

Food for thought

A hungry student's guide to McGill compiled by Jacqui Galbraith

Segal's
 Segal's is the cheapest option students have found. It looks like a hole in the wall on Saint-Laurent, and boasts around the same variety of cereal. Bring your own bags, because they don't provide any, or grab a free wooden crate on your way out. Also, make sure to use cash because they charge to use debit.

4 Freres
 4 Freres: Open 24 hours. Located at the heart of Saint-Laurent, at Clarke. Expensive, tempting, and perfect for late-night grocery needs, exam-time snacking, or a post-clubbing frozen pizza.

Metro
 In the underground complex Galleries de Parc, one floor down, is Metro. Metro offers a surprising variety of goods, and prices are similar to those at Provigo. What makes Metro special is the SAQ directly across from it. Everything you need in one simple place!

Plateau Provigo
 Plateau Provigo is the fancy Provigo. It has all the perks of the Sherbrooke Provigo but with a classier feel — plus it has a mysterious downstairs.

Toonie Chow
 Looking for a late night snack on your way home? The ever-popular "Toonie Chow" serves \$2 chow mien out of the front window of 3754 St. Laurent. Bonus tip: Ask for a "historian" when you order and you'll get a free spring roll.

Eden
 Eden is expensive, but it's also your one-stop shop for all kinds of fancy groceries you shouldn't be buying. These include seaweed sheets, edamame hummus and high-grade muesli. Eden is conveniently located in Galleries de Parc, at the intersection of Parc and Prince Arthur.

Marche Lobo
 Marche Lobo is the place for your cheap fruits and veggies. Moreover, it sells unusual produce like bok choy. Admittedly, it's not always the best produce, but it is certainly cheap and nearby. You may want to make sure you don't wait too long before eating it though.

Tim Hortons
 If you're looking to get your daily dose of caffeine at the Tim Horton's in the Redpath Cafeteria, make sure to avoid going around the half hour. Leaving your morning class five minutes early may be worthwhile if you want to avoid a 45 minute line-up. The Timmy's on University and Sherbrooke is also a good bet, since it's practically right across campus. Plus, it offers a much wider variety of food options, including soups and sandwiches.



Provigo
 Provigo is solid. It's big enough that you can find what you need, and it offers fairly standard fare. As prices go, it's not incredibly cheap, but it does offer 10% student discounts on Mondays, Tuesdays, and Wednesdays on purchases over \$50. It also provides free delivery of groceries for purchases over that amount, if you don't live within comfortable walking distance of the Sherbrooke location.

Infusion
 Calling all tea lovers! Infusion, the cafeteria in the Strathcona Music building, has a wide assortment of loose leaf teas, blooming teas, and beautiful crystal teapots and tea sets.

Eaton Centre
 If you want to shake things up a little bit without breaking the bank, venture down to the Eaton Centre on St. Catherine's. It boasts an eclectic food court full of options for all tastes and budgets, and the people-watching opportunities are unparalleled.



Frostbite
 Frostbite ice cream parlor is a hidden gem of the engineering world at McGill, and offers two-dollar ice cream on Tuesdays. Located just inside the McConnell Engineering building, through the main entrance and left twice, Frostbite is a great way to beat the heat on campus. Bonus: If you get less than 30% on a midterm, you can drown your sorrows in a frozen treat for free!



Sinfully Asian
 Conveniently located right off of McTavish, in the Bronfman building, Sinfully Asian is definitely the place to get your sushi fix. Prices can be a little steep for some budgets; but if you go towards the end of the day, you might get lucky enough to nab a two-for-one deal.



Photos by Simon

Midnight Kitchen
 Didn't sign up for a meal plan and living on a tight budget? You can always try Midnight Kitchen. This non-profit, volunteer-run food collective provides healthy vegan food by donation every week-day in the Shatner building. The lineup starts around noon; so be sure to bring your own Tupperware and utensils, or rent some for free at the Plate Club!

Super Sandwich
 Super Sandwich is a quick and cheap alternative if you're becoming disenchanted with the circus that is the Arts building Subway. Located in the basement of the Cartier building on Peel (just behind the McGill bookstore), Super Sandwich delivers quality food with startling speed. Prices are extremely reasonable, especially for vegetarian options, and extras like pop or chips come cheap as well.