



Menu

Sonnys Bistro Lunch Restaurant Montreal

Sonnys Bistro Poke Salads Sandwiches Pasta & Pizza, 4048 Rue Jean-Talon O, Montréal, QC H4P 1V5, Canada | (514) 764-9676

Most Ordered



Grilled Cheese / Fromage grillé

CA\$9.00

Two cheeses grilled to perfection, and caramelized onions. / Sandwich au fromage grillé



Philly Steak / Steak Philly

CA\$16.50

Caramelized onions, romaine lettuce, pickled eggplant, bomba mayo, secret sauce, mozzarella / Oignons caramélisés, laitue romaine, aubergines marinées, mayo bomba, sauce secrète, mozzarella



Salmon Poké / Poké saumon

CA\$18.50

Crispy rice, edamame, cucumber, pineapple, roasted corn, green onion, citrus sesame dressing, homemade poke sauce, poke drizzle, sprinkled with black sesame seeds



Omelette Creation / Omelette Création

CA\$10.00

Omelette with 3 toppings of your choice / Omelette with 3 toppings of your choice



Chocolate Covered Almonds / Amandes recouvertes de chocolat

CA\$5.00

Chocolate covered almonds



Mixed Nuts / Noix mélangées

CA\$5.00

Mixed Nuts



Chicken Poké / Poké au poulet

CA\$18.50

Mandarin oranges, crispy rice, green onion, fried onions, sweet soy sauce, pineapple, shredded carrots, cucumber, homemade poke sauce, poke drizzle, sprinkled with black sesame seeds

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Baked Chicken Cutlet Rice Bowl / Bol de riz et escalope de poulet au four **CA\$12.50**

Tender baked chicken cutlet over rice, drizzled with a creamy sauce and garnished with shredded purple cabbage.



Smoked Salmon on a Toasted Bagel / Saumon fumé sur bagel grillé **CA\$12.50**

Cream cheese, capers, tomatoes, green onion / Fromage à la crème, câpres, tomates, oignon vert

Omelette Sub/Wrap / Omelette Sub/Wrap

CA\$12.00

Omelette Sub/Wrap with cheese, mushrooms, green onion, red pepper, zesty mayo / Omelette Sub/Wrap with cheese, mushrooms, green onion, red pepper, zesty mayo

Breakfast - All Day / Déjeuner



Toasted Bagel / Bagel grillé

CA\$4.00+

Toasted Bagel with butter or cream cheese / Toasted Bagel with butter or cream cheese



Smoked Salmon Omelette / Omelette au saumon fumé

CA\$12.00

Smoked salmon omelette with two cheeses, tomato and green onions / Omelette au saumon fumé aux deux fromages, tomate et oignons verts



Omelette Creation / Omelette Création

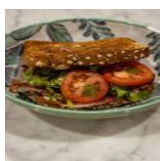
CA\$10.00

Omelette with 3 toppings of your choice / Omelette with 3 toppings of your choice

Omelette Sub/Wrap / Omelette Sub/Wrap

CA\$12.00

Omelette Sub/Wrap with cheese, mushrooms, green onion, red pepper, zesty mayo / Omelette Sub/Wrap with cheese, mushrooms, green onion, red pepper, zesty mayo



BLT / BLT

CA\$10.00

Toasted brown bread, bacon, lettuce tomato, mayo and herb drizzle / Pain brun grillé, bacon, laitue tomate et filet de mayo aux herbes

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E-BLT / E-BLT

CA\$10.50

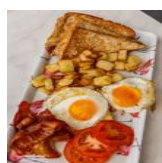
Toasted brown bread , sunny Egg, bacon, lettuce, tomato, mayo and herb drizzle / Pain brun grillé, ouf miroir, bacon, laitue, tomate et filet de mayo aux herbes



Croissant with egg, cheese and bacon / Croissant ouf, fromage et bacon

CA\$11.00

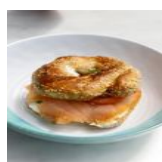
Croissant with egg, cheese, bacon, lettuce, tomato, mayo / Croissant avec ouf, fromage, bacon, laitue, tomate et mayo



Breakfast platter / Plateau déjeuner

CA\$15.00

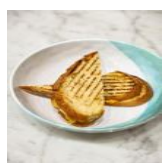
Eggs any style (2), bacon (4), Toast (2), potatoes, sliced tomato / Oufs à votre goût (2), bacon (4), rôties (2), pommes de terre, tomates tranchées



Smoked Salmon on a Toasted Bagel / Saumon fumé sur bagel grillé

CA\$12.50

Cream cheese, capers, tomatoes, green onion / Fromage à la crème, câpres, tomates, oignon vert



Grilled Cheese / Fromage grillé

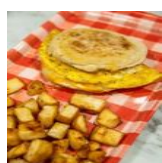
CA\$9.00

Two cheeses grilled to perfection, and caramelized onions. / Sandwich au fromage grillé

Egg White Omelette Creation / Omelette de blanc d'ouf Création

CA\$13.00

Egg white omelette with 3 toppings of your choice / Omelette aux blancs d'oeufs avec 3 garnitures au choix



English muffin egg combo / Combos muffin anglais et ouf

CA\$9.00

English muffin egg combo with caramelized onions, mayo, and a side of potatoes / Combos muffin anglais et ouf avec oignons caramélisés, mayonnaise et un accompagnement de pommes de terre



Croissant with egg and cheese / Croissant ouf et fromage

CA\$10.50

Croissant with egg, cheese, lettuce, tomato, mayo / Croissant avec ouf, fromage, laitue, tomate et mayo



Toast / Rôties

CA\$2.00+

Toast with butter / Toast with butter

Menu Sonny's Bistro Lunch Restaurant Montreal



Avocado Toast / Rôties aux avocats

CA\$7.50+

Avocado Toast / Avocado Toast

Smoothies / Smoothies



Yellow / Jaune

CA\$9.00

Peach, mango, pineapple and orange juice



Pink / Rose

CA\$9.00

Banane, fraises et jus d'orange



Blue / Bleu

CA\$9.00

Blueberries, bananas, coconut water or orange juice / Bleuets, bananes, eau de coco ou jus d'orange



Green / Vert

CA\$9.00

Kale, ananas, avocat, eau de coco ou jus d'orange



Red / Rouge

CA\$9.00

Strawberries, pineapple, raspberries and orange juice / Fraises, ananas, framboises et jus d'orange

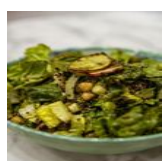
Salads / Salades



Chopped Salad / Salade Chopped

CA\$15.00

Carrots, cabbage, broccoli, chickpeas, roasted corn, chopped kale and romaine, apple cider homemade dressing / Carottes, chou, brocoli, pois chiches, maïs rôti, chou frisé et romaine hachés, vinaigrette maison au cidre de pomme



The Green Salad / La salade verte

CA\$15.00

Romaine, cabbage, Quinoa, fennel, cucumber, green onion, sliced radish, chickpeas, kale and a homemade green vinaigrette / Romaine, chou, quinoa, fenouil, concombre, oignon vert, radis tranché, pois chiches, kale et une vinaigrette verte maison

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Slim Jim / Slim Jim

CA\$19.00

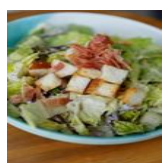
Roasted strips of chicken breast, romaine, red cabbage, cucumber, carrots, broccoli, spicy vinaigrette / Lanières de poitrine de poulet rôties, romaine, chou rouge, concombre, carottes, brocoli et vinaigrette épicée



Your Style Salad / Salade Votre style

CA\$15.00

Romaine, cabbage, and five toppings of your choice and vinaigrette / Romaine, chou et cinq garnitures au choix et vinaigrette



Holly Cesar / Holly Cesar

CA\$15.00+

Romaine, homemade croutons, bacon bits, red cabbage, carrots, homemade Caesar dressing (Kale Cesar available) / Romaine ou kale, croûtons maison, miettes de bacon, chou rouge, carottes, vinaigrette César maison

Kitchen Sink / Kitchen Sink

CA\$15.00

Romaine, red cabbage, cucumber, chickpeas, broccoli, cherry tomatoes, shredded carrots, mandarins, sunflower seeds and homemade apple cider vinegar dressing / Romaine, chou rouge, concombre, pois chiches, brocoli, tomates cerises, carottes râpées, mandarines, graines de tournesol et vinaigrette maison au vinaigre de cidre

Poké Bowls / Poké Bowls



Flaked Tuna Poké / Poké au thon épicé

CA\$18.50

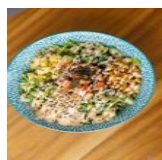
Crispy onions, pineapple, cucumber, fennel, radish, peppers, jalapeño slices, homemade poke sauce, poke drizzle, sprinkled with black sesame seeds



Chicken Poké / Poké au poulet

CA\$18.50

Mandarin oranges, crispy rice, green onion, fried onions, sweet soy sauce, pineapple, shredded carrots, cucumber, homemade poke sauce, poke drizzle, sprinkled with black sesame seeds

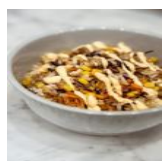


Salmon Poké / Poké saumon

CA\$18.50

Crispy rice, edamame, cucumber, pineapple, roasted corn, green onion, citrus sesame dressing, homemade poke sauce, poke drizzle, sprinkled with black sesame seeds

Rice Bowls / Bols de riz

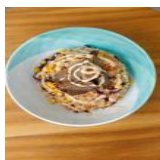


Flaked Tuna Rice Bowl / Bol de riz et thon émietté

CA\$12.50

A mix of fluffy rice, flaked tuna, corn, and vegetables, topped with a drizzle of creamy sauce.

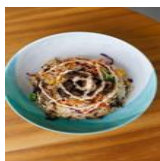
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Steak Rice Bowl / Bol de riz et steak

CA\$13.00

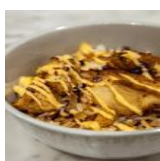
Steak rice bowl / Bol de riz et steak



Loaded Mushroom & Seasonal Veggies Rice Bowl / Bol de riz champignons et légumes

CA\$12.50

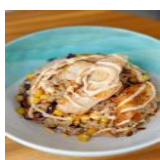
Loaded Mushroom & Seasonal Veggies / Champignons et légumes de saison



Baked Chicken Cutlet Rice Bowl / Bol de riz et escalope de poulet au four

CA\$12.50

Tender baked chicken cutlet over rice, drizzled with a creamy sauce and garnished with shredded purple cabbage.



Grilled Chicken Breast Rice Bowl / Bol de riz et poitrine de poulet grillée

CA\$12.50

Grilled Chicken Breast

Sandwiches / Sandwiches ou Wrap



Philly Steak / Steak Philly

CA\$16.50

Caramelized onions, romaine lettuce, pickled eggplant, bomba mayo, secret sauce, mozzarella / Oignons caramélisés, laitue romaine, aubergines marinées, mayo bomba, sauce secrète, mozzarella

Grilled Chicken / Poulet grillé

CA\$16.00

Caramelized onions, romaine lettuce, marinated eggplant, zesty mayo, secret sauce, mozzarella / Sandwich poulet grillé



Chicken Club / Club au poulet

CA\$16.00

Mozzarella, Lettuce, tomato, bacon, spicy mayo, secret sauce / Club au poulet



Chicken Cutlet / Escalope de Poulet

CA\$16.00

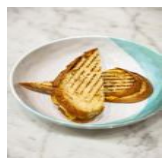
Mozzarella, zesty mayo, bomba, pickled eggplant, lettuce, tomato / Sandwich à l'escalope de Poulet

Menu Sonny's Bistro Lunch Restaurant Montreal



Smoked Salmon on a Toasted Bagel / Saumon fumé sur bagel grillé **CA\$12.50**

Cream cheese, capers, tomatoes, green onion / Fromage à la crème, câpres, tomates, oignon vert



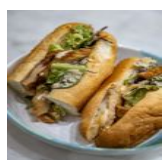
Grilled Cheese / Fromage grillé **CA\$9.00**

Two cheeses grilled to perfection, and caramelized onions. / Sandwich au fromage grillé



Italian Job / Italian Job **CA\$15.00**

Cheese, capocolli, peperoni, turkey, zesty mayo, mustard, BBQ Drizzle, dill pickles, tomato, lettuce, secret sauce / Fromage, capiccoli, peperoni, dinde, mayo piquante, moutarde, filet BBQ, cornichons à l'aneth, tomate, laitue, sauce secrète



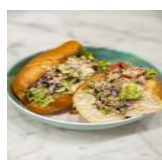
Chicken Cesar / Poulet César **CA\$16.00**

Lettuce, red cabbage, cherry tomato, crispy onions, Cesar dressing Please note: Contains cashews (nuts) in dressing / Poulet César



Sonny's Double Bacon Cheese Burger / Cheeseburger au bacon double **CA\$16.00**

Lettuce, tomato, dill pickles ketchup, mustard, zesty mayo on a brioche bun or wrap / Laitue, tomate, ketchup de cornichons à l'aneth, moutarde, mayo piquante sur un pain brioché ou un wrap



Sandwich Tuna Salad / Sandwich Salade de thon **CA\$15.00+**

Lettuce, cabbage, cherry tomato, green onions. dill pickles, and zesty mayo



Sandwich Veggie Smash / Sandwich Veggie Smash **CA\$16.00+**

Lettuce, cherry tomato, crispy onion, chickpeas, red cabbage, carrots, herbed dressing, zesty mayo

Pizzas (12") / Pizzas



Meat Lovers / Amoureux de la viande **CA\$16.00**

Italian sausage, ham, pepperoni, mushrooms, red pepper, Mozzarella / Saucisse italienne, jambon, pepperoni, champignons, poivron rouge, Mozzarella

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Sonny's Special / Spécial Sonny

CA\$17.00

Philly steak, caramelized onions, capocolli, mushrooms, mozzarella with a touch of spice / Philly steak, oignons caramélisés, capocolli, champignons, mozzarella avec une touche d'épice



BBQ Chicken / Poulet BBQ

CA\$17.00

Caramelized onions, BBQ glaze chicken, bell peppers, green onion, mushroom, mozzarella / Oignons caramélisés, poulet BBQ, poivrons, oignons verts, champignons, mozzarella



Herbed Veggie / Fiesta mexicaine aux légumes

CA\$16.00

Red peppers, corn, chickpeas, green onions, cherry tomatoes, jalapeños, radish, mozzarella / Poivrons rouges, maïs, pois chiches, oignons verts, tomates cerises, jalapeño, radis, mozzarella.



Margarita / Margarita

CA\$13.00

Tomato sauce with Mozzarella cheese / Sauce tomate et fromage Mozzarella



Loaded Pepperoni / Chargée de pepperoni

CA\$16.00

Tomato sauce with Mozzarella cheese, loaded with pepperoni / Sauce tomate et fromage Mozzarella, garnie de pepperoni

Sides & Extras



Cheesy Fries

CA\$7.00

with tomato sauce, herb sauce, mozzarella



Small Salad / Petite salade

CA\$8.00

greens, cucumbers, cherries, carrots, apple cider dressing / légumes verts, concombres, cerises, carottes, vinaigrette au cidre de pomme



Baked Fries

CA\$5.00

with a side of Ketchup

Menu Sonny's Bistro Lunch Restaurant Montreal



Loaded Baked Fries with a Basil and Spicy Sauce Drizzle / Frites cuites au four avec sauce drizzle

Oven-baked fries generously topped with a basil and spicy sauce drizzle.

CA\$6.00

Desserts & Pastries / Desserts



Mixed Nuts / Noix mélangées

Mixed Nuts

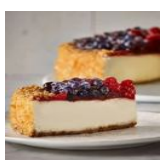
CA\$5.00



Chocolate Covered Almonds / Amandes recouvertes de chocolat

Chocolate covered almonds

CA\$5.00



Cheese Cake of the Day / Gâteau au fromage du jour

Cheese Cake of the day / Gâteau au fromage du jour

CA\$6.00



Muffin of the Day / Muffin

Muffin of the day

CA\$4.00



Croissant / Croissant

Croissant

CA\$3.00



Carrot Cake / Gâteau aux carottes

Gâteau aux carottes

CA\$6.00

Drinks / Breuvages



Sprite / Sprite

Crisp, lemon-lime flavored soda.

CA\$2.00

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Diet Coke / Coke diète

A refreshing, low-calorie cola beverage with a crisp, classic taste.

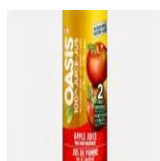
CA\$2.00



San Pellegrino / San Pellegrino

Sparkling natural mineral water, offering a crisp and clean taste with a fine bubble texture.

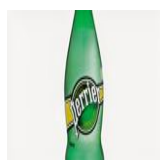
CA\$3.50



Apple Juice / Jus de pommes

Made from concentrated apples, this juice offers a refreshing and natural taste of sweet, ripe apples.

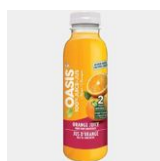
CA\$2.00



Perrier / Perrier

Effervescent sparkling water with a crisp and refreshing taste.

CA\$3.50



Orange Juice / Jus d'orange

Freshly squeezed orange juice, offering a burst of natural citrus flavor.

CA\$2.00

Water Bottle / Bouteille d'eau

A simple, purified water bottle offering hydration.

CA\$2.00



Coke / Coke

A classic carbonated soft drink known for its signature blend of flavors and effervescence.

CA\$2.00