

BREAKFAST 2025



TRAITEUR

# COLD BREAKFAST

Minimum of 8 guests - cutlery included

Available in buffet or individual box format

## THE EARLY BIRD

12\$

- ORANGE JUICE (individual bottle)
- **4** HOMEMADE MUFFIN
- MILD CHEDDAR WEDGES AND GRAPES
- FRESHLY CUT FRUITS

### THE ROUTINE

15\$

- ORANGE JUICE (individual bottle)
- ASSORTED MINI-PASTRIES (2 p.p.)
- VANILLA YOGURT, MAPLE CURRANT COMPOTE, HOMEMADE GRANOLA, DARK CHOCOLATE (nut-free)
- FRESHLY CUT FRUITS

#### THE DETOX

19\$

- "POPEYE" SMOOTHIE spinach, banana, oat milk powder, matcha, flax
  stovia Godinicus battle
- MUFFIN TIN-BAKED ASPARAGUS
  OMELETS (2 p.p.)
- CHIA PUDDING, COCONUT MILK, MAPLE CURRANT COMPOTE, DARK CHOCOLATE
- HOMEMADE GRANOLA BAR

VEGÉTARIEN ET SANS GLUTEN

#### THE SNOOZE

19\$

- "SUNSHINE" SMOOTHIE mango, pineapple, passion fruit, oat milk, pea protein, coconut milk, chia, beta-carotene, stevia (individual bottle)
- SMOKED SALMON AND CREAM CHEESE BAGEL, ACCOMPANIMENTS (lemon, capers, marinated red onion, dill)
- 4 HOMEMADE ENERGY BALL

**OPTION SANS GLUTEN SUR DEMANDE** 

ADD A COFFEE OR TEA SERVICE FOR AN ADDITIONAL FEE

ALL THESE ITEMS ARE AVAILABLE INDIVIDUALLY



# HOT BREAKFAST

Minimum of 8 guests - cutlery included

Available in buffet or individual box format

# **MÉTRO BOULOT\***

19\$

- ORANGE JUICE (individual bottle)
- FRUITS
- BREAKFAST POTATOES WITH HERBS
- ENGLISH MUFFIN WITH EGG, CHEESE, HOLLANDAISE SPREAD, SPINACH
- MINI PANCAKES, MAPLE SYRUP (2 p.p.)

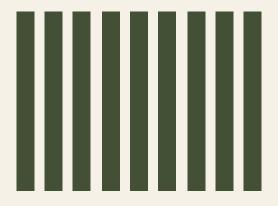
# LA GRASSE MATINÉE\*

- ORANGE JUICE (individual bottle)
- FRESH FRUIT SALAD
- SCRAMBLED EGGS, CHIVES
- CANADIAN BACON (2 p.p.)
- VEAL CHIPOLATA SAUSAGE (1 p.p.)
- BREAKFAST POTATOES WITH HERBS
- SAVORY MINI-PASTRIES (2 p.p.)

ADD A COFFEE OR TEA SERVICE FOR AN ADDITIONAL FEE

ALL THESE ITEMS ARE AVAILABLE INDIVIDUALLY

\*CHAFING DISH RENTAL EXTRA





# BREAKS

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### **ON-THE-GO SNACK**

4.75\$

- ✓ COOKIES (2 p.p.)
- **4** WHOLE FRUIT (1 p.p.)

# **HEALTHY BREAK**

9.75\$

- ENERGY BALL (2 p.p.)
- DARK CHOCOLATE COVERED FRUITS (2 p.p.)
- CRUDITÉS WITH DIP (5 p.p.)

**VEGAN AND GLUTEN FREE** 

#### PERFECT BREAK

**6**\$

- FRESHLY CUT FRUITS
- MILD CHEDDAR WEDGES (2 p.p.)
- SWEET AND SALTY NUT MIX (50g)

SANS GLUTEN

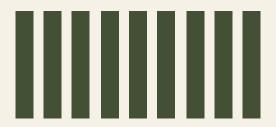
#### GOURMAND BREAK

8\$

- 4 HOMEMADE MACARONS (2 p.p.)
- ✓ HOMEMADE MINI-GOURMET TREATS
  (2 p.p.)

ADD A COFFEE OR TEA SERVICE FOR AN ADDITIONAL FEE

ALL THESE ITEMS ARE AVAILABLE INDIVIDUALLY





# DRINKS

### **COFFEE AND TEA**

(10 cups thermos)

FAIR TRADE COFFEE - 25\$

Paper cups, milk cartons, sugar and stir sticks are included

«CAMELIA SINENSIS» TEA AND HERBAL TEA- 25\$

Paper cups, milk cartons, sugar and stir sticks are included

# **SMOOTHIES AND JUICES\***

- V8 TOMATO JUICE 3\$
- Onange
- ORANGE JUICE 9\$

«POPEYE» SMOOTHIE - 6,50\$

(individual bottle) spinach, banana, oat milk powder, matcha, flax stevia

«SUNSHINE» SMOOTHIE - 6,50\$

(individual bottle)

mango, pineapple, passion fruit, oat milk, pea protein, coconut milk, chia, beta-carotene, stevia

### WATER AND SOFT DRINKS\*

(in a can)

- QUEBEC SPRING WATER 3\$
- QUEBEC SPARKLING WATER 3\$
- BUBLY FLAVORED WATER 3\$
- 4 HOMEMADE FLAVORED WATER 2\$

Raspberry and lemon

Cucumber and lime

SOFT DRINK - 3\$

Coca-Cola, Coca-Cola Zéro

Thé Glacé

Sprite, 7up

Ginger Ale

SAN PELLEGRINO - 4\$

\*EXTRA FOR COMPOSTABLE GLASSES OR DISPENSERS



# OTHER SERVICES

### **DELIVERY**

FROM MONDAY TO SUNDAY

BETWEEN 7 AM AND 5 PM

(MONTREAL AND MONTREAL AREA)

Additional fees may apply for deliveries outside of Montreal and/or outside our regular business hours

### **ALCOHOL PERMIT**

WE HOLD THE REQUIRED ALCOHOL LICENSE TO PROVIDE BAR SERVICE AT EVENTS

Please consult your advisor for more details

#### STAFF

MAÎTRE D'HÔTEL

SERVERS – BARTENDERS

CHEF

COOKS

Minimum of 4 hours per shift

Travel or mileage fees may apply
depending on the location of your even

#### **EVENT VENUE**

CONTACT OUR TEAM TO RECEIVE OUR SUGGESTIONS

#### **RENTALS**

WE HAVE A QUALITY PARTNER FOR ALL
TYPES OF EQUIPMENT RENTAL

