

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

B.BOX - 3 IDENTICAL BOXES MINIMUM



SANDWICH BOX AT \$16.50
1 salad + 1 sandwich + 1 dessert

Allergy platter available at \$19.50

BOÎTE B. SANDWICH

Boîte B - beef sandwich

Baguette with roasted beef, pickles, cheddar, old fashioned mustard, lettuce, cabbage mayo
Coleslaw salad
Dessert of the pastry chef's choice

Boîte B - chicken sandwich

Bretzel burger with indian spices chicken, pickled red cabbage, spinach, cari mayo
Legumes salad with cari, corn, tomatoes and cucumbers
Dessert of the pastry chef's choice

Boîte B - ham sandwich

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

Boîte B - vegetarian sandwich: gluten free, dairy free, nuts free

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



SALAD BOX AT \$19.50
1 meal salad + 1 dessert

Allergy platter available at \$22.50

BOÎTE B. MEAL-SALAD

Boîte B - chicken meal salad

Chicken breast au gratin with Parmesan cheese on an orzo salad with grilled vegetables, pesto and bocconcini
Dessert of the pastry chef's choice

Boîte B - beef meal salad

Teriyaki beef on Vietnamese bo-bun salad
Dessert of the pastry chef's choice

Boîte B - shrimp meal salad

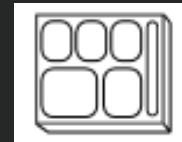
Smoked paprika shrimps on mixed rice salad, drops of red peppers, edamame, coriander and arugula
Dessert of the pastry chef's choice

Boîte B - vegan salad meal: gluten-free, dairy-free, nut-free

Raz el-hanout tempeh on curried legume salad, corn, tomatoes and cucumbers
Energy balls

LUNCHBOXES AND INDIVIDUAL PLATTERS

PLATTERS - 3 PLATTERS IDENTICAL 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

PLATTER SANDWICH

Platter - chicken sandwich

Appetizer of the day
Bretzel burger with indian spices chicken, pickled red cabbage, spinach, cari mayo
Legumes salad with cari, corn, tomatoes and cucumbers
3 varieties of Quebec's fine cheeses + 2 croutons
Chef's selection sweet bite + 1 macaron

Platter - beef sandwich

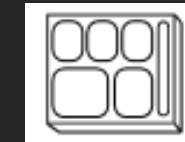
Appetizer of the day
Baguette with roasted beef, pickles, cheddar, mustard, lettuce, cabbage mayo
Coleslaw salad
3 varieties of Quebec's fine cheeses + 2 croutons
Chef's selection sweet bite + 1 macaron

Platter - ham sandwich

Appetizer of the day
Ciabatta with ham, swiss cheese, 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, lettuce
Yellow and red beet salad, Kalamata olives, dill and mint
Energy balls + chocolate mendiant



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 MEAL SALAD

Chicken salad-meal platter

Appetizer of the day
Chicken breast au gratin with Parmesan cheese on an orzo salad with grilled vegetables, pesto and bocconcini
3 fine cheese varieties + 2 croutons
Sweet bite of the day + 1 macaroon

Beef salad-meal platter

Appetizer of the day
Teriyaki beef on Vietnamese bo-bun salad
3 fine cheese varieties + 2 croutons
Sweet bite of the day + 1 macaroon

Shrimp salad-meal platter

Appetizer of the day
Smoked paprika shrimps on mixed rice salad, drops of red peppers, edamame, coriander and arugula
3 fine cheese varieties + 2 croutons
Sweet bite of the day + 1 macaroon

Vegan salad-meal platter: gluten-free, dairy-free, nut-free

Appetizer of the day
Cucumber bite stuffed with hummus beetroot and 2 colors sesame
Raz el-hanout tempeh on curried legume salad, corn, tomatoes and cucumbers
Energy balls + chocolate mendiant





HOT MEAL

HOT MEAL - 5 INDENTICAL PER CHOICE MINIMUM

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

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)

APERRO & COCKTAIL BOX

APERRO BOX - 6 IDENTICAL BOXES MINIMUM

BOX AT \$25.00

2 savoury canapés, chef's choice

Charcuteries

3 varieties of fine Quebec cheeses - 2 croutons

Raw vegetables and homemade dip

Fresh fruits

2 sweet canapés, chef's choice

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

Energy balls

Assorted mini financiers

MINI TAPAS BOXES

MINI BOXES - 5 IDENTICAL 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



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