

A Perfect Way to start your day!

On the run Breakfast

\$11.50

Breakfast Burrito
(eggs, italian sausage, sautéed peppers and cheddar cheese wrap)
Muffin
Fruit salad
Orange Juice

Continental Breakfast

13\$

Assortment of freshly baked Viennoiserie and Montreal bagels, yogurt & granola parfait, accompanied with orange juice, butter, jam and cream cheese.
Coffee and tea included

Full Continental Breakfast

17\$

Assortment of freshly baked Viennoiserie and Montreal bagels, breakfast burritos, yogurt & granola parfait, smoked salmon, orange juice, yogurt, fresh fruit, butter, jam and cream cheese.
Coffee and tea included

We have a large selection of omelets and frittatas to choose from, we also make raisin bread or panettone French toast, and fruit filled pancakes.

Just let us know what you desire when ordering or have us create something special for your event.

What's for Lunch?

Salads Choices

Mixed greens with a roasted garlic balsamic vinaigrette

Fennel, spinach, Strawberries with red wine vinaigrette

Couscous and a tomato bruschetta salad

Three color pasta salad with Parmigiano cheese

Israeli couscous salad

Arugula, strawberry, and red onions with a vanilla vinaigrette

Cesar salad

Quinoa, walnuts, dried cherries, and green shallots salad

Cabbage, cranberries, broccoli, pumpkin seeds and poppy seed dressing

Assorted baby romaine lettuce and Yuzu dressing

Caprese salad*

Greek Salad*

Sandwich Choices

Smoked ham, bocconcini and Dijon mustard on a crusty baguette

Roasted turkey, herbed goat cheese on a cranberry loaf

Prosciutto, marinated eggplants and spicy provolone cheese

Grilled lime and pepper mayo Turkey wrap

Grilled vegetables and double brie on ciabatta bread

Spicy chicken Thai wrap

Tuna and cucumber on an olive ciabatta loaf

Spicy sopresatta, capicollo and artichokes on a panini

Tomato, avocado and buffalo mozzarella on baguette

Roastbeef, Gruyere cheese and Dijon on pumpernickel bread

Spicy crab salad, on Focaccia bread *

Smoked meat, homemade slaw, pickled mustard and aged cheddar on Kaiser roll

Roasted pork, camembert cheese and sweet onions on corn bread

Bresaola, artichoke, Asiago cheese on a crusty Italian bread

Filet mignon sauteed with caramelized onions, peppers and aged provolone cheese *

Banh Mi roasted pork belly, duck liver and pickled vegetables*)

Falafel, Sriracha flavoured hummus and chiffonade of crisp iceberg wrap

Roasted chicken salad, thinly sliced cucumber on a walnut loaf *

(*) a surcharge will be added

We take pride in the quality of our sandwiches. Therefore we are always creating new ways to make a sandwich not just a sandwich!

Lunch Box (16\$ à 24\$)

Choice of 1 sandwich
1 salad (chef's choice)
Grapes, crackers and cheese
Dessert (chef's choice)

Buffet (18\$ à 34\$)

Choose 3 sandwiches
2 salads (chefs choice)
Dessert (chefs choice)

Salad Meals (18\$ à 26\$)

Grilled Chicken, Mandarine supreme, sliced almonds and spinach salad with a Thai sesame dressing

Roasted red pepper and sliced beef salad, with avocado, cherry tomatoes and black olives

Mango chutney grilled salmon on a bed of Israeli couscous salad

Turn your Salad Meals into a Lunch Box (20\$ à 30\$)

Includes: Cheese, grapes and crackers
Dessert (chef choice)

Entree, Canapes and Antipasto Platters

Crudités Platter

Seasonal fresh crisp vegetables served with our house dip

Gourmet Meat Platter

A wide selection of hand sliced gourmet deli meats served with olives and marinated vegetables and your choice of freshly baked breads.

Antipasto Platter

Imported Italian cold cuts served with tomato and bocconcini salad, marinated artichokes, roasted peppers, and marinated mushrooms. An assortment of sliced cheeses. Served with bread.

Seafood Platter

Seasonal

An ample array of fresh seafood seasoned and cooked to perfection. Maine Lobster tails, Atlantic smoked salmon, marinated seared scallops and jumbo shrimps served with our own cocktail sauce and garnished with lemon wedges.

Jumbo Shrimp Platter

Five jumbo U/10 shrimps served with our delicious cocktail sauce and garnished with lemon.

Atlantic Smoke Salmon Platter

A beautifully decorated platter of Atlantic Smoked Salmon, capers, red onions, sliced garden fresh tomatoes, cream cheese and lemon wedges. Accompanied by a basket of Montreal bagels.

Canapes Platter

An elegant assortment of our chefs most delectable creations that will tempt any palate (8 per person)

Gourmet Cheese Platter

A selection of finely imported and domestic cheeses served with crackers, bread and dried fruit.

Sweet Palate Platter

A selection of assorted mini pastries, assorted biscotti and cookies.

Refreshing Fruit Platter

A selection of the finest fruits in season.

Mains

Grilled Chicken Breast

House marinated chicken breast grilled to perfection served with roasted lemon potato wedges, sautéed seasonal greens and carrots.

Braised Beef

Red wine reduction sauce

Slowly cooked Braised beef in a red wine and demi-glace for 4 hrs.
Served with the mashed garlic potatoes, sautéed seasoned greens and glazed carrots.

Filet Mignon

A generous 8-oz portion of our house aged Filet Mignon grilled to a perfect medium with a Madagascar peppercorn sauce and served with marinated grilled vegetables and Grelot potatoes

Grilled Salmon

Oregano infused oil

A grilled filet of Atlantic Salmon served on a bed of Spanish rice, asparagus and sautéed peppers.

Honey Soya Cod

Atlantic cod filet marinated with honey and soya, pan seared and finished in the oven, served with couscous and sautéed seasonal greens

Herb Crusted Pork Filet

Pork filet crusted in Herb de Provence, pan seared and finished in the oven in a red wine tarragon reduction, served with pan fried sliced onion potatoes, and a ratatouille of vegetables

Surf & Turf

Our beautifully grilled Filet Mignon accompanied with a Maine Lobster tail and served with your choice of garlic mashed potatoes, and grilled seasonal vegetables

Do you have a request?