

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



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 (buffet only)

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)
- Homemade scones
- Mini croissants with jam / 2 p.p.
- Homemade oatmeal cookies / 2 p.p.
- Homemade mini muffins / 2 p.p.
- Energy bar with oat, nuts, chocolate chips, honey and flax seeds
- Mini pastries / 2 p.p.
- 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 meals**

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 choices 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 choices 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

- Brioche Marseilles
Brioche roll and olives and sundried tomatoes tapenade
- Bouchée toscane
Seasonal grilled vegetables and Sherry vinegar
- Tartelette Palerme
Sundried tomatoes panna cotta tartlet and fresh basil
- Bouchée Alep / 2 p.p.
Based yogurt bite, honey and Middle East spices
- Palmier de Sicile
Fried palm hearts served with homemade marinara sauce
- Feuilleté St-Martin
Puff pastry, pear, arugula pesto and prosciutto
- Bouchée Poséidon
Salmon fritter, potato, carrot and ginger
- Empanada Caponata
Corn flour bite stuffed with vegetables and tomato sauce
- Croquants du jardin
Variety of fresh cut crudités served with dip
- Duo de cheddar du Québec
Portion of Quebec cheddar with grapes

SALAD

- Salade Milan
Farfalle, sautéed mushroom, bell pepper, cherry tomato, zucchini and arugula pesto
- Salade Bombay
Sweet potato, bell pepper, shallot, golden raisin and lime and coriander dressing
- Salade Encino
Quinoa, radish, cucumber, tangerine, mint and lemon and honey dressing
- Salade Ankara
Bulgur, artichoke heart, kale, dried apricot, chickpea, red onion and mint dressing
- Salade Damas
Tomato, cucumber, lettuce, black olive, pita chips and herbs and lemon dressing
- Salade Limoilou
Broccoli, bell pepper, feta, sunflower seeds and Dijon dressing
- Salade St-Malo
Celeriac, carrot, pear and honey mustard dressing
- Salade Mékong
Carrot, cabbage, celery, cucumber, shallot, mint, coriander and hoisin and ginger dressing
- Salade St-Laurent
Seasonal greens, bell pepper, radish, carrot and orange dressing
- Salade Monaco
Spinach, sundried tomatoes, pumpkin seed, parmesan and balsamic dressing
- Classic Caesar
Romaine, shredded parmesan, bacon, croutons and Caesar dressing

VERSION 2.0
Replace bacon by turkey bacon



SANDWICH

- Sandiwch porc Havane

Pork, pickle, fried shallot, lettuce and coriander mayonnaise

- Wrap jambon Dijon

Ham, Swiss cheese, pickle, spinach and Dijon mayonnaise

- Sandwich dinde Avignon

Turkey breast, olives and sundried tomatoes tapenade, provolone, lettuce and mayonnaise

- Wrap dinde Memphis

Turkey breast, fried potato juliennes, cheddar, spinach and creamy BBQ mayonnaise

- Wrap dinde Acapulco

Mango turkey breast, spinach, pickled red onion and salsa verde

- Sandwich poulet Calcutta

Tandoori-style chicken, cucumber, lettuce and lime coriander mayonnaise

- Sandwich poulet Athènes

Chicken seasoned with Greek spices, tomato, lettuce and homemade tzatziki

- Sandwich poulet Montego

Chicken seasoned with jerk spices, homemade pikliz, tomato, lettuce and mayonnaise

- Sandwich boeuf Séoul

Korean-style beef, fried shallot, pickled daikon and sesame mayonnaise

- Sandwich boeuf gaulois

Beef roast, caramelized onion, lettuce and Dijon mayonnaise

- Sandwich dinde Cordoba

Turkey breast, pickled red onion, Swiss cheese, lettuce and chimichurri

- Sandwich tofu Antigua (veg)

Tofu seasoned with jerk spices, pickled red onion, cucumber, lettuce and chimichurri

- Sandwich Berkley (veg)

Homemade veggie pâté, mesclun, marinara sauce and vegan mayonnaise

- Sandwich Antipasto (veg)

Antipasti bell pepper and zucchini, mesclun, provolone and balsamic mayonnaise

- Sandwich L'Atlantique

Tuna, cucumber, celery and mayonnaise

- Sandwich L'Oeuf

Egg salad, tomato and mayonnaise



PROTEIN AND MARINADE

- Beef tournedos
 - Greek marinade
Marinade with Greek seasoning, garlic and lemon juice
- Chicken breast
 - Fine herbs marinade
Marinade with parsley, thyme, rosemary, herbs of Provence and oregano
- Pork tenderloin
 - Chimichurri marinade
Marinade with oregano, shallot, pepper and red wine vinegar
- Salmon steak
 - Kyoto marinade
Marinade with soy, sesame, fresh lemon and honey
 - Balsamic marinade
Modena vinegar reduction and honey
 - Vietnamese marinade
Marinade with hoisin sauce, lime juice and garlic
 - Mango marinade
Marinade with mango, coriander, tabasco, garlic and lemon
- Sautéed tofu



BISTRONOMIE BOXES AND BOWLS

No minimum required

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 vegetables couscous accompanied of a salad and a deluxe pastry
\$29.95

1 choice of protein and marinade:

- Beed tournedos
 - Greek marinade
Greek seasoning, garlic and lemon juice
- Chicken breast
 - Fine herbs marinade
Parsley, thyme, rosemary, Provence herbs and oregano
- Pork tenderloin
 - Chimichurri marinade
Oregano, shallot, pepper and red wine vinegar
- Salmon steak
 - Kyoto marinade
Soy sauce, sesame, lemon and honey
 - Balsamic marinade
Reduction of Modena vinegar and honey
 - Vietnamese marinade
Hoisin sauce, lime juice and garlic
 - Mango marinade
Mango, coriander, tabasco, garlic and lemon
- Sautéed tofu

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:

- Choco-caramel tart
- Lemon basil tart
- Raspberry sesame tart



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

Bistronomie bowl: meal salad with protein \$24.95

1 choice of meal salad:

- Greek with farfalle, cucumber, tomato, black olive, bell pepper and herbs and lemon dressing
- Vietnamese with Jasmin rice, carrot, cabbage, celery, cucumber, coriander and hoisin and ginger dressing
- Mediterranean with couscous, broccoli, bell pepper, feta, sunflower seed and lemony dressing
- Asian with rice noodles, cucumber, carrot, daikon, shallot, radish, bell pepper and Asian dressing
- Lebanese with chickpea, red bean, kale, artichoke heart, dried apricot and mint dressing

1 choice of protein:

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

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

- Choco-caramel tart
- Lemon basil tart
- Raspberry sesame tart

*Price valid with purchase of a Bistronomie salad only



HOT BUFFET AND LUNCH BOXES

Buffet: minimum **10 identical meals/15 for lasagna**

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

Choice of pasta:

- Spinach and cheese cannelloni **or** meat cannelloni with vegetable marinara sauce **or** rosée sauce

- Meat lasagna

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 \$20.00 each as well as a \$20.00 installation fee. Ask your representative for more information.



VEGETABLES

- Fine herbs
Carrot, parsnip, turnip, red onion, zucchini and fine herbs
- Greek-style
Yellow bean, bell pepper, cauliflower, red onion and Greek seasoning

CARBS

- Fine herb roasted potatoes
- Rosemary potatoes duo
Yellow and sweet potatoes with rosemary
- Pilaf rice with vegetables
Pilaf rice, vegetables brunoise and vegetable stock
- Butter and green onion jasmin rice

HOT MEAL

- Chicken with pesto and sundried tomatoes sauce
Chicken breast, arugula pesto and sundried tomatoes sauce
- Stroganoff-style chicken
Chicken breast, Stroganoff-style sauce with sautéed mushrooms
- Beef bourguignon
Beef stew, red wine bourguignon sauce, carrot, mushrooms and onion
- Asian-style beef
Beef, sauce with soy sauce, ginger, rice vinegar, bell pepper and green onion
- Dill salmon steak
Salmon steak, creamy dill and lemon sauce
- Fine herbs cod fillet
Cod fillet with fine herbs served with homemade tartare sauce
- Asian-style crispy tofu
Crispy tofu, sesame, ginger, gochujang and soy sauce
- Falafels with herbs sauce
Vegan falafels, homemade Middle East sauce and pita bread



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 kaffir 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 scallop ceviche and wakame salad

Sweet canapés:

- Homemade brownie mini glass with chocolate 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..... \$33.95

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..... \$52.95

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..... \$45.95

Large / 10 to 12 people - 60 pcs..... \$73.95



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.