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The top 12: our critic's favourites

Meals come from traditional shops (Anjou-Québec), caterers (Denise Cornellier) and a rising number of big-name chefs

Ian Perreault Prêts-a-Manger, 1248 Bernard St. W., 514-948-1248. Open: Tuesday to Saturday, 11 a.m. to 8 p.m., www.ianperreault.com. One of the city's top chefs is now focused on take-out. Head here for a simple dinner for one or a feast, and choose every dish from Perreault's refrigerated display case. Don't miss: the shrimp sautéed with paprika, preserved garlic and citrus.