

# Restaurant review Oregano's Grill menu has something to satisfy everyone

By Mike Cohen  
The Suburban

In the three and a half years the very personable Shahidul Alam has owned Oregano's Grill on Somerled Ave. in NDG, he has attracted a very loyal following. That was evident on a recent Sunday evening when my party of four came to dine.

Known for its sumptuous selection of Mediterranean cuisine, Oregano's is also a Bring Your Own Wine establishment. Shahidul is very hands on, taking reservations by phone, greeting customers at the door, visiting each table during and after dinner and working directly with head chef Mohammed in the kitchen.

Oregano's has an impressive menu, from grilled fish entrées such as the very popular Mediterranean sea bass, filet of salmon, tilapia, snapper, porgy, halibut, swordfish, grilled shrimp and pepper crusted tuna. Maritime lobster is available year-round. There are a variety of seafood dishes, such as scallops, calamari, grilled octopus, mussels and fried squid. Meat selections include filet mignon, steak, rack of lamb and veal. There are chicken options and plenty of pasta choices, delicious sides, appetizers and salads. In the latter group, the Mediterranean salad is a big favourite.

We started off by sharing a delicious appetizer of fried zucchini (\$10.95) Our



Owner Shahidul Alam and head chef Mohammed display their very popular Mediterranean sea bass and large shrimp from Thailand.

waitress, Kathleen, brought us a basket of hot bread, showcased the Mediterranean sea bass and shared with us that particular special of the day — \$25.99 for soup, mista salad, a choice of grilled veal chop, rib steak, sea bass, grilled shrimp with vegetables, house potatoes or rice with coffee or tea

The four of us settled on different meal choices: a filet of salmon with rice and

cooked vegetables (\$22.95); a 14-ounce rib steak, with rice and vegetables (\$26.95); five very large grilled shrimp, direct from Thailand, with potatoes and vegetables (\$26.95); and the rack of lamb, with potatoes and vegetables (\$34.95). These entrées came with soup or salad. The vegetable soup was among the best I have tasted in some time, piping hot and made that day with 100 per cent vegetable base. The mista

salad contained tomatoes, cucumbers and a different array of peppers.

I had eaten the lamb here in the past and I was not disappointed with the eight nicely grilled chops on my plate, sprinkled with some oregano and rosemary, with a large bowl of peppercorn sauce on the side. The potatoes here are cooked in the oven and then roasted, with some spices added in. They cut like butter.

We did save room for dessert, deciding to share a delicious piece of chocolate cake (\$6.95). Other choices include apple pie, Bailey's cheesecake and ice cream.

Shahidul is proud to say he has a very loyal clientele of regulars, some of whom come a few days a week. Many call ahead on their way home from work for a pickup order.

"We are very health conscious here in the way in which our meals are prepared," he says. "We constantly have fresh supplies of food coming in."

**The restaurant is located at 6535 Somerled Ave., near Cavendish Blvd. Open Tuesday through Saturdays from 11:30 a.m. to 10 p.m. and Sundays and Mondays from 4:30 to 10 p.m. Reservations are strongly recommended for the weekends. For more information call 514-487-8541. A menu can be accessed at [www.oreganosgrill.com](http://www.oreganosgrill.com)**

EXPERTORIAL

## Sandra's strategies for life and well-being



By Sandra Reich M.Ed.  
Clinical Director of The Montreal  
Center for Anxiety and Depression.

Hello there!

A theme that comes up often at The Montreal Center for Anxiety and Depression with not only anxiety but with life challenges is :

### Where do you draw the line?

This question can define so much of your life. Many of us are not clear on where the line is. Having a line is a boundary and having a boundary is absolutely necessary to commanding respect and being taken seriously. It is also an important self-care concept that will protect you from the dreaded "selling of your soul", that if done repeatedly, ultimately leads to anxiety and depression at the minimum. Take a moment now and think about where you draw the line in your marriage, with your children, with your friends, in business, with caretaking a loved one and in life in general.

**That is step one:** know your limits and live true to them. Of course the next question often asked in my office is "yes but what if someone does not respect those limits?" A great question because of course someone will try to push your limits. It is part of our human nature, much like we secretly try to get away with not doing a full stop at a stop sign, even though we know we should. What happens when we don't do a full stop and the police are around by the way? We get a ticket! That is a great metaphor for life as a ticket is a consequence for not respecting a limit. The same holds true for crossing the line in our relationships. Firstly, the rules must be

made clear much like we are all taught at driving school to do full stops at stop signs, we must tell our loved ones, colleagues etc where we draw the line and ask for that boundary to be respected. If it is not respected then a ticket of sorts must be issued.

That leads to the inevitable next question: **"What kind of consequence do we give?"**

Well there is not one set answer on this question, but a consequence almost always involves you! You are being giving, kind and respectful to another and they cross the line-what can you take away? You cannot give them a traffic ticket though it would be tempting at times – but you can remove yourself and trust me they will notice. Not always right away, but give it time. You are important- take yourself seriously.

We forget often to take ourselves seriously and then we are so disappointed when others don't either. We set the bar for how we are treated. Ironically, we all do better and are happier in relationships and life with boundaries even though we don't always love them. Would we really want a world without police and tickets? We hate the tickets but love the safety of what the boundary provides. Relationship boundaries work the same way. Whether it is dealing with an aging parent, a romantic relationship, your family, a business colleague or whomever-drawing the line will protect you and that relationship.

Come say hi to us at one of our upcoming talks where we will be tackling this topic in relation to aging parents, anxiety and depression, living your dreams and much much more. Keep sending in your questions or victories and enjoy the beauty of September!

Sandra

Submit your questions to Sandra by writing [suburban@thesuburban.com](mailto:suburban@thesuburban.com) or by fax 514-484-9616 Attn :Sandra Reich.

## The Montreal Center for Anxiety & Depression



### You and Your Aging Parent- An Introduction: FREE Talk

**Date:** Friday, September 27th  
**Time:** 12pm-1pm **Price:** Free  
**Location:** Brunswick Medical Center, 955 St Jean, suite 305 Pointe Claire, Quebec

### Aging Parents – In Depth Talk

**Date:** Tuesday, October 1st  
**Time:** 7pm-8pm **Price:** \$29 (Insurance Receipts Available)  
**Location:** Brunswick Medical Center, 955 St. Jean, Suite 305, Pointe Claire, Quebec

### Overcoming and Understanding Anxiety & Depression – In Depth talk

**Date:** Tuesday, October 15th  
**Time:** 7pm-8:30pm **Price:** \$29  
**Location:** Atwater Library- 1200 Atwater, Westmount (use side door 4023 Tupper Street)

### Managing Stress and Anxiety- Group

**Date:** Tuesday Oct 29th - December 3rd (6 sessions)  
**Time:** 7pm-8pm **Price:** \$197.00 (Insurance Receipts Available)  
**Location:** Queen Elizabeth Health Complex, 2111 Northcliffe, Suite 440, Mtl

### Overcoming Depression- Group

**Date:** Wednesday Oct 30th - December 4th (6 sessions)  
**Time:** 7pm-8:30pm **Price:** \$197.00 (Insurance Receipts Available)  
**Location:** Brunswick Medical Center, 955 St Jean, suite 305, Pointe Claire, Quebec

### LOOKING FOR LOVE?

Understanding Core Beliefs and how they affect Our Lives and Relationships- One Night Event:

**Date:** Tuesday, November 19th, 2013  
**Time:** 7pm-9pm **Price:** \$49 per person (Insurance Receipts Available)  
**Location:** Brunswick Medical Center, 955 St Jean, suite 305, Pointe Claire, Quebec

## AND DON'T MISS OUR BIGGEST EVENT OF THE YEAR!!

Offered in Conjunction with Empowered Women Workshops

### Who Says You Cannot Live Your Dreams? Gutsy Living 101 - The Course

November 3rd 2013 – 9:30am – 5:30pm (Registration at 9AM) **Price:** \*\*\*Advance Purchase Special Price \$99.99\*\*\* \$129.99 at the door. Including full day workshop, organic lunch, shopping, snacks and bonus surprises!

**Location:** Montreal Neurological Institute 3801 University (Jeanne Timmins Amphitheatre) Montréal, QC H3A 2B5

Call us at 514-777-4530 for more information or register online @ [www.helpforanxietydepression.com](http://www.helpforanxietydepression.com)