

# Gastronomic Portfolio



Since 2001



### ZESTE MISSION

Throughout the years, new trends, events, joys and challenges fuel us and allow us to improve, innovate and express the passion we feel for gastronomy. Our goal is and always will be the satisfaction of our clientele. The quality and the presentation of the food will always be our priority.

### ZESTE ECO

Our customers are precious to us. Sustainable development is just as important. We have implemented measures to maintain an eco-responsible management model to reduce our ecological footprint. We use local products and biodegradable and/or compostable packaging. Food waste is lowered by efficient training of our employees and by distributing surplus edible food to local associations.

### 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.



# AU MENU

Cold and hot breakfast..... 3 / 4

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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](mailto:info@zestedumonde.ca)



# COLD BREAKFAST

Buffet: minimum 6 identical meals  
Lunch box: minimum 4 identical meals  
Order before 12pm the day prior

Buffet / Lunch box

**Le Réveil..... \$11.95 / \$12.95**

2 cold items (page 4)

Orange juice

With buffet, option to replace juice by coffee +\$2.00 p.p.

**Le Matinal..... \$14.95 / \$15.95**

3 cold items (page 4)

Orange juice

With buffet, option to replace juice by coffee +\$2.00 p.p.

**Le Bon Matin..... \$17.95 / \$18.95**

4 cold items (page 4)

Orange juice

With buffet, option to replace juice by coffee +2.00 p.p.

Buffets on recyclable platters are +1.50 p.p.

# HOT BREAKFAST..... \$25.95

Minimum de 10 identical meal  
Order 72h in advance  
E Buffet only

3 cold items (page 4)

4 hot items :

- Scrambled eggs
- Smoked bacon / 3 p.p.
- Country ham
- Roasted potatoes

Orange juice or replace juice by coffee +\$2.00 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
- Pigglet wrap with roast pork and caramelized apple
- Ventura sandwich with egg salad, leafy greens, guacamole and mayonnaise
- Bagel with cream cheese (+\$1.75 p.p. for smoked salmon)
- Smoked salmon platter with grilled bagel, cream cheese, capers and onions (+\$3.75 p.p. buffet only)

### Fruits

- Rainbow of fresh cut fruits
- Mini fresh fruits skewers / 2 p.p.
- Duo of Quebec cheddar with grapes
- Yogurt 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 (+\$1.95 p.p. buffet only)
- 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 bar with oats, nuts, chocolate chips, honey and flax seeds
- Home-made madeleines / 2 p.p.
- Sliced pound cake

Hot beverages page 14



# COLD BUFFET AND LUNCH BOXES

Buffet: minimum 6 identical meals

Lunch box: minimum 4 identical meal

Order the day prior before 3pm (deliveries start at 10am)

Buffet / Lunch box

**La Formation..... \$17.95 / \$18.95**

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

**La Rencontre..... \$21.95 / \$22.95**

- 1 choice of appetizer
- 1 choice of salad
- 2 choices of sandwich
- Pastry of the moment

**La Réunion..... \$24.95 / \$25.95**

- 1 choice of appetizer
- 2 choices of salad
- 2 choices of sandwich **or** 1 protein / marinade (+\$2.00 p.p.)
- Pastry of the moment

**La Conférence..... \$28.95 / \$29.95**

- 2 choices of appetizer
- 2 choices of salad
- 1 protein / marinade
- Fresh bread and butter
- Pasty of the moment

Appetizer: selection page 6

Salad: selection page 6

Sandwich: selection page 7

Protein and marinade: sélection page 8

Buffet on recyclable platters are \$1.50 p.p.



## APPETIZER

- Bouchée de Provence  
Focaccia garnished with ratatouille, tomato sauce and mozzarella
- Bouchée toscane  
Grilled seasonal vegetables with sherry vinegar
- Cannelés Sicile / 2 p.p.  
Sun-dried tomatoes and cheese mini cannelés
- Damas skewer  
Chicken and vegetable mini skewer with Middle Est spices
- Stuttgart quiche  
Quiche with mushrooms, cheese and fresh thyme
- Bouchée de Tours  
Ham served with pickled beetroot and creamy dill sauce
- Poitou mini pizza  
Mini pizza with beetroot, goat cheese and bechamel sauce
- Navelli fries  
Breaded eggplant fries served with saffron mayonnaise
- Croquants du jardin  
Variety of freshly cut crudités served with dip
- Duo de cheddar du Québec  
Quebec cheddar served with grapes

## SALAD

- Lombardi salad  
Farfalle, tomato, bell pepper, cucumber, red onion and Greek dressing
- Houston salad  
Potato, bell pepper, sautéed onion, chive and creamy dill dressing
- Tel-Aviv salad  
Pearl couscous, cucumber, beetroot, caper and lemon dressing
- St-Joseph salade  
Carrot and apple juliennes, golden raisin and citrus dressing
- Omao salad  
Edamame bean, bean, cherry tomato, green shallot and tahini dressing
- Osaka salad  
Carrot, daikon, radish, cucumber, artichoke and Asian dressing
- Hudson salad  
Cabbage, red onion, grape, fennel seed and red wine vinegar
- Alger salad  
Seasonal leafy greens, mandarin, sunflower seed and creamy dressing
- Modène salad  
Mesclun, goat cheese, pumpkin seed, cherry tomato and balsamic dressing
- César classic  
Romaine lettuce, grated parmesan cheese, bacon, croutons and Caesar dressing



## SANDWICH

- Picardie pork sandwich

Roast pork, onion jam, lettuce and mayonnaise

- Charlemagne ham wrap

Ham, brie cheese, lettuce and dijonnaise

- Vérone turkey sandwich

Turkey, grilled zucchini, onion jam, lettuce and mustard honey mayonnaise

- Thai turkey wrap

Turkey, sautéed mushroom, lettuce and sriracha mayonnaise

- Sonora chicken sandwich

Chicken with Mexican spices, cheddar, lettuce and mayonnaise

- St-Vincent chicken sandwich

Fine herbs chicken, tomato, lettuce and bell pepper mayonnaise

- BBQ beef sandwich

Roast beef, fried potatoes juliennes, tomato and Zeste BBQ sauce

- Tuscan beef sandwich

Beef, provolone cheese, fried shallot, lettuce and bell pepper mayonnaise

- Chelsea turkey sandwich

Turkey breast, swiss cheese, cucumber, leafy greens and dijonnaise

- Chicago turkey wrap

Turkey breast, cheddar cheese, tomato, lettuce and Chicago mayonnaise

- Mexican tofu sandwich

Mexican tofu, tomato, lettuce, guacamole and mayonnaise

- Paris mushroom sandwich

Sautéed mushroom, onion jam, leafy greens and dijonnaise

- Cairo sandwich

Hummus, carrot, cucumber, pickled cabbage, leafy greens and mayonnaise

- Atlantic sandwich

Tuna salad, cucumber, celery and mayonnaise

- The Egg sandwich

Egg salad, tomato and mayonnaise



## PROTEIN AND MARINADE

- Beef tournedos
- Chicken breast
- Pork fillet
- Salmon steak
- Sautéed tofu
- Greek marinade  
Garlic, lime juice, lemon juice, olive oil, oregano and Greek spices
- Fine herbs marinade  
Parsley, thyme, rosemary, herbs of Provence and oregano
- Bordeaux marinade  
Shallot, red wine vinegar, red wine and Bay leaf
- Kyoto marinade  
Soy sauce, sesame seed, fresh lime juice and honey
- Balsamic marinade  
Reduction of Modena vinegar and pure honey
- 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

# BISTRONOMIE BOXES AND BOWLS

No minimum require

Order the day prior before 12pm

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

**Bistronomie box:** marinated protein served on a bed of greens or roasted vegetable couscous accompanied of a deluxe pastry

**\$29.95**

## 1 choice of protein and marinade:

- Beed tournedos
- Chicken breast
- Pork fillet
- Salmon steak
- Sautéed tofu
- Greek marinade  
Garlic, lime juice, lemon juice, olive oil, oregano and Greek spices
- Fine herbs marinade  
Parsley, thyme, rosemary, herbs of Provence and oregano
- Bordeaux marinade  
Shallot, red wine vinegar, red wine and Bay leaf
- Kyoto marinade  
Soy sauce, sesame seed, fresh lime juice and honey
- Balsamic marinade  
Reduction of Modena vinegar and pure honey
- 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 cili

## 1 choice of dressing:

- La Jaune: mandarin infused dressing
- La Bleue: balsamic dressing with caramelized onions
- La Blanche: creamy garlic dressing
- La Rouge: sundried tomatoes and red wine dressing

## 1 choice of deluxe pastry:

- Chocolate tart
- Lemon meringue tart
- Pecan tart





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

**Bistromie bowl:** meal salad with protein **\$23.95**

**1 choice of salad meal:**

- Middle East 2.0 with couscous, edamame bean, bean, carrot, leafy greens and tahini dressing
- American with roasted potatoes, dill pickled cabbage, grape, vegetables juliennes and BBQ marinade
- Greek with farfalle pasta, lettuce, cucumber, bell pepper, feta cheese, black olive and Greek dressing
- Asian with rice noodle, cucumber, carrot, daikon, green onion, radish, bell pepper, lettuce and Asian dressing

**1 choice of protein:**

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

To end the meal with a sweet, our deluxe pastry at

**\$4.95 / each\***

- Chocolate tart
- Lemon meringue tart
- Pecan tart



\*Price valid with purchase of a Bistronomie salad only

# HOT BUFFET AND LUNCH BOXES

Buffet: minimum 10 identical meals

Lunch box: minimum 5 identical meals

Order 72h prior (Deliveries start at 10am)

Buffet / Lunch box

## La Trattoria..... \$26.95 / \$27.95

2 choices of salad

Spinach and cheese cannelloni **or** meat cannelloni

Vegetable marinara sauce

Fresh bread and butter

Pastry of the moment

## Le Confort..... \$30.95\$ / \$31.95

2 choices of salad

1 choice of carbs

1 choice of hot meal

Fresh bread and butter

Pastry of the moment

## Le Copieux..... 30.95\$ / 31.95\$

1 choice of salad

1 choice of carbs

1 choice of veggies

1 choice of hot meal

Fresh bread and butter

Pastry of the moment

## À la carte

10 portions minimum

Carbs or veggies: \$5.50 p.p.

Cannellonis: \$9.95 p.p.

Hot meal: \$10.95 p.p.

Salad: selection page 6

Carbs and veggies: selection page 12

Hot meal: selection page 12





## STARCH AND VEGGIES

- Mixed vegetables with fine herbs  
Seasonal vegetables and fine herbs

- Grilled mixed vegetable  
Aubergine, courgette, poivron, fenouil, oignon rouge, sauce tomate, ail et fines herbes

- Lemon roasted potatoes  
Potatoes, thyme, onion, garlic flower, turmeric and lemon zeste

- Garlic flower gnocchis  
Pan fried gnocchis with fine herbs and garlic flower

- Vegetables pilaf rice  
White rice, chicken stock, minced vegetables

- Basmati rice  
Basmati rice with butter and green onion

## HOT MEAL

- Creamy pesto chicken  
Chicken breast, basilic pesto, sun-dried tomatoes and cream  
(vegetarian version available)

- Rosée Basque-style chicken  
Chicken breast, bell pepper, onion, chicken stock and cream tomato sauce

- Lime teriyaki chicken  
Chicken breast, soy sauce and lime juice reduction  
(vegetarian version available)

- Beef and vegetables stew  
Beef and seasonal vegetables stew, red wine sauce and veal stock

- Beef Flemish-style sauce  
Beef, caramelized onions, mustard, beer and rosemary sauce

- Dill sauce salmon  
Salmon steak, creamy dill sauce and vegetable stock  
(vegetarian version available)

- Mediterranean sauce salmon  
Salmon steak, flavors of the ocean sauce and white wine

- Apricot sauce veal  
Veal stew, poached apricot and sautéed mushrooms sauce

- Stuffed veal mushrooms sauce  
Pork stuffed veal, mushroom and red wine sauce



## PLATTERS

### Rainbow of fresh fruits

Variety of seasonal fruits

Small / 6 to 8 people..... \$31.95  
 Large / 10 to 12 people..... \$47.95

### Croquants du jardin

Freshly cut crudités served with dip

Small / 6 to 8 people..... \$32.95  
 Large / 10 to 12 people..... \$50.95

### Quebec cheddar cheese

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

Small / 6 to 8 people..... \$51.95  
 Large / 10 to 12 people..... \$79.95

### Firm cheese and brie

Variety of firm cheeses from Quebec and brie served with grapes, mixed nuts and fresh cut bread

Small / 6 to 8 people..... \$57.95  
 Large / 10 to 12 people..... \$88.95

### Fine cheeses from Quebec

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

Small / 6 to 8 people..... \$76.95  
 Large / 10 to 12 people..... \$117.95

### Cold cuts

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

Small / 6 to 8 people..... \$54.95  
 Large / 10 to 12 people..... \$82.95

### Pâtés and terrines from Quebec

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

Small / 6 to 8 people..... \$56.95  
 Large / 10 to 12 people..... \$85.95

### Smoked salmon

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

Small / 6 to 8 people..... \$53.95  
 Large / 10 to 12 people..... \$81.95

### Crust less sandwich platter

Variety of crust less sandwiches garnished with chicken salad, egg salad and ham salad

Small / 6 to 8 people - 36 pcs..... \$42.95  
 Large / 10 to 12 people - 60 pcs..... \$69.95



## LES COMPLÉMENTS

### Cold beverages

Fruit juice / 330ml.....	\$2.75
Soft drinks / 355ml.....	\$2.75
Spring water / 500ml.....	\$2.75
Sparkling water / 355ml.....	\$2.95
Vegetable juice - Iced tea / 355ml.....	\$2.95
Jus orange / 1litre.....	\$10.95

### Hot beverages

Include hot drinks cups, stir stick, cream, milk and sweetner

Regular coffee **or** tea and herbal tea

10 cups.....	\$26.00
50 cups.....	\$100.00
100 cups.....	\$160.00

Regular coffee in disposable thermos / 10 cups. \$32.00

### Compostable tableware

Full set of compostable tableware.....\$1.95  
Large plate, small plate, knife, fork, spoon and 2 napkins

Half set of compostable tableware.....\$1.39  
2 small plates and 2 napkins

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. If cancellation occur without respecting the above conditions, the order will be fully payable. For orders places after noon, a package with cold items chosen by the kitchen staff will be offered to you.

Cold meal orders must be received and confirmed no later than 3pm the business day prior the delivery. *Bistronomie* boxes and bowls orders must be received and confirmed no later than noon the business day prior to delivery. No changes or cancellations are after noon the business day prior to delivery. If cancellation occur without respecting the above conditions, the order will be fully payable. For orders placed after 3pm, we will offer you packages with item chosen by the kitchen staff.

Hot meals and cocktail orders must be received and confirmed 72 business hours prior to delivery. No changes or cancellations are permitted during this period. If a cancellation occur without respecting the above conditions, the order will be fully payable.

The prices and content of this *Gastronomic Portfolio* are subject to changes 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 of 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.