

Mythik lights up the culinary scene at the Bell Centre for game and concert nights

MtlRestoRap

MIKE COHEN

Mythik, a trendy restaurant-bar opened in the fall of 2019 at the Bell Centre. It is open only to ticket holders on Montreal Canadiens game nights, concerts and other special events. The 250-seat venue is located in the former Musée des Canadiens space via the Cour Rio Tinto or Gate 2. From there it is a short walk down a stairway to an absolutely beautiful and chic private lounge-like atmosphere outfitted with comfortable tables and bar.

The “market to table” à la carte menu offers a selection of individual dishes, all beautifully designed to highlight local Montreal products, signature cocktails and a selection of 800 wine bottles. The Ancestral VQA Hinterland Sparkling Wine is a popular choice for folks who want that champagne taste.

Yves Lowe is the culinary genius behind Mythik and the four other Bell Centre sit down dining establishments: 9-4-10 Steakhouse, Canti Osteria, Bazarette and longtime mainstay La Mise Au Jeu. Lowe is now planning for a sixth restaurant. Le Parterre will open for



the 2025-26 season, reserved for ticket holders in a specific section near ice level and costing between \$20,000 to \$29,000 per ticket.

For hockey games, Mythik opens its doors at 4:30 pm. Diners can go their seats when the contest begins and return for dessert, coffee or more of their meal during two intermissions. Some people enjoy the ambiance here so much that they continue to sample the cuisine well into the first period. Now remember, without a ticket you cannot gain access to this or any other of these restaurants within the Bell Centre. For concerts and other shows, of course, the timing might be completely different with a 5 pm opening.

Sharing here is a lot of fun. When I saw the word “Nordiques” on the menu, my first thought was “Good for the Canadiens to do their part to bring the Quebec Nordiques back.” Indeed, on the appetizer section there is an item called “Crevettes Nordiques.” These are crispy tacos with Nordic shrimp, Cajun coriander and corn. Truly delicious! The burrata salad, with mushrooms, walnuts and gremolata, hit the spot and who doesn’t love a dozen oysters with mignonette? Also looking tasty is the focaccia bar with caramelized onion butter, truffled popcorn, mozzarella frite as well as smoked meat or tuna tartare.

For the main courses, we eyed the lamb shank and the lobster risotto. The former was cooked for three hours, seared and comes with confit carrot, spelled, apricot, burnt onion and caraway crumble.



Mythik is located in the Bell Centre and available for selected ticket holders

You can also share a 44-ounce tomahawk steak or enjoy some lasagna, ramen carbonara, black cod or roast beef.

As for the desserts, new on the menu is carrot bread pudding, with sticky caramel and cream cheese and a strawberry shortcake, a vanilla sponge cake with sweet ricotta and strawberry coulis. The traditional favorite here remains chocolate mousse, hazelnut, chocolate cream, crumble and salt flour.

This marks Lowe’s eighth year at the helm at the Bell Centre. He is proud to promote Mythik for having a “farm to table” à la carte menu featuring a selection of individual plates, all beautifully created to highlight some of Montreal’s best local products.

For more information and to make reservations go to <https://centrebelle.ca/en/restaurants/mythik> or call (514) 492-1775.

Mike’s Resto Notes: Restaurant Bonaparte marks 40 years of success in Old Montreal

Located in a historic building on rue Saint-François-Xavier and next door to the Centaur Theatre in Old Montreal, fine French cuisine Restaurant Bonaparte (www.bonaparte.com) turned 40 in March. It was wonderful to dine there again recently.

Recognized as one of Open Table’s top 100 romantic restaurants, Bonaparte is a culinary institution for theatregoers, tourists and international stars. The restaurant was founded in 1984 by Louis H Ladouceur when Montreal’s Old Port was not the tourist magnet it is today. General Manager Martin Bédard got his start here as a bus boy when he was 19.

The restaurant seats 112, including seven at the bar, and offers three dining rooms with three different atmospheres, including La Verrière, a small 20-seat room that can be used for special events. They do have a theatre menu, featuring a three-course table d’hôte from 5:30 to 6:30 p.m.

My guest and I opted in favor of the tasting menu. Our server Mathieu guided us through the selections. We started off with piping hot bowls of lobster bisque, enhanced with ginger. Next came homemade smoked salmon, served with truffle oil for me and Duck foie gras crème brûlée, with sautéed apples for my friend.

I then opted for the shrimps and scallops, flavored with vanilla; while my friend chose the trademark mushroom ravioli perfumed with fresh sage. It was then time for the main course. For me, the breast of duck, flavored with maple syrup and wild berries, was an easy choice. This is not an item you see on many restaurant menus. My companion enjoyed the roasted rack of lamb and port wine jus. So how do you top this all off? The decadent lime pie and maple cheesecake were worthy conclusions to a sumptuous meal. Oh yes, let me add that the tasting menu includes the option of a wine pairing for each item. Frederic is the mixologist on staff and the team here raves about his work. I second the motion!

REDEFINING THE DEPANNEUR: What do you get when you mix the concept of Whole Foods, the major grocery store chain noted for its organic and healthy products, with a convenience shop format? It is KaleMart24, the brainchild of Oussama (Sam) Saoudi. The new pioneering natural convenience store chain unveiled its first store at the Berri-UQAM metro station in early March. A second locale followed at the Jarry Metro with a prime location across from the Bell Centre slated for June. I stopped by for a visit upon the



Photo: Glenn J. Nashen

The breast of duck is a house favorite

invitation of operations director Ryann Goldstein and once inside I was blown away by what I saw at this innovative store concept which promises to redefine convenience shopping while promoting health-conscious lifestyles. For more details, including looking into a franchise, go to www.kalemart24.com

Follow Mike Cohen’s culinary adventures at www.MtlRestoRap.com. E-mail him at info@mikecohen.ca