

# 2026 menu



Proudly catering for over forty years

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# 2026 Calender

This calendar will allow you to determine in which weekly menu to make your choices.

Weekly menus are available for orders made within a 48h notice or more.

For last minute orders (less than 48h), please refer to our "at all times" section.

## January

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## February

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## March

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## April

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## May

Su	Mo	Tu	We	Th	Fr	Sa
			1	2		
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## June

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## July

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## August

Su	Mo	Tu	We	Th	Fr	Sa
			1			
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## September

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## October

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## November

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## December

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### Key

#### Week 1

#### Week 2

#### Week 3

#### Week 4

#### Week 5



Vegan



Gluten-free

# Cold breakfast bundles

Bundle	Bundle items	Buffet price	Lunchbox price
The Continental	Duo of mini breakfast pastries Cheddar cheese, grapes and bread rusks Fresh fruits	\$13.95	\$15.95
The Hearty	Breakfast burrito regular / vegetarian / vegan or Ham and cheese croissant Variety of muffins: carrot and pecan / raspberries blueberries and oat / chocolate and beet (vegan) Smoothie coconut-fruit	\$17.95	\$19.95
Savory beak	Mini croissant Deviled eggs (3) Brie cheese and grapes Charcuterie platter: ham, turkey, sausage and bread rusks	\$18.95	\$20.95
The sailor	Cream cheese bagel House-smoked salmon platter with capers, pickled sweet onions, and bread rusks Fresh fruit	\$20.25	\$22.25

# Cold breakfast and à la carte snacks

**\$2.25 / each**

Mini croissant  
Mini chocolatine  
Assorted mini pastries:  
- cinnamon roll  
- apple danish  
- raspberry danish  
- maple pecan danish  
etc.

**\$3.50 / each**

Croissant / chocolatine / bun  
Duo of minis cookies  
(Vegan & Gluten-free available)  
   
Vanilla madeleine  
Chef's oatmeal cookie (vegan)  
  
Banana or lemon pound cake  
Fruit basket (apple, banana, clementines, plum, etc.)  
Mini fruit skewer

**\$4.00 / each**

Cinnamon and raisin bun  
Assorted danishes  
Deviled eggs (2)

**\$4.75 / each**

Butter or vegan croissant  
and homemade jam  
Assorted muffins  
Coconut-banana cookie  
   
Coconut-fruit smoothie bowl  
Crudités and humus  


**\$6.00 / each**

Blueberry danish  
  
Chocolate-beetroot muffin  


Fruit platter / salad  
Firm cheeses, grapes  
and bread rusks

Cheddar cheese, grapes  
and bread rusks

Brie cheese, grapes  
and bread rusks

Granola with maple syrup  
yogurt or fruit coulis  


Cream cheese bagel

Spinach and cheddar  
frittata wedge

Brie and ham frittata wedge

**\$8.75 / each**

Regular breakfast burrito  
(egg, bacon, cheese, tomato, baby  
spinach and mayonnaise)

Vegetarian breakfast burrito  
(egg, fakon, cheese, tomato, baby  
spinach, and mayonnaise)

Vegan breakfast burrito  
(scrambled tofu, tomato, baby  
spinach, and vegan mayonnaise)  


Ham, cheese and tomato croissant,  
and mayonnaise

Smoked salmon bagel sandwich

Charcuterie platter: ham, turkey,  
sausage, and bread rusks (75g)

House-smoked salmon platter with  
capers, pickled sweet onions, and  
bread rusks (75g)

# Hot breakfast bundles

Bundle	Bundle items	Buffet price	Lunchbox price
The Traditional	Scrambled eggs with chives Combo ham (1) and bacon (2)  Roasted breakfast potatoes	\$15.95	\$17.95
Sweet and Salty	Mini croissants (1) and homemade jam Spinach and cheddar frittata Breakfast sausage (2) Crepes with maple syrup Homemade braised beans (vegan) 	\$21.50	\$23.50
The Copious	Mini breakfast pastry (1) Scrambled eggs with chives Ham (1) and bacon (2) combo  Roasted breakfast potatoes Mini waffle and fruit coulis or chocolate sauce Fresh fruit platter	\$24.95	\$26.95
The pesctarian	Crepes stuffed with brie cheese and mushroom (2) Wilted spinach Zucchini hash browns Deviled eggs (2) Smoked salmon plater, capers, pickled sweet onions and bread rusks	\$26.95	\$28.95

# Hot breakfast à la carte

**\$6.75 / portion**

Scrambled eggs with chives



Spinach and ham frittata

Spinach and cheddar frittata

Vegan frittata / scrambled "eggs"  
(egg substitute)



Scrambled tofu (vegan)

Mushrooms and brie  
stuffed pancakes (2)

Ham and swiss cheese  
stuffed pancakes (2)

**\$5.25 / portion**

Smoked ham (2 slices)



Bacon (3 slices)



Breakfast sausages (2)

Vegan sausage (1)



Waffle with fruit coulis  
or chocolate sauce (2)

**\$4.00 / portion**

Roasted breakfast potatoes

Zucchini hash browns

Wilted spinach

Pancakes and maple syrup

Braised beans GGT (vegan)



Oatmeal with fruit



Warmers - \$20.00 each

Dinnerware rental starting  
at \$3.25 per guest

Installation fees may apply

# Cold menu bundles

Bundle	Description	Buffet price	Lunchbox price
Hand Free	1 wrap, 1 oatmeal cookie, and 1 hole fruit (ham, turkey, honey & mustard chicken, or vegan)	\$14.75	\$16.75
Economy Class	1 choice of salad, 1 choice of sandwich, cheese duo and dessert	\$17.95	\$19.95
Intermediate Class	2 choices of salad, 1 choice of sandwich, cheese and dessert	\$21.50	\$23.50
Business Class	1 choice of salad, 1 choice of protein, cheese, and dessert	\$22.95	\$24.95
First Class	2 choices of salads, 1 choice of protein, cheese and dessert	\$26.50	\$28.50
Bowl & cie Gluten-free	Dish composed of a protein, veggies and toppings see menu for detailed descriptions Served with fruit salad or dark chocolate tuile	\$23.50	\$25.50
W-O-W Effect	Add a W-O-W effect to your bundle with an appetizer, fine cheese and a trio of deluxe sweet treats for dessert	+ \$6.25	+ \$6.25

# Cold menu options at all times (1)

The items below are available at all times and mandatory for last minute orders (less than 48h)\*

## Salads

Green salad with seasonal vegetables served with a choice of homemade vinaigrette:  
Balsamic - Sesame - Honey and mustard



Carrot salad with dried cranberries and a citrus vinaigrette



Pasta salad with pesto, spinach and cherry tomatoes



## Important

For buffet and lunch box services, the choice of bundle and salads/bowls is made for the group.

You may choose multiple sandwichs/proteins options.

\*

All proteins are gluten-free.

\*

**Available until noon the day preceding the delivery.**

Within 24 hours, contact one of our advisors to find out about the possibilities.

## Proteins

Chicken breast

Hanger steak

Salmon filet

Artichoked stuffed portobello (vegetarian)

Falafel (vegan)



## Sandwichs

Roasted chicken panini with honey mustard sauce

Smoked meat ciabatta, coleslaw and pickles

Homemade salmon gravlax bagel, cream cheese with dill, capers and spinach

Focaccia with thyme, roasted vegetables, pesto, and goat cheese



## Pokebowl



Sticky rice, red cabbage, edamame, carrot, cucumber, corn, mixed greens, furikake (crunchy toppings), wasabi peas

wafu and ponzu dressing (vegan dressing +\$1.00)

Pokebowl protein options:

Roasted chicken / Salmon gravlax / Shrimps (6)  
Vegan salmon (plant based fish) / Tofu



# Cold menu options at all times (2)

The items below are available at all times and mandatory for last minute orders (less than 48h)\*

## Salads

Tomato salad, mango, lime juice, cucumber, basil, Aleppo pepper, curry, olive oil, salt, pepper



Fennel, green apple, lemon & dill salad



Caesar salad: Parmesan, romaine lettuce, croutons, bacon, cherry tomato

## Proteins

Chicken breast

Hanger steak

Salmon filet

Artichoked stuffed portobello (vegetarian)

Falafel (vegan)



## Sandwichs

Vegetarian pâté on pretzel, pickled cabbage and vegetable juliennes



Jerk Chicken Ciabatta: Coleslaw, jerk chicken, grilled pineapple, smoked BBQ sauce

Swiss Ham Panini: Ham, Emmental cheese, pickle, lettuce, mayo, wholegrain mustard

Mushroom Brie Ciabatta (Veggie): Brie, mushrooms, caramelized onion, mesclun

## Important

For buffet and lunch box services, the choice of bundle and salads/bowls is made for the group.

You may choose multiple sandwichs/proteins options.

\*

All proteins are gluten-free.

\*

**Available until noon the day preceding the delivery.**

Within 24 hours, contact one of our advisors to find out about the possibilities.

## Harvest



Green salad, crunchy vegetables, red cabbage, cherry tomatoes, crunchy garnishes (sunflower and pumpkin seeds, fried onions)

Balsamic - Sesame - Honey and mustard



Harvest protein options:  
Roasted chicken / Salmon filet / Falafels (vegan)



# Cold menu options Week 1

Weekly menus are available for orders made within a 48h notice or more.

## Salads

Cucumber salad with green peas and fresh herbs



Corn and squash salad with chipotle, cilantro and creamy lime vinaigrette

Potato salad with pickles, caramelized onions, and bacon



Spicy quinoa salad with crunchy vegetables



Chef's seasonal inspiration salad

## Proteins

Chicken breast

Hanger steak

Salmon filet

Artichoked stuffed portobello (vegetarian)

Falafel (vegan)



## Important

For buffet and lunch box services, the choice of bundle and salads/bowls is made for the group.

You may choose multiple sandwichs/proteins options.

\*

All proteins are gluten-free.

\*

**Available until noon the day preceding the delivery.**

Within 24 hours, contact one of our advisors to find out about the possibilities.

## The 3 sisters Bowl



Quinoa with fresh herbs, halloumi cheese, roasted squash, peppers, corn, and green beans with "dukkah" (seeds and spices), crunchy toppings

Sesame sauce

### 3 sister protein choices:

Roasted chicken / Grilled salmon / Falafels (vegan)

In many Indigenous communities, corn, squash, and beans are called the "Three Sisters."

Grown side by side, these plants help each other grow, resulting in better harvests.

\*\*\*\*\*

**Minimum of 5 Les 3 Sœurs bowls per order**

## Sandwichs

Smoked turkey panini, brie, spinach and cranberry mayo

Pulled pork kaiser, coleslaw and harissa mayo

Halloumi cheese wrap, artichoke hearts, pepper coulis, hummus and greens

Thaï-style veggie-chicken wrap, julienned vegetables and sweet and sour sauce



# Cold menu options Week 2

Weekly menus are available for orders made within a 48h notice or more.

## Salads

Beet, apple, and goat cheese salad with  
roasted pecans, and fresh herbs 

Creamy broccoli salad with dried  
cranberries and sunflower seeds 

Orzo salad with cherry tomatoes, feta  
cheese, olives, basil, and peppers  
served with a honey, lemon, and sun-  
dried tomato vinaigrette

Rice salad with julienned vegetables,  
raisins, pumpkin seeds and fresh herbs  
 

Chef's seasonal inspiration salad

## Proteins

Chicken breast

Hanger steak

Salmon filet

Artichoked stuffed portobello  
(vegetarian)

Falafel (vegan)



Chicken panini, coleslaw, pickle,  
swiss cheese, greens, and tarragon mayo

Kefta wrap with pickled onions, greens,  
cucumbers, herbs and yogurt sauce

Egg salad, tomato and lettuce  
on fresh croissant

Falafel wrap, pickled onions, cucumbers,  
greens, herbs, and sesame sauce



## Important

For buffet and lunch box services,  
the choice of bundle and  
salads/bowls is made for  
the group.

You may choose multiple  
sandwichs/proteins options.

\*

All proteins are gluten-free.

\*

**Available until noon the day  
preceding the delivery.**

Within 24 hours, contact one of our  
advisors to find out about  
the possibilities.

## Biriyani Bowl

Pilaf rice with raisins, roasted squash,  
crispy vegetable juliennes, crunchy toppings  
(seeds and fried onions), cilantro

Mint yogurt sauce (sauce végane +1\$)

### Biriyani protein choices:

Roasted chicken / Grilled salmon / Tofu (vegan) 

## Fun fact

Biryani was brought to the Indian subcontinent  
by Muslim travelers and merchants.

It was a festive dish at the courts of the  
Mughal emperors.

\*\*\*\*\*

**Minimum of 5 Biriyani bowls per order**

# Cold menu options Week 3

Weekly menus are available for orders made within a 48h notice or more.

## Salads

Roasted vegetable and artichoke salad with cherry tomatoes, baby spinach and a pesto vinaigrette



Kale salad with beets, pickled red cabbage, pumpkin seeds and sesame sauce



Japanese cabbage salad: Green cabbage, carrot, sesame, miso, green onion



Portuguese potato salad



Chef's seasonal inspiration salad

## Proteins

Chicken breast

Hanger steak

Salmon filet

Artichoked stuffed portobello (vegetarian)

Falafel (vegan)



## Important

For buffet and lunch box services, the choice of bundle and salads/bowls is made for the group.

You may choose multiple sandwichs/proteins options.

\*

All proteins are gluten-free.

\*

**Available until noon the day preceding the delivery.**

Within 24 hours, contact one of our advisors to find out about the possibilities.

## Sandwichs

Caesar chicken wrap with bacon, tomato, parmesan shavings and lettuce

Pork belly banh mi, with shiitake mushrooms, cucumbers, pickled carrots and daikon, cilantro, chives and wafu dressing

Herb focaccia with roasted tomatoes and bocconcini topped with basil, fleur de sel and olive oil

Kaiser with roasted portobello mushroom, peppers, and artichokes with a sundried tomato vegan mayo



## The 3 sisters Bowl



Quinoa with fresh herbs, halloumi cheese, roasted squash, peppers, corn, and green beans with "dukkah" (seeds and spices), crunchy toppings

Sesame sauce

### 3 sister protein choices:

Roasted chicken / Grilled salmon / Falafels (vegan)

## The 3 sisters: quick history

In many Indigenous communities, corn, squash, and beans are called the "Three Sisters."

Grown side by side, these plants help each other grow, resulting in better harvests.

\*\*\*\*\*

**Minimum of 5 Les 3 Sœurs bowls per order**

# Cold menu options Week 4

Weekly menus are available for orders made within a 48h notice or more.

## Salads

Greek vegetable salad with feta 

Root vegetable remoulade style salad 

Two heart salad: artichokes and palm tree with tomato and cucumber  

Soba noodles salad with edamame, corn, pepper, fried onions and miso dressing 

Chef's seasonal inspiration salad

## Important

For buffet and lunch box services, the choice of bundle and salads/bowls is made for the group.

You may choose multiple sandwichs/proteins options.

\*

All proteins are gluten-free.

\*

**Available until noon the day preceding the delivery.**

Within 24 hours, contact one of our advisors to find out about the possibilities.

## Proteins

Chicken breast

Hanger steak

Salmon filet

Artichoked stuffed portobello (vegetarian)

Falafel (vegan) 

Roasted chicken banh mi, julienned vegetables, shiitake with herbs, cilantro, and teriyaki sauce

Italian charcuterie pretzel, swiss cheese, pickled eggplant, greens, and pepper coulis

Roasted mushrooms pretzel, swiss cheese, pickled eggplant, greens and tarragon mayo

Roasted tofu banh mi, julienned vegetables, sauteed shiitake with herbs, cilantro, and teriyaki sauce 

## Fun fact

Biryani was brought to the Indian subcontinent by Muslim travelers and merchants.

It was a festive dish at the courts of the Mughal emperors.

\*\*\*\*\*

**Minimum of 5 Biryani bowls per order**

## Biryani Bowl

Pilaf rice with raisins, roasted squash, crispy vegetable juliennes, crunchy toppings (seeds and fried onions), cilantro

Mint yogurt sauce (sauce végane +1\$)

### Biryani protein choices:

Roasted chicken / Grilled salmon / Tofu (vegan) 

# Cold menu options Week 5

Weekly menus are available for orders made within a 48h notice or more.

## Salads

Roasted artichokes salad with fennel and italian style pickled eggplant



Roasted brussels sprouts and broccoli salad with miso dressing



Classic tabbouleh (wheat semolina, parsley, tomato etc.)



Niçoise-style salad: Green beans, tomato hard-boiled egg, tuna, black olive, potato



Chef's seasonal inspiration salad

## Proteins

Chicken breast

Hanger steak

Salmon filet

Artichoked stuffed portobello (vegetarian)

Falafel (vegan)



## Sandwichs

Roasted chicken panini with bacon, tomatoes, cucumbers, greens, and fresh herb mayo

Roast beef ciabatta with pickles, swiss cheese, pickled beets, greens, and horseradish mayo

Roasted portobello kaiser with caramelized onions, swiss cheese, and tarragon mayo

Veggie-chicken panini with fakon, tomatoes, cucumbers, greens and vegan fresh herb mayo



## The 3 sisters Bowl

Quinoa with fresh herbs, halloumi cheese, roasted squash, peppers, corn, and green beans with "dukkah" (seeds and spices), crunchy toppings

Sesame sauce

### 3 sister protein choices:

Roasted chicken / Grilled salmon / Falafels (vegan)

## The 3 sisters: quick history

In many Indigenous communities, corn, squash, and beans are called the "Three Sisters."

Grown side by side, these plants help each other grow, resulting in better harvests.

\*\*\*\*\*

Minimum of 5 Les 3 Sœurs bowls per order

## Important

For buffet and lunch box services, the choice of bundle and salads/bowls is made for the group.

You may choose multiple sandwichs/proteins options.

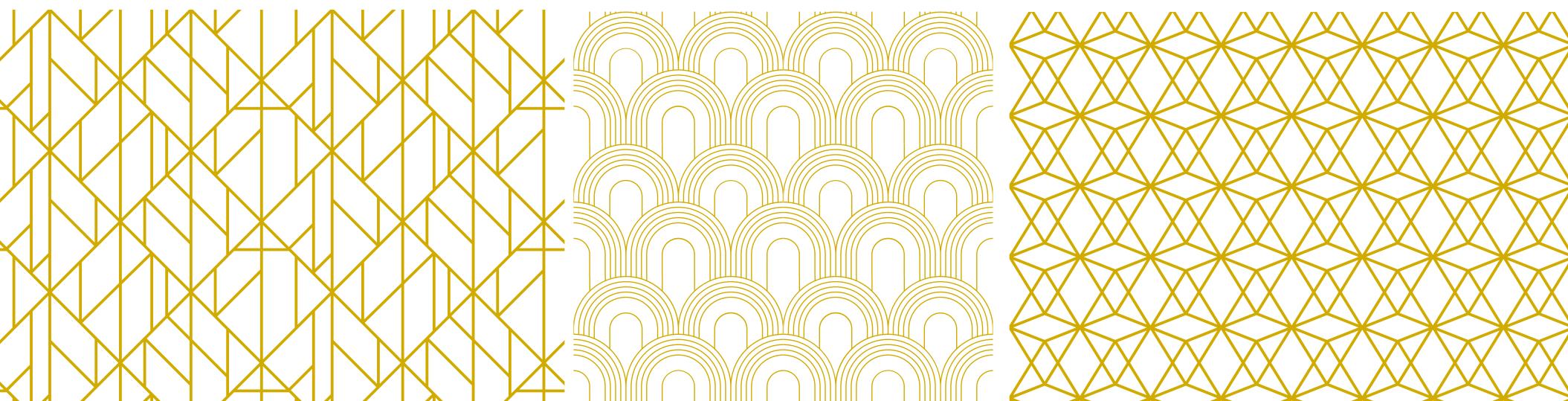
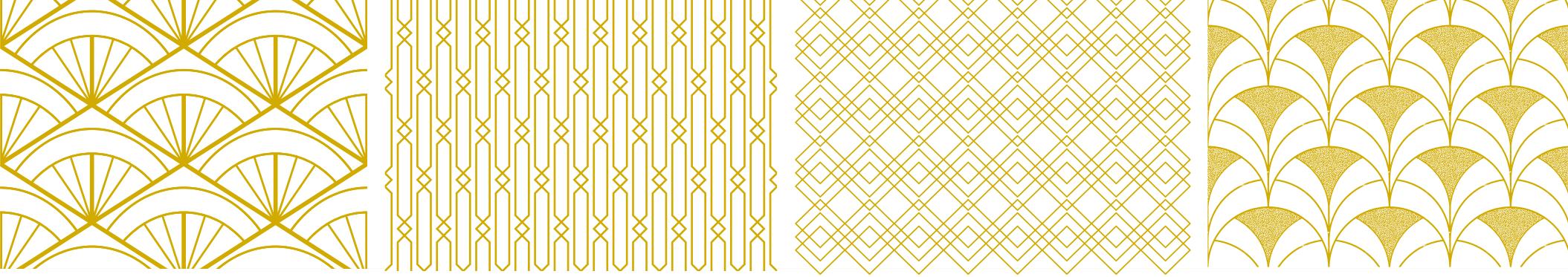
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All proteins are gluten-free.

\*

**Available until noon the day preceding the delivery.**

Within 24 hours, contact one of our advisors to find out about the possibilities.



# Hot menu bundles

Bundle	Bundle items	Bundle price
The essentials	Hot meal and its side dish (see description) - Buffet -	According to menu selection
Well garnished	Hot meal and side dish, choice of salad and dessert - Buffet -	+ \$9.00
The full effect	Hors d'oeuvre, hot meal and side dish, choice of salad, firm cheese plater, baker's bread basket and dessert - Buffet -	+ \$16.00
Tiffin 3 cpts	Hot meal and side dish with dessert (served in tiffin box with utensils, cloth placemat, and napkin) - Lunchbox -	+ \$4.00
Tiffin 4 cpts	Hot meal and side dish, bread, butter, firm cheese and dessert (served in tiffin box with utensils, cloth placemat, and napkin) - Lunchbox -	+ \$7.00
Table warmers (chafer dish) \$20.00 each		
Dinnerware rental starting at \$3.25 per guest		
Installation fees may apply.		

# Hot menu options at all times

The items below are available at all times and mandatory for last minute orders (less than 48h)\*

Note: the selection is made for the entire group	Price
Beef bourguignon braised mushrooms, chef's inspiration potatoes and mixed vegetables	\$25.00
<b>Végé bourguignon</b> : braised mushrooms, chef's inspiration potatoes and mixed vegetables 	\$22.00
Butter chicken spiced and roasted cauliflower, and basmati rice	\$23.00
<b>Veggie-chicken</b> spiced and roasted cauliflower, and basmati rice 	\$23.00
Braised beef scoter with five spices, celeriac purée, miso carrots 	\$25.00
Veal blanquette, basmati rice and vegetables	\$26.00
Sausage rougail, herb salad and pilaf rice	\$22.00
Salmon "feuilleté" (puff pastry), lemon and dill sauce served with seasonal vegetables	\$22.00
Decadent Mac & Cheese	\$15.00
Chef's lasagna	\$19.00
Chef's <b>Veggie</b> lasagna	\$19.00

## Important

In both buffet and Tiffin boxes, the bundle and salads (bowls) choices are made for the group.

Possibility to vary the menu and consider dietary restrictions.

\*

**Available until noon the day before delivery.**

For orders placed within less than 24 hours, contact one of our advisors to enquire about the possibilities.

Consult our bundles to discover the different service and support options.

Table warmers (chafer dish) \$20.00 each  
Dinnerware rental starting at \$3.25 per guest  
Installation fees may apply

# Hot menu options Week 1

Weekly menus are available for orders made within a 48h notice or more.

Note: the selection is made for the entire group

Price

Chicken piri-piri, spicy potatoes and green beans with a splash of lemon

\$23.00

**Veggie-chicken piri-piri**, spicy potatoes and green beans with a splash of lemon 

\$23.00

Braised scoter (beef) with rosemary, roasted root vegetables, and mashed potatoes 

\$25.00

Tortellini with rosé sauce (served with or without bacon), mushrooms, and green peas

\$20.00

Sauteed teriyaki chicken, green vegetable and carrot with ginger and sesame sticky rice

\$22.00

**Teriyaki tofu**, green vegetable and carrot with ginger and sesame sticky rice 

\$18.00

Baked salmon with "sauce vierge" (raw sauce), saffron rice and seasonal vegetables 

\$25.00

## Important

In both buffet and Tiffin boxes, the bundle and salads (bowls) choices are made for the group.

Possibility to vary the menu and consider dietary restrictions.

\*

**Available until noon the day before delivery.**

For orders placed within less than 24 hours, contact one of our advisors to enquire about the possibilities.

Consult our bundles to discover the different service and support options.

Table warmers (chafer dish) \$20.00 each

Dinnerware rental starting at \$3.25 per guest

Installation fees may apply

# Hot menu options Week 2

Weekly menus are available for orders made within a 48h notice or more.

Note: the selection is made for the entire group

Price

Chicken "à la Normande" (mushroom sauce) farfalle with herbs and roasted Brussels sprouts	\$24.00
<b>Veggie-Chicken</b> "à la Normande" (mushroom sauce) farfalle with herbs and roasted Brussels sprouts	\$24.00
Kefta (beef) served with rice, roasted vegetables and yogurt sauce	\$23.00
Falafels served with rice, roasted vegetables (vegan sauce available + \$1)  	\$21.00
Vegetarian lasagna with roasted veggies and ricotta served with italian pickled veggies (giardiniera) and olives	\$20.00
Chili con carne : mexican rice <b>or</b> tortilla chips served with cheese and sour cream	\$22.00
Chili sin carne ( <b>Veggie</b> ) : mexican rice <b>or</b> tortilla chips served with cheese and sour cream 	\$20.00
Green shrimp curry, crunchy oriental vegetables and fragrant rice 	\$25.00
<b>Vegetarian green curry</b> with tofu , crunchy oriental vegetables and fragrant rice  	\$22.00

## Important

In both buffet and Tiffin boxes, the bundle and salads (bowls) choices are made for the group.

Possibility to vary the menu and consider dietary restrictions.

\*

**Available until noon the day before delivery.**

For orders placed within less than 24 hours, contact one of our advisors to enquire about the possibilities.

Consult our bundles to discover the different service and support options.

Table warmers (chafer dish) \$20.00 each  
Dinnerware rental starting at \$3.25 per guest  
Installation fees may apply

# Hot menu options Week 3

Weekly menus are available for orders made within a 48h notice or more.

Note: the selection is made for the entire group

Price

Chicken simmered with olives and served with saffron rice and seasonal vegetables  \$23.00

**Veggie-Chicken** simmered with olives and served with saffron rice and seasonal vegetables  \$23.00

Pork osso bucco, scalloped potatoes and sauteed green beans with fresh herbs and lemon  \$23.00

Penne with sun-dried tomato served with sausage, broccoli, roasted garlic, and parmesan \$22.00

Penne with sun-dried tomato served without sausages, broccoli, roasted garlic, and parmesan \$19.00

Portobello mushroom stufffed with artichoke hearts, parmesan, toasted sunflower seeds and pilaf style barley \$23.00

Maple and port-glazed salmon served with carrot purée infused with caraway seeds and roasted seasonal vegetables  \$25.00

## Important

In both buffet and Tiffin boxes, the bundle and salads (bowls) choices are made for the group.

Possibility to vary the menu and consider dietary restrictions.

\*

**Available until noon the day before delivery.**

For orders placed within less than 24 hours, contact one of our advisors to enquire about the possibilities.

Consult our bundles to discover the different service and support options.

Table warmers (chafer dish) \$20.00 each

Dinnerware rental starting at \$3.25 per guest

Installation fees may apply

# Hot menu options Week 4

Weekly menus are available for orders made within a 48h notice or more.

Note: the selection is made for the entire group

Price

Roasted chicken with Dijon mustard, tarragon, root vegetables,  mashed potatoes and cider sauce

\$23.00

**Veggie-chicken** with Dijon mustard, tarragon, root vegetables, mashed potatoes and cider sauce

\$23.00

Beef moussaka and candied tomato, Greek salad 

\$24.00

**Vegetarian** lentil moussaka and candied tomato, Greek salad  

\$22.00

Gemelli with pesto, zucchini, confit garlic, pine nuts, lemon infused ricotta and arugula

\$22.00

Curried chicken served wth green peas, fragrant basmati rice and seasonal veggies 

\$23.00

**Veggie-chicken**, served wth green peas, fragrant basmati rice and seasonal veggies 

\$23.00

Pork cheeks with cider and prune, baby potatoes and candied shallots 

\$24.00

## Important

In both buffet and Tiffin boxes, the bundle and salads (bowls) choices are made for the group.

Possibility to vary the menu and consider dietary restrictions.

\*

**Available until noon the day before delivery.**

For orders placed within less than 24 hours, contact one of our advisors to enquire about the possibilities.

Consult our bundles to discover the different service and support options.

Table warmers (chafer dish) \$20.00 each

Dinnerware rental starting at \$3.25 per guest

Installation fees may apply

# Hot menu options Week 5

Weekly menus are available for orders made within a 48h notice or more.

Note: the selection is made for the entire group

		Price
	Merguez or chicken couscous	\$22.00
	<b>Vegetarian</b> couscous (vegetables and chickpeas)	\$20.00
	Braised pork flank with plum sauce, carrot purée infused with caraway seeds and sauteed bok choy with misio	\$25.00
	Gisèle's spaghetti with meatballs (beef) served with gratiné garlic bread	\$23.00
	Gisèle's Veggie "meat balls (lentils) served with gratiné garlic bread	\$20.00
<b>Important</b>	Baked cheesy polenta, braised lentils in red wine and roasted seasonal vegetables	\$23.00
In both buffet and Tiffin boxes, the bundle and salads (bowls) choices are made for the group.	Seared monkfish, tropical salsa, coconut and lime infused rice and sauteed corn with chipotle	\$25.00

In both buffet and Tiffin boxes, the bundle and salads (bowls) choices are made for the group.

Possibility to vary the menu and consider dietary restrictions.

\*

**Available until noon the day before delivery.**

For orders placed within less than 24 hours, contact one of our advisors to enquire about the possibilities.

Consult our bundles to discover the different service and support options.

Table warmers (chafer dish) \$20.00 each  
Dinnerware rental starting at \$3.25 per guest  
Installation fees may apply





**L'apéro (7 varieties)**

\$27.00 / p.p.

**Le 5 à 7 (10 varieties)**

\$38.00 / p.p.

**Le dinatoire (14 varieties)**

\$55.00 / p.p.

# Cocktail bundles

**Minimum 10 identical units**

**Vegan** : Carrot "mousseline" infused wth curry and pickled fennel / Plant based "fish" sashimi, fried onion and wasabi mayo

**Vegetarian** : Tête de Moine stuffed date with a caramelized pecan / Financier cake with grilled peaches, delicate goat cheese mousse and fresh basil

**With meat** : Chouquette stuffed with liver mousse, decorated with a beet cracker

**From the sea** : Salmon mousse served on blini topped with crème fraîche and chives

**Sweets** (1 selection) : Italian mini cannoli **or** Minty fruit salad verrine

**Vegan** : Plant based "fish" sashimi, fried onion and wasabi mayo / Gazpacho shooter with strawberry, pepper and basil

**Vegetarian** : Burnt pear chouquette with smoked almonds / Financier cake with grilled peaches, halloumi cheese and fresh basil / Zucchini roulade with goat cheese, fresh herbs and a kalamata olive

**With meat** : Cajun style chicken skewer, topped with a corn chutney\*  
Chipolata sausage wrapped in puffed pastry, served with a spicy mayo\*

**From the sea** : Curry and coconut shrimp skewer / Salmon gravlax on blini with creme fraîche and chives mayo\*

**Sweets** (1 selection) : Yogurt and vanilla pannacotta with rum caramelized pineapple **or** Minty fruit salad verrine  
**or** Italian mini cannoli

**Vegan** : Mini BBQ Jackfruit burger, pickle and slaw / Tomato jam and caramelized shallot tartlet

**Vegetarian** : Tête de Moine stuffed date with a caramelized pecan / Wild mushroom quiche with cheese  
Creamy butternut squash verrine with Espelette pepper infused cream  
Three-cheese gougère

**With meat** : Teriyaki pork flank skewer with Thai basil\* / Artisanal rillettes on brioche bread  
Beef Tataki with yuzu kosho mayo and crispy fried onions

**From the sea** : Mini gravlax burger, cream cheese, pink pepper and pickled cucumber  
Scallop ceviche with tarragon and grapefruit / Tuna tartare on crispy sticky rice

**Sweets** (2 selections) : Mini salty caramel éclair **or** Minty fruit salad verrine **or** Dark chocolate and cardamom tart, with raspberry coulis

\*

Can be served hot or cold - fees may apply.

Any changes to these packages may result in additional fees.

# Hors-d'œuvre à la carte

Minimum 10 identical units

## Vegan

\$4.00 / unit

- Shiitake dumpling with miso and yuzu sauce\*
- Carrot "mousseline" infused wth curry and garnished with pickled fennel
- Tomato jam and caramelized shallot tartlet

\$4.50 / unit

- Gazpacho verrine with strawberry, pepper, and basil
- Artichoke and sunflower seed stuffed mushroom with basil infused oil\*

\$4.85 / unit

- Vegan salmon sashimi with fried onions, and ponzu sauce

Crispy veggie-chicken skewer with a vegan tarragon mayonnaise\*

Jackfruit BBQ slider with pickled radish

## Vegetarian

Wild mushroom and cheese mini quiche \*

- Tête de Moine stuffed date with a caramelized pecan
- Zucchini roll with lemon ricotta, Aleppo pepper, and dukkah
- Three-cheese gougeré

Green apple tartare verrine with feta, mint, and pistachio

- Butternut squash velouté verrine with Espelette pepper infused cream

Caprese skewer : cherry tomato, bocconcini and basil

Corn verrine with a smoked pico de gallo, and cilantro infused oil

Burnt pear chouquette with smoked almonds

Financier cake with grilled peaches, delicate goat cheese mousse and fresh basil

Portobello slider, arugula, Mamirolle cheese and tarragon mayonnaise

\*

Items can be served hot or cold.

Fees may apply.

Contact us for more information concerning the allergens that could be present in theses items.

## With meat

\$4.00 / unit

Mini kefta and minty yogurt sauce topped with dukkah\*  
Cajun style chicken skewer, topped with a corn chutney\*  
Chouquette with caramelized pear and crispy bacon  
Artisanal rillettes on brioche bread

\$4.50 / unit

Black pudding, candied apples and fried onions served on a chinese spoon  
Chipolata sausage wrapped in puffed pastry, served with a spicy mayo\*  
Duck confit crispy bundle with port infused blueberries  
Pulled pork slider, pickles and cabbage

\$4.85 / unit

Teriyaki pork belly skewer with thaï basil\*  
Chouquette stuffed with liver mousse, decorated with a beet cracker  
Mini smoked meat burger, mustard and pickle  
Beef Tataki with yuzu kosho mayo and crispy fried onions

## From the sea

—  
Salmon croquette with a dill mayonnaise\*  
Salmon mousse or gravlax served on blini topped with crème fraîche and chives  
Tuna tartare on a bed of crispy sticky rice

—  
Grilled shrimp and chorizo with roasted pepper coulis\*  
Calamari verrine with smoked tomatoes and sauteed corn\*  
Duo of salmon tartar (gravlax and smoked), green apple, cucumber and mustard caviar

—  
Scallop ceviche with tarragon and grapefruit  
Gravlax slider, cream cheese, pink pepper and pickled radish  
Tuna tataki with dukkah, humus, and a mango caviar

## Sweets

—  
Minty fruit salad verrine  
Italian mini cannoli  
Variety of macarons

—  
Yogurt and vanilla pannacotta with rum caramelized pineapple  
Mini salty caramel éclair

—  
Mini crème brûlée infused with tonka bean  
Dark chocolate and cardamom tart, with raspberry coulis  
Fluffy chocolate cake with strawberry coulis

\*

Items can be served hot or cold.  
Fees may apply.

Contact us for more information concerning the allergens that could be present in these items.

# Gourmet platters

Impress your guests with our variety of boards!

## Vegetable antipasto

\$7.50 / p.p. (100g)

**Ex:** roasted zucchini with pesto, peppers with confit garlic, eggplant with tomato pesto and sweet onion with balsamic réduction, pickled olives and Italian marinades

## Garden vegetables

\$7.50 / p.p. (125g)

**Ex:** endive, broccoli, cauliflower, carrot, celery, fennel, peppers, watermelon radish, turnip, parsnip, asparagus, tomato, cucumber hummus and vegan dip

## Fine cheeses

\$8.50 / p.p. (85g)

**Ex:** Migneron, Ste-Nitouche, P'tit crémeux, Mamiwrae, Douanier, Grés des champs, Riopel, Chèvre des neiges, Le Caveau, Bleu d'Elizabeth, etc.

## From the grill

\$13.75 / p.p. (125g)

**Ex:** rosemary marinated hanger steak, grilled sausages and Dijon, duck breast, chicken supreme with honey and grainy mustard, (blood sausage on request) etc.

## Charcuteries

\$8.50 / p.p. (85g)

Ham, smoked turkey, Genoa salami, Calabrese salami, prosciutto, pâté, rillettes and "Cochon Tout Rond" sausages, etc.

## From the sea

\$11.95 / p.p. (85g)

Homemade salmon gravlax and dill crème fraîche, poached shrimp, scallops, squid and octopus served with "sauce vierge" (raw sauce)

This menu can be adapted to different settings and budgets.

Sold by weight, they can be prepared in appetizer or dinner quantities.

The price per person varies depending on the number of platters chosen and the type of meal.

**Available for groups of a minimum of 10 people.**  
Contact us for more information!

# Apéro cups

Minimum 20 units

## Regular \$16.95 / unit

Cold meats in three varieties / Firm cheeses / Grapes and berries

Crunchy vegetables / Pickled olives and pickles

Croutons / Grissinis / Crackers

## Vegetarian \$17.95 / unit

Mini falafels / Firm cheeses / Grapes and berries

Crunchy vegetables / Pickled olives and pickles

Croutons / Grissinis / Crackers

## Vegan \$17.95 / unit

Crispy tofu / Mini falafels / Grapes and berries

Crunchy vegetables / Pickled olives and pickles

Croutons / Grissinis / Crackers

Apéro cups offer an individual alternative to cocktail appetizers and buffets.

The various components are served on mini bamboo skewers in a compostable cup.

Each guest has their own aperitif—a practical and eco-friendly option!

# Banquets menu & bundles

**3 services / \$59.95**

1 appetizer choice

Main course

Dessert

**4 services / \$68.95**

2 appetizers

Main course

Dessert

**5 services / \$80.95**

3 hors-d'œuvres

2 appetizers

Main course

Dessert

Table warmers (chafer dish)

\$20.00 each

Dinnerware rental starting at  
\$3.25 per guest

Installation fees may apply.

## Menu

### Bitter Italian salad

Chicory, endives, radish, creamy horseradish vinaigrette  
and pancetta chips

### Grilled shrimps

Green pea puree with tarragon, burnt corn,  
pastis and Espelette pepper sauce

### Rosemary braised scoter

Meat stock reduction with Moorish trumpets & cognac,  
celeriac and carrot mousseline

### Monkfish fillet, saffron armoricaine sauce

Polenta with roasted peppers and sauteed asparagus with burnt lemon

### Seared halloumi (veggie) / Grilled king oyster mushroom (vegan)

Sauteed asparagus with burnt lemon, mouhamara,  
roasted squash and dukkah

### Dessert (to discuss with customers)

Ex : Chocolate & cardamom verrine, baked pear and creamy tonka bean

# After funeral menus

## Short description

**Simplicity**  
\$18.95 / p.p.

Garden Platter / Cheese Platter / Mini Sandwiches  
Sweets / Tea / Coffee / Citrus-Flavored Water Fountain

**Serenity**  
\$23.95 / p.p.

Salads / Cheese Board / Sandwiches  
Sweets / Tea / Coffee / Citrus-Flavored Water Fountain

**La Dolcezza**  
\$26.95 / p.p.

Italian Green Salad / Pizzas and Focaccias / Lasagna  
Mini Cannoli and Fruit Platter / Tea / Coffee / Citrus-Flavored Water Fountain

**Comfort**  
\$38.95 / p.p.

Green salad with balsamic vinaigrette / Choice of hot meal / Cheese platter  
Mini pastries and macaroons / Fruit platter / Tea / Coffee / Citrus-flavored water fountain

**The Shooting Star**  
\$44.95 / p.p.

Canapés / Charcuterie boards / Cheese platter / Garden platter / Baker's basket  
Mini pastries and macaroons / Fruit platter / Tea / Coffee / Citrus-flavored water fountain

**Abundance**  
\$49.95 / p.p.

Grilled Platter / Seafood Platter / Cheese Platter / Baker's Basket  
Mini Pastries and Macarons / Fruit Platter / Tea / Coffee / Citrus-Flavored Water Fountain

**Minimum 20 guests**

Complete details at  
[www.ggtraiteur.com](http://www.ggtraiteur.com)

A guaranteed minimum of 4 hours of service is charged for all staff working on the event.

Any cancellation within 5 business days will incur a \$150.00 fee per person booked

A 6% charge of the total price of rentals will be applied.

This protects you from additional charges due to accidentally broken or damaged items.

# Staff and rentals

## Staff

Our qualified and attentive waiting staff is trained to meet the highest standards of hospitality. Whether for a grandiose wedding, a prestigious corporate evening or an intimate meeting, we adapt our service to perfectly match the desired atmosphere. By choosing our team, you opt for a top of the line management team.

Maître D	\$45.00 / h	Waiting staff	\$42.00 / h
Bar staff	\$42.00 / h	Kitchen staff	\$38.00 / h

## Rentals

At Gisèle Gauthier Traiteur we understand the success of your event lies in every singular detail. This is why we provide you with a range of tableware and glassware as well as tablecloth rental. By opting for our rental service, you benefit from worry-free logistics!

Porcelain plates: meal, dessert	\$0.85 / unit
Coffe mug	\$0.85 / unit
Glasses: water, wine and champagne flutes	\$0.85 / unit
Tablecloths: black for 6' table	\$20.95\$ / unit
Table chaffers and burners	\$20.00\$ / unit
Electric tureen	\$30.00\$ / unit

# Beverages

Eska still water (500 ml) / Eska mineral water (500 ml) / Bubly flavored sparkling water  
Variety of soda cans (Coke, Sprite, diet, ginger ale) / Ice tea  
V8 (vegetable juice) / Individual juices (apple, orange, etc.)

**\$3.00 / unit**

Eska still water (1L) / Eska mineral water (1L)  
**\$4.75 / unit**

Mint or fruit flavored iced water fountain (4 L)\*  
with compostable glasses  
**\$20.00\$ / unit**

Fresh orange juice (1L / 8 to 10 people)  
**\$12.50\$ / unit**

Coffee thermos (10 guests)  
**\$22.50\$ / \$25.00\$ with glasses**

Coffee percolator (80 cups)  
**\$75.00 / \$80.00 with glasses**

Thermos of hot water & 10 bags of tea/herbal tea  
**\$10.00 / \$12.50 with glasses**

Hot water percolator and 50 tea/herbal tea bags  
**\$30.00 / \$35.00 with glasses**

**Also available**  
Individual ice bag  
\$5.50 / unit

Package of 8 ice bags  
and cooling tray  
\$35.00

# Wine list

Alcohol-free apple must - Cidrerie Michel Jodoin 

\$15.00\$

Sparkling wine - Bernard Massard

\$35.00\$

Champagne - Devaux Coeur des Bar, Blanc de noirs - Pinot noir

\$75.00\$

Red wine - Lussac Saint Emilion, Bordeaux

\$27.50\$

Red wine - Château des Tourelles - Vallée du Rhône

\$19.00\$

White wine - Domaine Paul Mas, Vigne de Nicole, assemblage

22,50 \$

White wine - Les Jamelles, Sauvignon blanc

19,00 \$

White wine- William - Vignoble Rivière du Chêne, assemblage QC 

\$22.50\$

Rosé wine - Gabrielle - Vignoble Rivière du Chêne, assemblage QC 

\$22.50\$

Vin rosé - Le Pive Gris Sable de Camargue

\$25.50\$

Beer - Microbrewery

\$7.50\$

Beer - Domestic

\$5.00\$

## Important

Some products may be sold for consumption. Only opened bottles will be charged

## Bar service

Consult with one of our advisors to find out more



Thank you  
for your vote of confidence

