

# 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 concerns with your representative and benefit from our no fuss, no muss experience.





## AU 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](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)

**Le Matinal.....\$14.95 / \$15.95**  
3 cold items (page 4)

**Le Bon Matin.....\$17.95 / \$18.95**  
4 cold items (page 4)

Buffets on recyclable platters are +1.50 p.p.

## **HOT BREAKFAST..... \$27.95**

Minimum of 10 identical meal  
Order 72h in advance  
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 +\$2.20 p.p.

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



## BREAKFAST ITEMS

### Protein

- Mini ham and cheese croissant
- Mini turkey and cheese croissant
- Cheese and spinach individual omelet
- Morning sandwich with egg, leafy greens and mayonnaise
- Bagel with cream cheese (with smoked salmon +\$1.95 p.p.)
- Smoked salmon platter with grilled bagel, cream cheese, capers and onions +\$3.95 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 +\$2.25 p.p. (buffet only)
- Mini pastries / 2 p.p.
- Mini croissants with jam / 2 p.p.
- Home-made oatmeal cookies / 2 p.p.
- Home-made mini muffins / 2 p.p.
- Energy bar with oat, nuts, chocolate chips, honey and flax seeds
- Home-made scones
- Sliced pound cake

### Beverage

- Orange juice jug ..... \$10.95
- Individual orange juice..... \$2.95
- Coffee or tea
- 10 cups..... \$27.00
- 50 cups.....\$110.00
- 100 cup.....\$175.00
- Disposable coffee thermos 10 cups.....\$33.00





# 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..... \$18.95 / \$19.95

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 choice of salad

2 choices of sandwich **or** 1 protein / marinade (+\$3.00 p.p.)

Pastry of the moment

## La Conférence..... \$29.95 / \$30.95

2 choices of appetizer

2 choice of salad

1 choice of protein / marinade

Fresh bread and butter

Pastry of the moment

Appetizer: selection page 6

Salad: selection page 6

Sandwich: selection page 7

Protein and marinade: selection page 8

Buffets on recyclable platters are +1.50 p.p.



## APPETIZER

- Bouchée Piémont  
Polenta muffin with sundried tomato, smoked gouda and spinach
- Bouchée toscane  
Seasonal grilled vegetable with Sherry vinegar
- Feuilleté Orsainville  
Puff pastry with tomato, mozzarella, goat cheese, fresh cream and basil
- Brochette Java  
Mini skewer of satay chicken with pineapple and cilantro
- Dumpling Shanghai / 2 p.p.  
Mushroom dumpling with ginger, lemongrass, green onion served with sesame sauce
- Quiche Strasbourg  
Caramelized onion quiche with fresh cream and fine herbs
- Kebbé Casablanca  
Bulger patty stuffed with beef and date served with roasted garlic mayonnaise
- Bouchée Ushita  
Pancake of cabbage, ginger and red onion topped with a carrot slaw
- Croquants du jardin  
Variety of freshly cut crudités served with dip
- Duo de cheddar du Québec  
Portion of Quebec cheddar with grapes

## SALADE

- Salade Hauteville  
Farfalle, sautéed mushroom, grilled zucchini, capers, shallot and Dijon dressing
- Salade Houston  
Potatoe, bell pepper, sautéed onion, shive et creamy dill dressing
- Salade Amarillo  
Grilled corn, cherry tomato, bell pepper, bean, red onion, arugula and lime dressing
- Salade Turin  
Orzo, spinach, bell pepper, carrot, smoked gouda and tomato sauce
- Salade Positano  
Fennel, tomato, bell pepper, red onion, orange supreme and citrus dressing
- Salade Florence  
Artichoke heart, tomato, red onion, black olive, bell pepper and fine herbs dressing
- Salade Calais  
Beetroot, pumpkin seeds, feta cheese, garlic flower and lemony dressing
- Salade Tokyo  
Broccoli, pineapple, bell pepper, green onion and teriyaki dressing
- Salade Santa Fe  
Leafy greens, cucumber, carrot, tortillas chips and orange dressing
- Salade Parma  
Romaine, mesclun and arugula mix, sautéed mushroom, tomato, parmesan and balsamic dressing
- César classique  
Romaine lettuce, parmesan, bacon, couton and Caesar dressing

VERSION 2.0  
Replace bacon by turkey bacon





## SANDWICH

- Sandwich porc Milan  
Pork, giadineria, provolone, lettuce and mayonnaise

- Sandwich jambon Charlemagne  
Ham, brie, lettuce and dijonnaise

- Sandwich dinde Malibu  
Turkey, cucumber and home-made ranch sauce

- Wrap dinde Orléans  
Turkey, smoked gouda, lettuce and caramelized apples mayonnaise

- Sandwich poulet Alger  
Middle-East spices chicken, pickled turnip, tomato, lettuce and roasted garlic mayonnaise

- Sandwich poulet Rio  
Piri-piri chicken, fried shallot, tomato, lettuce and mayonnaise

- Sandwich boeuf Alsace  
Horseradish roasted beef, pickle, smoked gouda, spinach and dijonnaise

- Sandwich boeuf Dallas  
Beef, tomato, lettuce, creamy BBQ mayonnaise

- Sandwich dinde Roma  
Turkey breast, balsamic bell pepper, provolone and arugula home-made pesto

- Wrap dinde César  
Turkey breast, lettuce, turkey bacon, cheddar and home-made Caesar mayonnaise

- Sandwich tofu Hanoï (veg)  
Teriyaki tofu banh mi, Asian-style vegetables juliennes, cucumber and sesame mayonnaise

- Sandwich Tunis (veg)  
Beetroot hummus, tomato, mint pickled cabbage, fried shallot and arugula

- Wrap Beyrouth (veg)  
Zeste falafel, pickled turnip, spinach, cucumber and roasted garlic mayonnaise

- Sandwich L'Atlantique  
Tuna salad, cucumber, celery and mayonnaise

- Sandwich L'Oeuf  
Egg salad, tomato and mayonnaise





## PROTEIN AND MARINADE

- Beef tournedos
  - Toscan-style marinade  
Totmato, lemon juice, fine herbs and garlic marinade
- Chicken breast
  - Fine herbs marinade  
Parsely, thyme, rosemary, Provence herbs and origano
- Pork fillet
  - Californian-style marinade  
Citrus, honey and ginger marinade
- Salmon steak
  - Kyoto marinade  
Soy sauce, sesame, lemon and honey marinade
  - Balsamic marinade  
Reduction of Modena vinegar and honey
  - Teriyaki marinade  
Soy sauce, lime juice, brown sugar and chili
  - Tex Mex marinade  
Tomato, onion, garlic, cilantro, cumin and rice vinegar marinade
- Sautéed tofu

# BISTRONOMIE BOXES AND BOWLS

No minimum require

Order the day prior before 12pm

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

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

**\$29.95**

1 choice of protein and marinade:

- Beed tournedos
- Chicken breast
- Pork fillet
- Salmon steak
- Sautéed tofu
- Toscan-style marinade  
Totmato, lemon juice, fine herbs and garlic marinade
- Fine herbs marinade  
Parsely, thyme, rosemary, Provence herbs and origano
- Californian-style marinade  
Citrus, honey and ginger marinade
- Kyoto marinade  
Soy sauce, sesame, lemon and honey marinade
- Balsamic marinade  
Reduction of Modena vinegar and honey
- Teriyaki marinade  
Soy sauce, lime juice, brown sugar and chili
- Tex Mex marinade  
Tomato, onion, garlic, cilantro, cumin and rice vinegar marinade

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 tart
- Pecan tart







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

**Bistromie bowl: meal salad with protein \$24.95**

**1 choice of meal salad:**

- Italian with orzo, artichoke heart, sundried tomato, bell pepper, black olive and Tuscan dressing
- Thai with basmati rice, broccoli, pineapple, carrot, bell pepper, green onion, cilantro and teriyaki dressing
- Californian with quinoa, fennel, tomato, bell pepper, orange and citrus dress
- Asian with rice noodles, cucumber, carrot, daikon, shallot, radish, bell pepper and Asian dressing
- Tex Mex with roasted potatoes, bean, tomato, grilled corn, bell pepper and lime dressing

**1 choice of protein:**

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

End the meal with a sweet treat, our deluxe pastry at  
**\$5.95 / each\***

- Chocolate tart
- Lemon 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 48h prior (Deliveries start at 10am)

Buffet / Lunch box

La Trattoria.....\$27.95 / \$28.95

2 choices of salad

Spinach and cheese cannelloni **or** meat cannelloni

Vegetable marinara sauce **or** rosée sauce

Fresh bread and butter

Pastry of the moment

Le Confort..... \$32.95\$ / \$33.95

2 choices of salad

1 choice of carbs

1 choice of hot meal

Fresh bread and butter

Pastry of the moment

Le Copieux..... \$34.95 / \$35.95

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

Salad: selection page 6

Carbs and veggies: selection page 12

Hot meal: selection page 12

### À la carte

10 portions minimum

Carbs or veggies: \$5.50 p.p.

Cannellonis: \$10.95 p.p.

Hot meal: \$11.95 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.





## VEGETABLES

- Roasted garlic and lemon  
Cabbage, zucchini, fennel, red onion, roasted garlic and lemon
- Honey and ginger  
Carrot, parsnip, turnip, Jerusalem artichoke, tarragon, honey and ginger

## CARBS

- Fine herb roasted potatoes
- Miso and caramelized onion gnocchis
- Shallot and fine herbs rice  
White rice, shallot, parsley and chive
- Saffron and carrot rice  
Saffron basmati rice, carrot and onion

## HOT MEAL

- Ranger sauce chicken  
Chicken breast, mushroom sauce with white wine
- Albufera sauce chicken  
Chicken breast, chorizo, creamy sauce, bell pepper and peas
- Korean sweet and sour chicken  
Chicken breast, sweet and sour sauce with ginger, soy sauce and sesame oil
- Provençal-style beef  
Beef stew with carrot, celery, Kalamata olive, tomato, red wine and Provençal herbs
- Red curry beef  
Beef, homemade red curry, bell pepper, ginger, tomato and coconut milk
- Stout beer and cheddar beef  
Beef, stout beer, balsamic vinegar, Dijon mustard, cheddar and spices
- Tuscan-style salmon  
Salmon steak, white wine cream sauce, sundried tomato, spinach and parmesan
- Saumon al pastor  
Salmon steak, tomato sauce, pineapple and lime juice, chili and spices
- Green tomatillos sauce tofu  
Grilled tofu, green tomatillos sauce with cilantro and lime
- Sweet and sour tempeh  
Grilled tempeh with an Asian-style sweet and sour sauce



# COCKTAIL CANAPÉS

Order 72h prior (Deliveries start at 2pm)

20 units per selection minimum

## **\$3.45 / Canapés**

### **Cold canapés:**

#### **Vegetarian:**

- Parmesan shortbread, fired cauliflower, tahini mousse and candied garlic hummus
- Fennel bulb square, yuzu reduction and tarragon braised tomato
- Sweet potato medallion, goat cheese beetroot and dill
- Tofu crouton, veggie chili and Dal mooth lentil crisp

#### **Pork:**

- Smoked cannelé, chorizo chips, fine herbs cheese and pink peppercorn
- Ham gougere, berries chutney and Porto

#### **Beef and chicken:**

- Ginger beef canapé with balsamic mushroom
- Gochujang chicken skewer with caffir green curry
- Andalusian shell, saffron grilled chicken and manchego cheese
- Quinta biscuit, chicken liver mousse with leek and mustard and carvis seeds

#### **Fish and sea food:**

- Tempeh with citrus marinade, smoked cod and Espelette fresh cream
- Cod guedille on blinis and oignon and pickle relish
- Smorrebrod, Cirka gin salmon gravlax, dill cream and pickled radish
- Cocktail style shrimp, basil avocado purée and Bico pimenta
- Fenjiu scalop ceviche and wakame salad

### **Sweet canapés:**

- Homemade brownie mini glass with chocolat sauce and whipped cream
- Strawberry shortcake mini glass
- Macaron
- Mignardises various flavours

### **Hot canapés:**

- Contact your advisor for the selection and terms





## PLATTERS

### Rainbow of fresh fruits

Variety of seasonal fruits

Small / 6 to 8 people.....	\$32.95
Large / 10 to 12 people.....	\$47.95

### Croquants du jardin

Freshly cut crudités served with dip

Small / 6 to 8 people.....	\$33.95
Large / 10 to 12 people.....	\$51.95

### Quebec cheddar cheese

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

Small / 6 to 8 people.....	\$52.95
Large / 10 to 12 people.....	\$80.95

### 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.....	\$58.95
Large / 10 to 12 people.....	\$90.95

### Fine cheeses from Quebec

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

Small / 6 to 8 people.....	\$77.95
Large / 10 to 12 people.....	\$118.95

### Cold cuts

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

Small / 6 to 8 people.....	\$55.95
Large / 10 to 12 people.....	\$84.95

### Pâtés and terrines from Quebec

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

Small / 6 to 8 people.....	\$57.95
Large / 10 to 12 people.....	\$87.95

### 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.....	\$82.95

### Crustless sandwich platter

Variety of crustless 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



## EXTRAS

### Cold beverages

Fruit juice / 330ml.....	\$2.95
Soft drinks / 355ml.....	\$2.95
Spring water / 500ml.....	\$2.95
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.....	\$27.00
50 cups.....	\$110.00
100 cups.....	\$175.00

Regular coffee in disposable thermos / 10 cups. \$33.00

### 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 placed 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 to 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 allowed after noon the business day prior to delivery. If cancellation occurs without respecting the above conditions, the order will be fully payable. For orders placed after 3pm, we will offer you packages with items chosen by the kitchen staff.

Hot meals and cocktail orders must be received and confirmed 48 business hours prior to delivery. No changes or cancellations are permitted during this period. If a cancellation occurs 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 required. 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.