

# BONNYS VEGETARIAN & ORGANIC CUISINE

By Mercedes Picot

On the antique-store strip of trendy Notre-Dame Street West, one wouldn't be surprised to stumble upon the odd treasure. Just a few blocks west of Guy, nestled among an eclectic mix of stores where you can find everything from luxury antiques to bizarre kitsch, you'll find Bonnys Restaurant. And nothing short of a gastronomical treasure it is. A friendly and fully bilingual waitress greets and seats you in the warm and welcoming dining area where you'll find yourself surrounded, like the menu itself, with elements of Nature.



Bonnys is the brainchild of award-winning cooking instructor and gourmet chef Bonnie Tees. After culinary apprenticeships at both the New York's Natural Gourmet Institute and Switzerland's International Macrobiotic Institute, Bonnie worked with some of the most celebrated vegetarian chefs in the U.S. and Europe. Upon her return to Canada, Ms. Tees transformed her gourmet catering service in 2004 into the first Bonnys, one of Montreal's premiere, organic, whole foods restaurants. The current location, at 1748 Notre-Dame O. is open for lunch and dinner 6 days a week (closed Sundays). Bonnys specializes in homemade gourmet vegetarian and vegan World Cuisine promising diners 90-95% organic ingredients. The eclectic mouth-watering menu is generously sprinkled with delicious Mexican Appetizers and Entrees. Many lunch and dinner selections can be adapted to Gluten-Free and Vegan to happily accommodate hard to feed diners such as myself.

The carafe of water with fresh lemon slices on each table offers a nice complementary addition to the impressive beverage choices offered at Bonnys. Drink options include a selection of Micro-Brewery beers (some without gluten), organic wines, fresh-pressed juices, bottled drinks such as Kombucha, Soya milk, a large selection of organic coffees, and herbal teas.

Before the ecstasy of consuming your meal, you'll have to endure the agony of actually making a selection from the elaborate and appetizing menu. For starters, Bonnys offers up some tasty staples such as veggie pâté, hummus, quesadillas, and for a great price, nachos with salsa and avocado. You'll find a large assortment of interesting burgers and platters, soups and sandwiches, vegetarian lasagne and black bean chilli. There are tempeh dishes, empanadas, a Japanese soba noodle stir fry and many other ethnic delicacies as well as an impressive selection of salads. All of the mouth-watering dishes are handmade fresh daily in Bonnie's kitchen using the freshest organic ingredients.

After enjoying a chilled brew, my partner tucked into the Mediterranean Stew, the evening's special which emerged from the kitchen in double quick time. The stew was served over couscous and accompanied by a delicious pea soup and fabulous side salad.

The same green salad dressed with Bonnie's savoury house dressing fortunately appeared on my mixed salad platter along with Japanese rice noodles and quinoa tabouli.

You don't have to be a committed vegetarian or vegan to enjoy food of this calibre. Healthy, low-fat and cholesterol-free never tasted so good and I for one will be coming back for more!

Next time, I'll make sure and leave room in my tummy to indulge in desert. The delectable choice on offer featured Carrot cake, Black Forest cake, chocolate mousse, rice pudding and Bonnie's formidable El Muerte Brownie.

If you're in a hurry or simply anticipating tomorrow's lunch or dinner, you can pick-up a few of the take-away options offered in the freezer section such as Bonnys' take-out chilli and lasagne. In addition, you can chose from an array of organic cakes, cookies, and puddings to bring home for sharing or savouring later.

Around \$30. for 2 people for dinner without alcohol.

**Reservations** are accepted for lunch and dinner six days a week (barring any special events) for seating any time between 11:30 and 8:00 pm (closed Sundays). Bonnys also offers catering. Call 514.931.4136 or Email [info@bonnys.ca](mailto:info@bonnys.ca)

**Location:** Bonnys is conveniently located at **1748 Notre-Dame St W.** on Montreal's antique row.

**Hours:** Monday to Friday: 11:30am to 9pm  
Saturday: noon to 9pm  
Sunday: Closed

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