

Gastronomic Portfolio





MENU

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Ask for a quote!

Our representatives are available Monday to Friday
from 9am to 5pm to answer your questions.
info@zestedumonde.ca



COLD BREAKFAST

Buffet: minimum of 6 identical meals
Lunch boxes: minimum of 4 identical meals
Order before 12h the day before

Buffet / Lunch box

Le Réveil..... \$9.95 / \$10.95

2 cold items (page 3)

Orange juice

With buffet, option to replace juice by coffee +\$1,50 p.p.

Le Matinal..... \$12.95 / \$13.95

3 cold items (page 3)

Orange juice

With buffet, option to replace juice by coffee +\$1,50 p.p.

Le Bon Matin..... \$15.95 / \$16.95

4 cold items (page 3)

Orange juice

With buffet, option to replace juice by coffee +\$1,50 p.p.

Buffets on recyclable trays are subject to a surcharge of \$1 per person.

HOT BREAKFAST

\$22.95

Minimum 10 identical meals
Order 72h in advance
Buffet only

3 cold items (page 3)

4 hot items :

- Scrambled eggs
- Smoked bacon / 3 p.p.
- Homestyle sausage / 2 p.p.
- Roasted potatoes

Orange juice or replace juice by coffee +\$1.50 p.p.

Hot meals typically require the rental of chafing dishes at \$15.00 each as well as a \$20.00 installation fee. Ask your representative for more information.



BREAKFAST ITEMS

Protein

- Mini ham and cheese croissant
- Mini turkey and cheese croissant
- Bon Matin wrap with hard-boiled egg, bacon, tomato, lettuce and mayonnaise
- Le Matinal Sandwich with egg and home-made parsley mayonnaise on multigrain bread
- Bagel with cream cheese (+\$1.75 add smoked salmon)
- Plateau du plateau: platter of smoked salmon, cream cheese mousse, capers and oignon with grilled bagels halves (+\$3.95 p.p.)

Fruit

- Rainbow of fresh cut fruit
- Mini fresh fruit skewers / 2 p.p.
- Mini fresh fruit and chesse skewers / 2 p.p.
- Duo of Quebec cheddar with grapes
- Yogourt with berry coulis and granola

Freshly baked

- Baker's basket: variety of mini muffins, mini croissants, mini pastries, sliced pound cake and home-made jam (+\$1.75 p.p.)
- Mini pastries / 2 p.p.
- Mini croissants with home-made jam / 2 p.p.
- Home-made oatmeal cookies / 2 p.p.
- Home-made mini muffins / 2 p.p.
- Energy bat with oats, nuts, chocolate chips, honey and flax seeds
- Home-made madeleines / 2 p.p.
- Sliced pound cake

Hot bevreages page 14

VERSION 2.0

All our products that contain bacon are also available with turkey bacon



COLD BUFFET AND LUNCH BOXES

Buffet: minimum of 6 identical meals

Lunch boxes: minimum of 4 identical meals

Order the day before 3pm

Buffet / Lunch boxes

La Formation..... \$15,95 / \$16,50

- 1 choice of salad
- 2 choices of sandwich
- 1 pound cake or home-made cookies

La Rencontre..... \$18,95 / \$19,95

- 1 choice of appetizer
- 1 choice of salad
- 2 choices of sandwich
- 1 choice of dessert

La Réunion..... \$20.95 / \$21.95

- 1 choice of appetizer
- 2 choices of salad
- 2 choice of sandwich **or** protein / marinade (+\$2,00 p.p.)
- 1 choice of dessert

La Conférence..... \$24.95 / \$25.95

- 2 choices of appetizers
- 2 choices of salad
- 1 choce of protein / marinade
- Fresh bread and butter
- 1 choice of dessert

Appetizer: selection page 5

Salad: selection page 5

Sandwich: selection page 6

Protein and marinade: selection page 6

Dessert: selection page 7



APPETIZER

Vegetarian

- Croquants du jardin
Variety of freshly cut crudités served with dip
- Duo of Quebec cheddar
Quebec cheddar served with grapes
- Brie and cranberry tart
Brie cheese, caramelized onion and cranberry chutney
- Vegetarian pizza / 2 p.p.
Zucchini, mushroom, onion, bell pepper, Kalamata olive, mozzarella and tomato sauce

- Mini falafel, sauce tahini / 2 p.p.
Chickpea, onion, garlic and cumin falafel with vegan tahini sauce

Meat and fish

- Chimichurri chicken skewers / 2 p.p.
Chimichurri marinated grilled chicken with green olive
- Portuguese beef skewers / 2p.p.
Beef marinated with onion, chili, orange juice and garlic
- Salmon quiche
Mini tart garnished with salmon, leek, cream cheese, egg and milk

SALAD

Starchy

- Piedmontese salad
Potato, tomato, egg, shallot, home-made mayonnaise, pickles and parsley
- Penne pesto salad
Penne pasta, mushroom, red bell pepper, cherry tomato, zucchini and home-made pesto

Veggie

- Greek salad
Feta cheese, tomato, cucumber, red bell pepper, Kalamata olive, oregano and fresh parsley
- Taroco salad
Broccoli, bacon, dried apricot, green onion and creamy dressing
- Durango salad
Tomato, mango, cucumber, green onion and coriander

Leafy

- Mesclun salad
Mesclun lettuce, red bell pepper, cucumber, carrot and orange dressing
- Classic Caesar salad
Romaine lettuce, grated parmesan cheese, bacon, croutons and Caesar dressing

VERSION 2.0

All our products that contain bacon are also available with turkey bacon



SANDWICH

Beef

- Roasted beef sandwich
Beef, lettuce, tomato, Swiss cheese and roasted garlic rosemary mayo

- Cajun beef sandwich
Cajun-style beef, crispy potato garnish and home-made barbecue sauce

- Montréal sandwich
Zeste smoked meat, mustard, Swiss cheese and dill coleslaw

Ham

- Ham and brie sandwich
Ham, brie cheese, lettuce and dijonnaise sauce

Chicken and turkey

- Pomona wrap
Turkey, provolone cheese, spinach and sun-dried tomato mayo

- Chicken pesto sandwich
Chicken with herbs, tomato, lettuce and pesto mayo

- Classic Caesar wrap
Chicken, bacon, lettuce, cheddar cheese and Caesar sauce

Vegetarian

- BBQ tofu sandwich
Grilled tofu with Zeste smoked BBQ sauce and potato julienne

- Classic egg sandwich
Hard boiled egg, parsley, tomato and mayonnaise

Fish

- Tuna sandwich
Flaked white tuna, cucumber, celery and mayonnaise

PROTEIN AND MARINADE

- Beef tournedos

- Greek marinade
Garlic, lime juice, lemon juice, olive oil, oregano and Greek spices

- Chicken breast

- Fine herbs marinade
Parsley, thyme, rosemary, herbs of Provence and oregano

- Pork fillet

- Kyoto marinade
Soy sauce, sesame seed, fresh lime juice and honey

- Salmon steak

- Balsamic marinade
Reduction of Modena vinegar and pure honey

- Sautéed tofu

- Chimichurri marinade
Shallot, oregano, coriander, thyme, garlic, chili sauce and red wine vinegar

- BBQ marinade
Onion, ketchup, garlic, peach, chipotle, BBQ spices, Worcestershire sauce and chili



DESSERT

- Blueberry and maple cake

Blueberry and maple cake with crispy topping

- Apple and berry shortbread

Shortbread topped with apples and berries covered with brown sugar and oatmeal topping

- Classic brownies

Soft brownies with chocolate pieces

- Cake délice

Sliced pound cake in various flavours

- Mango cheese cake

Cheese cake flavored with mango

- Opera cake

Coffee base cake with chocolate cream

- Home-made oatmeal cookies / 2p.p.

Oatmeal cookies in various flavors

- Fresh fruit mini skewers / 2p.p.

Variety of seasonal fresh cut fruits on skewers

- Home-made madeleines/ 2p.p.

Various flavor

FOOD CHALLENGES

While it is impossible for us to definitively guarantee the absence of allergens in our products, we take our role as your partner facing food challenges very seriously. Our experienced team take great care in preparing meals that respect the food allergies and restrictions of your guests to the highest degree while at the same time making the ordering process as easy as possible. Share your concern with your representative and benefit from our no fuss, no muss experience.

BISTRONOMIE BOXES AND BOLWS

No minimum require
Order the day before 12h

Bistronomie boxes and bolws can be personalized to the tastes of each guest!

Bistronomie boxes: marinated protein served on a bed greens or roasted vegetables couscous accompanied of a deluxe pastry \$25.95

1 choice of protein and marinade:

- Beef tournedos
 - Greek marinade
Garlic, lime juice, lemon juice, olive oil, oregano and Greek spices
- Chicken breast
 - Fines herbs marinade
Parsley, thyme, rosemary, herbs of Provence and oregano
- Pork fillet
 - Kyoto marinade
Soy sauce, sesame seed, fresh lime juice and honey
- Salmon steak
 - Balsamic marinade
Reduction of Modena vinegar and pure honey
- Sautéed tofu
 - Chimichurri marinade
Shallot, oregano, coriander, thyme, garlic, chili sauce and red wine vinegar
 - BBQ marinade
Onion, ketchup, garlic, peach, chipotle, BBQ spices, Worcestershire sauce, chili

1 choice of dressing:

- La Jaune: vinaigrette perfumed with mandarin
- La Bleue: balsamic vinaigrette with caramelizes onion
- La Verte: poached pear and red wine vinaigrette
- La Rouge: sun-dried tomato and red wine vinegar vinaigrette

1 choice of deluxe pastry:

- Chocolate tart
- Lemon meringue tart
- Pecan tart



Bistronomie boxes and bowls can be personalized to the tastes of each guest!

Bistronomie bowl: meal salad with protein and deluxe pastry \$24.95

1 choice of salad meal:

- South American with quinoa, lettuce, carrot, cucumber, bell pepper and orange dressing
- Italian with orzo, tomato, onion, artichoke, black olive, bell pepper, basil, lettuce, cucumber, carrot and dried tomato pesto dressing
- Greek with farfalle pasta, lettuce, cucumber, bell pepper, feta cheese, black olive and Greek dressing
- Asian with soba noodles, cucumber, carrot, daikon, green onion, radish, bell pepper, lettuce and Asian dressing

1 choice of protein:

- Beef tournedos
- Chicken breast
- Pork fillet
- Salmon steak
- Sautéed tofu

1 choice of deluxe pastry:

- Chocolate tart
- Lemon meringue tart
- Pecan tart





HOT BUFFET AND LUNCH BOXES

Buffet: minimum of 10 identical meals
Lunch boxes: minimum of 5 identical meal
Order 72h in advance

Buffet / Lunch boxes

La Trattoria..... \$21.95 / \$22.95

2 choices of salad
Spinach and cheese cannelloni **or** meat cannelloni
Vegetable marinara sauce
Bread and butter
1 choice of dessert

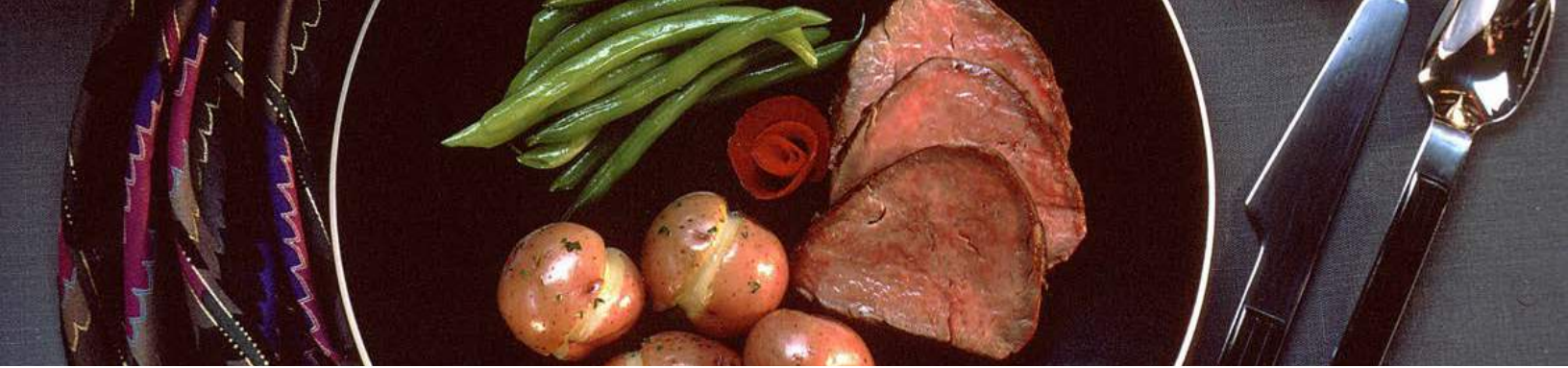
Le Confort..... \$24.95 / \$25.95

2 choices of salad
1 choice of carbs
1 choice of hot meal
Bread and butter
1 choice of dessert

Le Copieux..... \$26.95 / \$27.95

1 choice of salad
1 choice of carbs
1 choice of veggies
1 choice of hot meal
Bread and butter
1 choice of dessert

Salad: selection page 5
Carbs and veggies: selection page 11
Hot meal: selection page 11
Dessert: selection page 7



CARBS AND VEGGIES

Vegetables

- Mixed vegetables with fines herbs

Carrot, bell pepper, broccoli, trunip, red onion, eggplant and herbs

- Grilled mixed vegetables

Eggplant, zucchini, bell pepper, fennel, red onion, tomato sauce, garlic and herbs

Potatoes

- Roasted potatoes with lemon

Baby potatoes, thyme, onion, garlic flower, turmeric and citrus zest

- Old-fashioned mashed potatoes

Classic mashed potatoes with butter and milk

Rice

- Rice pilaf with vegetables
White rice, chicken stock, minced vegetables and herbs

- Basmati rice

Basmati rice with butter and green onion

HOT MEAL

Beef

- Tex-Mex beef

Shank steak marinated in pineapple juice, beef broth, sweet tomato sauce, Tabasco and soy sauce

- Stewed Lyonnais-style beef

Stewed beef topped with a delicious Lyonnais-style red wine sauce

Chicken

- Spanish chicken

Chicken breast, chorizo sausage, mushroom, white wine, chicken stock, onion and garlic

- Tarragon-chardonnay chicken

Chicken breast, shallot, mushroom, white wine, tarragon cream and parsley

Fish

- Lemon salmon

Salmon, lemon juice, cream, saffron, Dijon mustard and parsley

- Salmon in cream sauce with caper

Salmon steak, chives, cream, egg, capers and lemon juice

Vegetarian

- General Tao tofu

Crispy tofu, carrot, green and red onions and red bell pepper



CANAPÉS / COCKTAIL

Minimum of 12 units per choice of canapé

Order 72h in advance

Offer on buffet support only

\$2.85 / Canapés

Cold canapés:

- Thai curry chicken skewer
- Club sandwich brochette with tomato, bacon, lettuce, chicken and home-made mayo
- Dome of foie gras covered in a clementine jelly
- Portuguese beef skewer
- Beef tataki with a miso reduction
- Italian tidbit of prosciutto
- Pork raclette with Pied-de-Vent cheese and caramelized apples
- Salmon bite with herbs, aioli and lime
- Shrimp with pineapple, coconut milk caramel and Indian spices
- Grilled vegetables skewer (v)
- Crouton of sauvagine cheese with onion jam and walnuts (v)
- Pastry of candied tomato with orange zest and marjoram (v)

Sweet canapés:

- Apple and blueberry crumble with berry coulis in a tasting glass
- Home-made brownie with chocolate sauce and wiped cream in a tasting glass

Hot canapés:

- Mini falafel with Tahini sauce (v)
- Fried beef wonton with peanut sauce
- Tempura shrimp with sweet chili sauce

TAPAS BOXES

Minimum of 10 boxes

Order 72h in advance

\$20.95 / Box

Each box include:

- Salma tapas with candied cucumber and basil
- Grilled vegetables skewer
- BBQ pulled pork tapas with potato vermicelli
- Raspberry candied duck tapas
- Roasted pepper Bolognese pizzeta
- Olive and sumas hummous tapas



PLATTERS

Rainbow of fresh cut fruit

Variety of seasonal fruits

Small / 6 to 8 people..... \$29.95

Large / 10 to 12 people..... \$45.95

Croquants du jardin

Freshly cut crudités served with dip

Small / 6 to 8 people..... \$29.95

Large / 10 to 12 people..... \$45.95

Quebec cheddar duo

Quebec cheddar served with grapes, mixed nuts and fresh cut bread

Small / 6 to 8 people..... \$29.95

Large / 10 to 12 people..... \$45.95

Firm cheeses and Brie

Variety of firm cheese from Quebec and Brie served with grapes, mixed nuts and fresh bread

Small / 6 to 8 people..... \$38.95

Large / 10 to 12 people..... \$58.95

Fine cheeses from Quebec

Variety of Quebec fine cheeses served with grapes, mixed nuts and fresh cut bread

Small / 6 to 8 people..... \$50.95

Large / 10 to 12 people..... \$79.95

Cold cuts

Selection of cold cuts with marinades, dijonaise sauce and fresh cut bread

Small / 6 to 8 people..... \$37.95

Large / 10 to 12 people..... \$58.95

Pâtés and terrines from Quebec

Variety of Quebec pâtés served with pickles, onion jam, dijonaise sauce and fresh cut bread

Small / 6 to 8 people..... \$41.95

Large / 10 to 12 people..... \$64.95

Smoked salmon

Smoked salmon and cream cheese mousse with capers, chopped onions and fresh cut bread

Small / 6 to 8 people..... \$48.95

Large / 10 to 12 people..... \$75.95

Crustless sandwich platter

Variety of crustless sandwiches garnished with chicken salad, egg salad and ham salad

Small / 6 to 8 people - 32 pcs..... \$37.95

Large / 10 to 12 people - 48 pcs..... \$56.95

À la carte gourmet sandwich platter

Make your selection among the sandwiches on page 6 - 2 variety

Small / 6 to 8 people - 28 pcs..... \$59.95

Large / 10 to 12 people - 44 pcs..... \$89.95



EXTRAS

Cold Drinks

Fruit juice / 330ml.....	\$2.45
Soft drinks / 355ml.....	\$2.45
Spring water / 500ml.....	\$2.45
Sparkling water / 355ml.....	\$2.45
Vegetable juice - Iced tea / 355ml.....	\$2.45
Orange or grapefruit juice / 1litre.....	\$9.50

Hot drinks

Includes hot drinks cups, stir sticks, sugar, cream, milk and sweetner

Regular coffee or tea and herbal tea	
10 cups.....	\$23.00
50 cups.....	\$100.00
100 cups.....	\$160.00

Regular coffee in disposable thermos / 10 cups. \$30.00

Biodegradable tableware

Full set of disposable tableware.....	\$1.95
Large plate, small plate, knife, fork, spoon, 2 napkins	
Half set of disposable tableware.....	\$1.49
2 small plate and 2 napkins	
Wine glass 150ml.....	\$0.35

Office hours are 9am to 5pm, Monday to Friday. Our regular hours of delivery are 6:30am to 5:30pm Monday to Friday. For deliveries outside these hours, a surcharge applies

Breakfast orders must be received by noon the business day prior to delivery. No changes or cancellations are permitted after this time. For orders placed after noon, a package with cold items chosen by the kitchen will be offered to you.

Cold meal orders must be received and confirmed no later than 3pm the business day prior to delivery. *Bistronomie* boxes and bowls orders must be received and confirmed not later than noon the business day prior to delivery. No changes or cancellations are permitted after noon the business day prior to delivery. For orders placed after 3pm, we will offer you packages with items chosen by the kitchen.

Hot meal, cocktail and tapas boxes order must be received and confirmed 72 business hours prior to delivery. No changes or cancellation are permitted during this period.

The total amount of your order will be charged to you if you cancel without respecting the term above.

The prices and content of this *Gastronomic Portfolio* are subject to change without notice. In the event we run out of stock of an item, your representative will offer you a replacement item of equal value. The presentation of the dishes may differ from the images presented within this *Gastronomic Portfolio*.

Delivery fees, service staff, rental equipment and taxes are not included in the prices. The cost of delivery is based on the postal code of the delivery address. Your delivery may occur at any time during the 1h time slot require. The recovery our dishes / equipment is done within 1 to 2 business days following your event. The recovery the same day as your event may be possible and incurs a surcharge.