



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..... \$19.95 / \$20.95

- 1 choice of salad
- 2 choices of sandwich
- 1 cake délice **or** oatmeal cookies

La Rencontre..... \$22.95 / \$23.95

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

La Réunion..... \$25.95 / \$26.95

- 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..... \$30.95 / \$31.95

- 2 choices of appetizer
- 2 choices of salad
- 1 choice of protein / marinade
- Fresh bread and butter
- Mignardise and macaroon duo

Replace your dessert by fruits for \$3.00 p.p.*

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.

*Available for orders sent before noon (12pm)



APPETIZER

- Yukon pancake
Potato pancake, broccoli and smoked gouda

- Tuscan bite
Grilled seasonal vegetable with Sherry vinegar

- Acadia puff pastry
Puff pastry, salmon mousse, watercress pesto and Manchego cheese

- Alexandria bite / 2 p.p.
Mini falafel with tahini sauce

- Mexican bite
Quesadilla style chicken, corn tortilla and melted cheese

- Quiche de Provence
Mini leek quiche, goat cheese and sundried tomato

- Bilbao bite
Braised cauliflower with horseradish fresh cream

- Flammekueche
Dough topped with bacon, caramelized onion and herb cream cheese

- Croquants du jardin
Variety of fresh cut crudités served with dip

- Quebec cheddar
Portion of Quebec cheddar with grapes

SALAD

- Hauteville salad
Shell pasta, sautéed mushroom, grilled zucchini, caper, French shallot and Dijon dressing

- Monroe salad
Potato, yellow bean, bell pepper and Cajun dressing

- Lévis salad
Farfalle pasta, bacon, cherry tomato, pea, bell pepper and lemon creamy dressing

- Dupuy salad
Lentils, radish, celery, bell pepper, tangerine and ginger and orange dressing

- St-Joseph salad
Carrot and apple juliennes, golden raisin and citrus dressing

- Juarez salad
Red cabbage, carrot, grilled corn, coriander and lime dressing

- Pisa salad
Grilled beetroot and zucchini, tomato, arugula, feta and pesto dressing

- Lizzaro salad
Cauliflower, grape tomato, pea, cucumber and mustard dressing

- Normandie salad
Leafy greens, apple, sunflower seeds and cider dressing

- Nankin salad
Mesclun, cucumber, carrot, Sichuan pepper crouton and Asian dressing

- Classic Caesar
Romaine, parmesan, bacon, crouton and Caesar dressing

VERSION 2.0
Replace bacon by turkey bacon



SANDWICH

- Rouen ham wrap

Ham, red cabbage, apple sauce, Swiss cheese and spinach

- Pompei turkey sandwich

Turkey breast, provolone cheese, homemade giardiniera and mayonnaise

- Stockholm turkey sandwich

Turkey breast, Swiss cheese, lettuce and cranberry mayonnaise

- Veracruz turkey wrap

Turkey breast, grilled zucchini, mesclun and Cajun mayonnaise

- Laos chicken sandwich

Asian-style chicken, Sichuan pepper crisps, cucumber, spinach and sriracha mayonnaise

- Pacific salmon wrap

Salmon cake, spinach and herb cream cheese sauce

- Chelsea turkey sandwich

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

- Brunswick chicken sandwich

Cajun chicken, fried French shallot, cheddar, lettuce and chipotle mayonnaise

- Carthage chicken sandwich

Ras el hanout chicken, tomato, lettuce, carrot and babaganoush

- Joliette beef sandwich

Roast beef, pickle, Swiss cheese, lettuce and Thousand islands sauce

- Dallas beef sandwich

Beef, fried potato juliennes, tomato and BBQ mayonnaise

- Tripoli tofu sandwich (veg)

Maghreb spiced tofu, pickled carrot, tomato, lettuce and babaganoush

- Berkley sandwich (veg)

Homemade veggie pâté, mesclun, marinara sauce and vegan mayonnaise

- Manchester sandwich (veg)

Cucumber, fried caper, arugula and herb cream cheese sauce

- Atlantic tuna sandwich

Tuna, cucumber, celery and mayonnaise

- The Egg sandwich

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
 - Asian-style marinade
Marinade with lime, soy sauce, coriander, mint and slightly spicy
- Salmon steak
 - Arugula pesto marinade
Marinade of arugula and basil pesto
- Sautéed tofu
 - BBQ marinade
Marinade with smoky bbq spices
 - Mexican marinade
Marinade with Mexican spices, orange, brown sugar and lime
 - French-style marinade
Marinade with tarragon, old-fashioned mustard and horseradish