

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 Breakfast 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 - JULY

B.BOX - 3 IDENTICAL BOXES MINIMUM



SANDWICH BOX AT \$16.50
1 salad + 1 sandwich + 1 dessert
Allergy platter available at \$19.50



SALAD BOX AT \$19.50
1 meal salad + 1 dessert
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
Dessert of the pastry chef's choice

B. Box - chicken sandwich

Chicken wrap, lettuce, cucumbers, tomatoes, dill mayo and
Montreal spices
Spelt salad, spinachs, roasted onions, dates and almonds
Dessert of the pastry chef's choice

B. Box - ham sandwich

Ciabatta with ham, Swiss cheddar, lettuce, pickles and butter
Orzo salad with grilled mediterannean vegetables, pesto and
bocconcini
Dessert of the pastry chef's choice

B. Box - vegetardian sandwich : gluten free, dairy free, nuts free

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

B. BOX MEAL-SALAD

B. Box - chicken salad

BBQ chicken thighs
Mexican quinoa salad, tomatoes, corn and black beans
Dessert of the pastry chef's choice

B. Box - beef salad

Beef teriyaki with vietnamese bu bun salad
Dessert of the pastry chef's choice

B. Box - Salmon salad

Grilled salmon, couscous salad with grilled vegetables, apricots and
cranberries, yogourt sauce
Dessert of the pastry chef's choice

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 - JULY

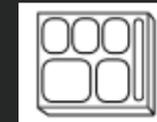
PLATTERS - 3 IDENTICAL PLATTERS MINIMUM



SANDWICH PLATTER AT \$23.50

1 appetizer
1 salad + 1 sandwich
3 varieties of Quebec's fine cheeses + 2 croutons
1 dessert + 1 macaron

Allergy platter available at \$26.50



MEAL SALAD PLATTER AT \$26.50

1 appetizer
1 meal-salad
3 varieties of Quebec's fine cheeses + 2 croutons
1 dessert + 1 macaron

Allergy platter available at \$29.50

PLATTER SANDWICH

Platter - chicken sandwich

Appetizer of the day
Chicken wrap, lettuce, cucumbers, tomatoes, dill mayo and Montreal spices
3 varieties of Quebec's fine cheeses + 2 croutons
Chef's selection sweet bite + 1 macaron

Platter - beef sandwich

Appetizer of the day
Beef wrap, grilled red pepper, pickled onions, cheddar
Quinoa salad, tomatoes, corn and black beans
3 varieties of Quebec's fine cheeses + 2 croutons
Chef's selection sweet bite + 1 macaron

Platter - ham sandwich

Appetizer of the day
Ciabatta with ham, swiss cheddar, lettuce, pickles and butter
Orzo salad with grilled mediteranean vegetables, pesto and bocconcini
3 varieties of Quebec's fine cheeses + 2 croutons
Chef's selection sweet bite + 1 macaron

Platter - vegetarian 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

Appetizer of the day
BBQ chicken thighs with Mexican quinoa salad, tomatoes, corn and black beans
3 varieties of Quebec's fine cheeses + 2 croutons
Chef's selection sweet bite + 1 macaron

Platter - beef salad

Appetizer of the day
Beef teriyaki with vietnamese bu bun salad
3 varieties of Quebec's fine cheeses + 2 croutons
Chef's selection sweet bite + **1 macaron**

Platter - salmon salad

Appetizer of the day
Grilled salmon, couscous salad with grilled vegetables, apricots and cranberries, yogurt sauce
3 varieties of Quebec's fine cheeses + 2 croutons
Chef's selection sweet bite + 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 a salad of the day at \$4.50 AND/OR a dessert of the day at \$4.50

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

Olive cake

Mini tacos of carrot, peas, goat cheese and arugula chutney

Pressed Halloumi and Cheddar, basil and tomato
Vegetarian arancini

Goat cheese, candied fruit, sesame, poppy
Crunchy bite of cucumber stuffed with beetroot and sesame hummus

Tofu soufflé with onion caramelized with maple and red pepper

MEAT

Pâté Lorrain

Mini corn and bacon cake

Chicken medallion with bacon and asparagus

Pulled beef with cranberries on a beetroot cracker

SEA

Seared scallops, mango and mint

Salmon tartlet, lemon zest, dill

Shrimp with two salsas

Beet and dill salmon gravlax

Tuna tataki, sesame mayo and edamame

Smoked salmon, cream cheese, dill and fried capers

SWEET

Macaroon

Opera cake with matcha

Energy balls

Assorted 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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