodating 1–10 people priced from \$600 to \$3,000+. Day passes are competitively priced at \$40.

2727 Coworking goes beyond standard offerings by including access to a fully-equipped, 9-seat conference room at no additional charge. Privacy needs are met with dedicated phone booths, while ergonomically designed offices featuring floor-to-ceiling windows, natural wood accents, and abundant greenery foster wellness and productivity.

Amenities abound, including a fully-stocked kitchen with unlimited specialty coffee, tea, and filtered water. Cyclists, runners, and fitness enthusiasts benefit from on-site showers and bike racks, encouraging an eco-conscious commute and active lifestyle. The pet-friendly policy warmly welcomes furry companions, adding to the inclusive and vibrant community atmosphere.

Members enjoy additional perks like outdoor terraces and easy access to canal parks, ideal for mindfulness breaks or casual meetings. Dedicated lockers, mailbox services, comprehensive printing and scanning facilities, and a variety of office supplies and AV gear ensure convenience and efficiency. Safety and security are prioritized through barrier-free access, CCTV surveillance, alarm systems, regular disinfection protocols, and after-hours security.

The workspace boasts exceptional customer satisfaction, reflected in its stellar ratings—5.0/5 on Coworker, 4.9/5 on Google, and 4.7/5 on LiquidSpace—alongside glowing testimonials praising its calm environment, immaculate cleanliness, ergonomic furniture, and attentive staff. The bilingual environment further complements Montreal's cosmopolitan business landscape.

Networking is organically encouraged through an open-concept design, regular community events, and informal networking opportunities in shared spaces and a sun-drenched lounge area facing the canal. Additionally, the building hosts a retail café and provides convenient proximity to gourmet eats at Atwater Market and recreational activities such as kayaking along the stunning canal boardwalk.

Flexible month-to-month terms and transparent online booking streamline scalability for growing startups, with suites available for up to 12 desks to accommodate future expansion effortlessly. Recognized as one of Montreal's top coworking spaces, 2727 Coworking enjoys broad visibility across major platforms including Coworker, LiquidSpace, CoworkingCafe, and Office Hub, underscoring its credibility and popularity in the market.

Overall, 2727 Coworking combines convenience, luxury, productivity, community, and flexibility, creating an ideal workspace tailored to modern professionals and innovative teams.

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