

# MENU 2021

BERNARD ET FILS TRAITEUR





# BREAKFAST AND SNACKS

## BREAKFAST - 3 IDENTICAL BOXES MINIMUM

### CHEESE BOX - \$13.50

1 mini pastry  
Fresh fruits  
Cheddar cheese  
1 morning sandwich (english muffin with ham, eggs and cheese)

### YOGOURT BOX- \$13.50

2 mini pastries  
Fresh fruits  
Yogourt, fresh fruits and granola

## SNACKS - 3 IDENTICAL BOXES MINIMUM

### OPTION #1 SWEET - \$8.50

Energy balls with dates and coconut, financiers, fresh fruits, millet and coconut biscuit

### OPTION #2 SWEET & SAVOURY \$8.50

Raw vegetables, Labneh with cucumber and dill, mixed nuts and dried fruits, energy balls with dates and coconut, mild cheddar, croutons

### OPTION #3 SWEET & SAVOURY \$9.00

Fresh fruits, pound-cake with apples and cranberries, millet and coconut biscuit, charcuteries and olives, beetroot hummus and pita chips

*Vegetarian option available.*

# LUNCHBOXES AND INDIVIDUAL PLATTERS - MAY

## B.BOX - 3 IDENTICAL BOXES MINIMUM



SANDWICH BOX AT \$16.50  
1 salad + 1 sandwich + 1 dessert  
*Vegetarian option available on request.*  
*Allergy platter available at \$19.50*



SALAD BOX AT \$19.50  
1 meal salad + 1 dessert  
*Vegetarian option available on request.*  
*Allergy platter available at \$22.50*

### B. BOX SANDWICH

#### **B. Box - beef sandwich**

Beef wrap, grilled red pepper, pickled onions, cheddar  
Quinoa salad, tomatoes, corn and black beans  
Cheesecake with fruit coulis

#### **B. Box - chicken sandwich**

Chicken wrap, lettuce, cucumbers, tomatoes, dill mayo and  
Montreal spices  
Spelt salad, spinachs, roasted onions, dates and almonds  
Opera and matcha cake

### B. BOX MEAL-SALAD

#### **B. Box - chicken salad**

BBO chicken thighs  
Mexican quinoa salad, tomatoes, corn and black beans  
Cheesecake with fruit coulis

#### **B. Box - beef salad**

Beef teriyaki with vietnamese bu bun salad  
Opera and matcha cake

#### **B. Box - ham sandwich**

Ciabatta with ham, Swiss cheddar, lettuce, pickles and butter  
Orzo salad with grilled mediteranean vegetables, pesto and bocconcini  
Brownie

#### **B. Box - vegan sandwich : gluten free, dairy free, nuts free**

Burger with falafes, hummus, aioli, pickled red cabbage, tomatoes, lettuce  
Yellow and red beet salad, Kalamata olives, dill and mint  
Energy balls

#### **B. Box - Salmon salad**

Grilled salmon, couscous salad with grilled vegetables, apricots and  
cranberries, yogurt sauce  
Brownie

#### **B. Box - vegan salad: gluten free, dairy free, nuts free**

**Tempeh with raz-el-hanout spices**  
Legumes salad with cari, corn, tomatoes and cucumbers  
Energy balls

# LUNCHBOXES AND INDIVIDUAL PLATTERS - MAY

## PLATTERS - 3 IDENTICAL PLATTERS MINIMUM

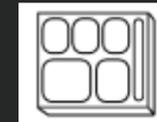


### SANDWICH PLATTER AT \$23.50

1 appetizer  
1 salad + 1 sandwich  
3 fine cheeses from Quebec + 2 croutons  
1 dessert + 1 macaron

*Vegetarian option available on request.*

*Allergy platter available at \$26.50*



### MEAL SALAD PLATTER AT \$26.50

1 appetizer  
1 meal-salad  
3 fine cheeses from Quebec + 2 croutons  
1 dessert + 1 macaron

*Vegetarian option available on request.*

*Allergy platter available at \$29.50*

### PLATTER SANDWICH

#### Platter - chicken sandwich

Beef tartelette and pickled red cabbage  
Chicken wrap, lettuce, cucumbers, tomatoes, dill mayo and Montreal spices  
Spelt salad, spinachs, roasted onions, dates and almonds  
3 fine cheeses from Quebec + 2 croutons  
Opera and matcha cake + 1 macaron

#### Platter - beef sandwich

Olives and cheese mini cake  
Beef wrap, grilled red pepper, pickled onions, cheddar  
Quinoa salad, tomatoes, corn and black beans  
3 fine cheeses from Quebec + 2 croutons  
Cheesecake and fruit coulis + 1 macaron

#### Platter - ham sandwich

Salmon tartar tartelet, lime and dill  
Ciabatta with ham, Swiss cheddar, lettuce, pickles and butter  
Orzo salad with grilled mediterannean vegetables, pesto and bocconcini  
3 fine cheeses from Quebec + 2 croutons  
Brownie + 1 macaron

#### Platter - vegan sandwich: gluten free, dairy free, nuts free

Cucumber bite stuffed with hummus beetroot and 2 colors sesame  
Chef choice's appetizer  
Burger with falafels, hummus, aioli, pickled red cabbage, tomatoes, lettuce  
Yellow and red beet salad, Kalamata olives, dill and mint  
Energy balls + chocolate mendiant

### PLATTER MEAL SALAD

#### Platter - chicken salad

Beef tartelette and pickled red cabbage  
BBQ chicken thighs with Mexican quinoa salad, tomatoes, corn and black beans  
3 fine cheeses from Quebec + 2 croutons  
Cheesecake with fruit coulis + 1 macaron

#### Platter - beef salad

Olives and cheese mini cake  
Beef teriyaki with vietnamese bu bun salad  
3 fine cheeses from Quebec + 2 croutons  
Opera and matcha cake + 1 macaron

#### Platter - salmon salad

Salmon tartar tartelet, lime and dill  
Grilled salmon, couscous salad with grilled vegetables, apricots and cranberries, yogurt sauce  
3 fine cheeses from Quebec + 2 croutons  
Brownie + 1 macaron

#### Platter - vegan salad: gluten free, dairy free, nuts free

Cucumber bite stuffed with hummus beetroot and 2 colors sesame  
Chef choice's appetizer  
Tempeh with raz-el-hanout spices, legumes salad with cari, corn, tomatoes and cucumbers  
Energy balls + chocolate mendiant





# HOT MEAL

## HOT MEAL - 5 MINIMUM PER CHOICE

### OUR SELECTION - \$15.50

Beef scoter, reduced meat juice, green pea risotto

Beef bourguignon, carrots and mushrooms, pilaf rice

Beef teriyaki, vegetables and rice noodles

Stuffed guinea fowl ballotine with onion and garlic potatoes

Indian chicken stir-fry, curry-coco sauce, craps vegetables and barley pilaf

Chicken breast, Forestière sauce, roasted vegetables and celeriac purée

Vegetarian lasagna

Tofu pad Thai, vegetables and rice noodles

*Served hot or cold with reheating instructions.*

*Served in an aluminum tray (must be reheating in the oven).*

## COMPLETE YOUR MENU

Add the salad of the day at \$4.50 AND/OR the dessert of the day at \$4.50

OR

Add a "SAVOURY" tapas AND/OR a "DESSERT" tapas (see page 5)

# APERERO & COCKTAIL BOX

## APERERO BOX- 6 BOXES MINIMUM

BOX AT \$25.00

2 savoury canapés

Charcuteries

3 varieties of fine Quebec cheeses - 2 croutons

Fresh fruits

Raw vegetables and homemade dip

2 sweet canapés

*Vegetarian option available.*

## COCKTAIL BOX - 6 IDENTICAL BOXES MINIMUM

9 canapés box at \$22.50: make your own selection of savoury and sweet canapés

12 canapés box at \$29.50: make your own selection of savoury and sweet canapés

### VEGETARIAN

Olives Cake

Mini carrot chutney tacos, peas, goat and arugula

Mini pepper stuffed with cheese and pesto  
Vegetarian Arancini

Goat cheese balls, candied fruits,  
sesame, poppy

Cucumber bite stuffed with hummus beetroot  
and 2 colors sesame

Tofu samossa

### MEAT

Bacon mini quiche

Pâté Lorrain

Mini corn cake and bacon

Candy bacon puff pastry

Butternut squash tacos, pulled turkey

Duck roll and beet ketchup

Pulled beef with cranberry on beet cracker

### SEA

Cod accra

Salmon tartlet, lemon zest, dill

Shrimp with two salsas

Tuna tataki, sesame mayo and

edamame

### SWEET

Macarons

Opera matcha Cake

Chocolat and pink pepper Mendiants

Mini financiers

# MINI TAPAS BOXES

## MINI BOXES - 5 MINI BOXES MINIMUM PER VARIETY

### SAVOURY

- Smoked salmon and capers, prosciutto chiffonade and melon duo - \$13.75
- Beet salad with goat cheese shavings and caramelized pecans - \$11.25
- Fine Quebec cheeses, fresh grapes, nuts, dried fruits and croutons - \$12.25
- Salmon gravlax, horseradish cream and beet chips - \$15.75
- Pistachio guinea fowl terrine and housemade croutons - \$13.75

### DESSERTS (IN MASON JAR)

- Chocolat decadence - \$10.00  
(double creamy chocolat, Aero chocolate, Tonka bean cream)
- Lemon and Matcha cheesecake - \$10.00  
(Creamy matcha and pistachio cheese, matcha sponge cake, lemon curd)
- Special allergy jar (on request) - \$10.00





# CONTACT US

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