

INSPIRATIONAL EATS

Throughout most of the COVID-19 pandemic, restaurants have only been able to provide take-out and delivery service. For individuals with special needs, services like curbside pickup have been most convenient. Naturally, home delivery is even more convenient.

Here are some dining tips.



La Cage - Brasserie sportive's Salmon poke bowl.

by *Mike Cohen*

La Cage - Brasserie sportive's take-out service has become a true discovery for diners. In the winter of 2020, just a few weeks before the COVID-19 pandemic hit, I was so excited to attend the grand opening of the new La Cage - Brasserie sportive (www.cage.ca) at the former P.F. Chang's location at rue des Jockeys near Decarie Blvd.

Formerly known as La Cage aux Sports, the two-level, 317-seat restaurant barely had a chance to attract a following and showcase its \$1.5-million makeover before shutting its doors.

Groupe Sportscene president and CEO Jean Bédard slowly began to open the 37 La Cage properties in Quebec last June. The company also owns breakfast restaurant L'Avenue on the South Shore, P.F. Chang's at Carrefour Laval and Moishes Steakhouse. The latter just had its iconic property on St. Laurent Blvd. sold. It will resurface sometime after the pandemic is over at a new venue.

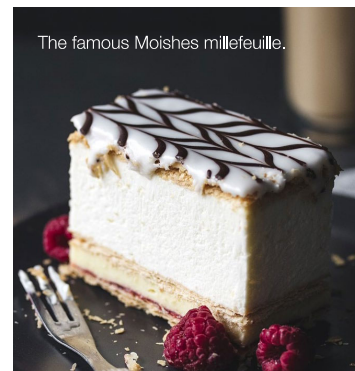
La Cage has transitioned marvelously to the present situation by launching "La Cage chez vous," an enhanced offering of delivery, take-out and ready-to-cook meals.

For my mother-in-law and father-in-law, bag number one was dropped off containing a Blitz (100 percent Canadian beef patty) with lettuce, tomato, red onion and mustard only, and a fresh Atlantic salmon, served with croutons. They were pleasantly surprised, so much so that they will order the exact same things next time. In

my household, we ordered an appetizer of three lobster tacos, a green salad, two salmon poke bowls and a salmon tartare meal, coming with fries and a salad.

We miss a lot of things about Moishes, so it was a treat to order the famous Moishes millefeuille for dessert. The tacos were fantastic, so it was a pleasant surprise to be treated with some ready-to-cook kits created by executive chef Louis-François Marcotte! ■

The famous Moishes millefeuille.



La Cage - Brasserie sportive Decarie is located at 5485 rue des Jockeys, Montreal, QC H4P 2T7.

Hours of operation are Monday to Friday (11 am to 11 pm) and Saturday and Sunday (4 pm to 11 pm). You can order via lacagechezvous.com, ubereats.com or doordash.com or call (514) 731-2020. And the entrance is perfectly placed for curbside pick-up.



The American

Petinos for breakfast and lunch

One of the things I have really missed since the pandemic started is a good early-morning breakfast at some of my favourite restaurant spots. I jumped at the offer to drop by Petinos in the Sainte-Dorothée district of Laval for a pick-up before reporting to work recently.

There are 17 Petinos franchises in Quebec. Harry Sikellis owns the Laval, Charlemagne and Dollard des Ormeaux locations. The Laval restaurant is open daily from 8 am to 3 pm for breakfast and lunch pick-up and delivery orders. Charlemagne (near

Terrebonne) and DDO have the same hours, but are only open Friday, Saturday and Sunday. Curbside pick-up is available at all of them.

Here is my advice: treat yourself to breakfast first. I enjoyed my combo selection called "The American," which included two eggs over-easy, a prime AAA 10-ounce sirloin steak, tomatoes, onion, pickles, home fries, baked beans, toast and coffee. Once I was there, I also ordered something to place in my fridge for lunch. The smoked salmon platter included a nice serving of smoked salmon, a bagel, cream cheese, tomatoes, capers, onions, asparagus, sliced

olives and lemon. I added in a fruit cup. For dessert, I ordered the Montérégie, half waffle with English cream, Nutella and Oreo crumbles. Wow! ■

Check out the Laval, Charlemagne and Dollard des Ormeaux locations in particular.

Laval: 540 Autoroute 13, (450) 689-5444; Charlemagne: 65 rue Émile-Despins, (450) 654-6866; DDO: 3520 Sources Blvd, (514) 685-1161. Order via UberEats and DoorDash for all locations and SkipTheDishes in Laval and DDO.

For more information: www.petinos.ca.