



2022 MENU

Bernard & Fils Traiteur



Breakfast Boxes / \$15.25

Minimum order of 5 per choice.

Pastry Box

Assorted mini-pastries (3 un.)
Fruit skewers (2 un.)
Cheddar cheese duo

Breakfast Sandwich Box

English muffin, bacon, egg, cheese (1 un.)
Fresh fruit skewers (2 un.)
Fruit and nut granola bar (1 un.)

À la Carte Options

In individual containers

Yogurt and granola in a jar \$5.50

Fruit salad in a jar \$6.50

Biodegradable utensils 0,75\$
(extra)



Snacks / \$9

Minimum order of 5 per choice.

Cheddar Snack

Cheddar cheese pieces
Poppy seed and sesame crackers
Bunch of grapes
Olive tapenade

Nature Snack

Hard-boiled egg (1 un.)
Shredded carrot salad
Pita chips
Plain hummus

Garden Snack

Assortment of crudités (grape tomatoes, cucumbers, carrots, celery, broccoli)
Beetroot hummus

Allergen-free options are available (fees extra). Please ask a staff member for more information. All our dishes are served in individual format.

B. Sandwich Boxes / \$19.50

Minimum order of 5 per choice.

Smoked Salmon B. Box

Ciabatta with smoked salmon. Gravlax, goat cheese, capers, fried shallots, baby arugula.

Orzo salad with tomato confit. Olives, parmesan, spinach, kale, leeks.
Dessert of the day.

Beef B. Box

Burrito with pulled beef. Beans, brown rice, cheese, corn, onions, cilantro, tomatoes, lettuce.

Roasted vegetables and Indian-style chickpeas. Parsnips, chickpeas, cauliflower, peppers, zucchini.
Dessert of the day.

Chicken B. Box

Multigrain country bread with grilled chicken, lemon, and cumin. Basil mayonnaise, lettuce, tomatoes, provolone cheese.

Hearts of palm salad. Radishes, tomatoes, mangoes, shallot, mint, lime, green apples, Brazil nuts.

Dessert of the day.

Vegan / Vegetarian B. Box

Potato bread and Indian-style tofu scramble. Hummus, tomatoes, baby spinach.

Quinoa tabbouleh. Tomatoes, bell peppers, cucumber, sumac, parsley, mint, lemon juice.

Dessert of the day.

Holiday Edition

* Available until December 31, 2021.

Holiday Special B. Box + \$ 1 extra

Smoked turkey sandwich. Cheese and cranberries.

Beet salad. Pistachios and goat cheese.

Holiday dessert.

Allergen-free options are available (fees extra). Please ask a staff member for more information. All our dishes are served in individual format.

Meal Bowls / \$20

Minimum order of 5 per choice.

Add to your meal: Individual dessert of the day + \$ 5.50

Chicken Meal Bowl

Chicken thigh with lemon confit and olives. Quinoa and rice with herbs, smoked almonds, green peas, broccoli, carrots, beets, fried shallots.

Pork Meal Bowl

Roasted pork tenderloin with honey mustard and tarragon. Quinoa and rice with herbs, root vegetables, smoked almonds.

Niçoise Salad Meal Bowl

Tuna Niçoise salad. Green beans, baby potatoes, cherry tomatoes, radishes and egg on iceberg lettuce.

Vegetarian Meal Bowl

Indian-style scrambled tofu. Quinoa and rice with herbs, root vegetables, smoked almonds.

Seafood Meal Bowls / \$23

Minimum order of 5 per choice

Salmon Meal Bowl

Salmon confit with vanilla OR gravlax. Udon and kimchi noodles, broccoli, red cabbage, carrots, cucumbers, radishes, corn, edamame, wasabi peas and sesame sticks.

Shrimp Meal Bowl

Shrimp sautéed in Pernod. Sushi rice, broccoli, red cabbage, carrots, cucumbers, radishes, corn, edamame, wasabi peas and sesame sticks.

Special Edition / \$25 * Available Monday to Friday

Minimum order of 5 per choice.

Tartare Meal Bowl

Beef tartar. Potatoes browned in duck fat, arugula salad, Parmesan shavings, croutons.

Allergen-free options are available (fees extra). Please ask a staff member for more information. All our dishes are served in individual format.

Cold Platters / \$29.50

Minimum order of 5 per choice.

Chicken Caesar Platter

Grilled chicken supreme, romaine lettuce, bacon, croutons, fried capers, Parmesan, anchovies, Caesar dressing.

Tempeh Platter (vegetarian)

Sesame glazed tempeh steak and quinoa tabbouleh, tomatoes, bell peppers, cucumbers, sumac, parsley, mint, lemon juice

Salmon Platter + \$ 3 extra

Salmon steak with basil, orecchiette, kale, spinach, candied tomatoes. Lime and sour cream vinaigrette.

Beef Platter + \$ 3 extra

Southern spiced beef tenderloin. Seven grain salad with corn, bell peppers, beets, carrots and bok choy.

Each platter is served cold and includes

Appetizers

Chef's Appetizer (1 un.)
Cheeses (2 un.)
Croutons and pretzel sticks

Dessert

Fresh grapes
Dessert of the day

Allergen-free options are available (fees extra). Please ask a staff member for more information. All our dishes are served in individual format.

(514) 525 0121 / info@bernard-traiteur.com



Executive Platters / \$40

Minimum order of 1 per choice.

The Executive - Seafood

Japanese-style tuna and octopus tataki.

Soba noodles, broccoli, radishes, cucumbers, tobiko, sesame sticks, and wasabi peas.

The Executive - Duck

Duck breast with wild blueberries and cognac.

Slices of smoked duck. Puff pastry with spinach, Mamirolle cheese, onion and tomato confit, arugula salad.

The Executive - Beef

Portuguese-style beef flank steak and a slice of beef tataki.

Potatoes, sweet potatoes and butternut squash with thyme and rosemary, sundried tomatoes and bacon.

The Executive - Vegetarian

Sushi roll with grilled vegetables.

Eggplant, red bell peppers, zucchini, mushrooms, red cabbage, basil.

Each platter is served cold and includes

Appetizers

Chef's Appetizer (1 un.)
Cheeses (3 un.)
Croutons and pretzel sticks

Dessert

Fresh grapes
Dessert of the day

Allergen-free options are available (fees extra). Please ask a staff member for more information. All our dishes are served in individual format.

Hot Meals / \$18

Minimum order of 6 per choice.

General Tao tofu.

Basmati rice, broccoli, bell peppers.

Chicken tagine.

Chicken tagine with olives and lemon. Quinoa with herbs, broccoli, and cauliflower.

Add to your meal:

Individual salad of the day + 5.50\$

Individual dessert of the day + 5.50\$

Meat lasagna.

Three meat lasagna (beef, pork, veal).



General Tao chicken. + \$ 3 extra

Riz basmati, brocoli, poivron.

Asian-style beef stir fry. + \$ 3 extra

7 grain rice mix.

Beef skirt steak in red wine + \$ 3 extra sauce.

Crushed potatoes, pearl onions, root vegetables.

Basil salmon confit. + \$ 3 extra

Butternut squash and pear mousseline, legumes.

Indian-style beef stew. + 3 \$ extra

Barley with raisins.

Holiday Edition Available until December 31, 2021.

White wine braised turkey. + \$ 3 extra

With red fruits and oranges. Barley with saffron and turmeric, raisins, and apricots. Roasted root vegetables and coloured peppers.

Allergen-free options are available (fees extra). Please ask a staff member for more information. All our dishes are served in individual format.

12 Bite Boxes / \$31

Choose 6 of the bites below. Each box includes 2 units of each.

Minimum order of 5 identical boxes.

Vegetarian Bites

Raisin ball with goat cheese and pistachios

Date stuffed with blue cheese, berries, and almonds

Macaroon with goat cheese, beets, and honey

Olive cake

Pressed Halloumi and cheddar cheese, basil, and tomatoes

Tofu soufflé with maple caramelized onions, and red peppers

Japanese maple lacquered omelette

From the Earth

Turkey meatball with quinoa and peanuts

Chicken medallion with bacon and asparagus

Mini corn and bacon cake

Basil pesto chicken satay

Beef tataki, baby arugula, truffle oil, and black salt

From the Sea

Asian-style shrimp, sake, and sesame crunch

Salmon and beet gravlax

Seared scallops, mangoes, and mint

Smoked salmon, cream cheese, dill, and fried capers

Tuna tataki with sesame mayonnaise and wasabi peas

Sweet Bites

Date and coconut energy ball

Macaron

Mini Financier

Holiday Specials + \$ 1.50 extra each

Quail egg poached in red wine

Foie gras and smoked eel cone

* Available until December 31, 2021.

Allergen-free options are available (fees extra). Please ask a staff member for more information. All our dishes are served in individual format.

Christmas Boxes for Two.

Available from Wednesday, November 24 to December 31, 2021.

Deadline to order: December 20, 2021.

Appetizer Duo Box / \$90

For two people. 8 services.

Salmon gravlax with red beets and local gin
Argentine shrimp sautéed with seaweed from the river
Cream of vegetable
Pot of foie gras with black truffle and volcanic salt
Pot of smoked salmon with tarragon, goat cheese, and lime
Homemade salted cake and whipped butter with black salt and truffle
Deconstructed Yule logs in a Mason jar
Bag of Holiday Sweets

Banquet Duo Box/ \$175

For two people. 12 services.

Salmon gravlax with red beets and local gin
Argentine shrimp sautéed with seaweed from the river
Cream of vegetable
Pot of foie gras with black truffle and volcanic salt
Pot of smoked salmon with tarragon, goat cheese, and lime
Homemade salted cake and whipped butter with black salt and truffle
Turkey ballotine stuffed with sausage meat and chorizo
Roasted cauliflower, cheese, and turmeric
Roasted root vegetables in maple syrup
Potato and Parmesan Millefeuille
Deconstructed Yule logs in a Mason jar
Bag of Holiday Sweets

Allergen-free options are available (fees extra). Please ask a staff member for more information. All our dishes are served in individual format.

(514) 525 0121 / info@bernard-traiteur.com

Contact us

By phone

(514) 525 0121

By email

info@bernard-traiteur.com

Website

www.bernard-traiteur.com

Address

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Questions ?

Food allergies.

Allergen-free options are available (fees extra). Please ask a staff member for more information.

Delivery to multiple addresses.

Visit our website or contact our staff members for more information about delivering to multiple addresses.

Pick-up option.

It is possible to pick up your order directly on site. Call us to know the conditions.

Sanitary rules.

All our culinary services respect the sanitary rules in effect at the time of your order. All meals are prepared in individual format.

Give us a call !