

## Our Kitchen - Our Commitments

We offers comforting and homemade cuisine. We buy from fair-trade suppliers and support local companies. Our fresh ingredients are used to create delicious recipes created on site by our chefs.

Our catering service adapts to all types of events. Menus are tailor-made, taking into account your needs, allergies and dietary restrictions (vegetarian, vegan, gluten-free options, etc.) your budget and number of guests.

Concerned about our environment, we have a policy of maximum waste reduction by recycling and reusing.. When organizing your event, we make crockery available and plastic trays are cleaned and reused.

### Time Required

Less than 15 people : 48 hours 15  
 to 60 people : 7 days More then  
 60 people: 14 days

### Delivery Service

(\$): additional charge

## Box Lunches

*All breads can be replaced  
 by gluten free options (\$)*

*All sandwiches are also  
 available in tray format.*

### Le Classic 13.50 \$

- Ciabatta turkey and Swiss cheese
- Side Salad
- White and dark chocolate cookies

### Le Alain Gainsbourg 13.50\$

- Chicken panini, bacon, tomato, dijonnaise, cheddar
- Side Salad.
- White and dark chocolate cookie

### Le Plantera 14.25\$

- Vege Pate sandwich with a cabbage salad
- Chocolate, coconut, almonds and date balls.

### Le Lark 13.00\$

- Whole wheat sandwich with red peppers, grilled eggplant and zucchini , pesto and cheddar cheese.
- Side Salad

### Le Coloré 13.50\$

- Ciabatta beet, végét-pâté, cashew butter and spinach
- Side salad
- White and dark chocolate cookie

Don't hesitate to ask for our  
**Sandwich of the Week!**



 Vegetarian

 Vegan

 Gluten Free

 Extra charge

# Bowls

## Le César 14.50\$

- Chicken Caesar salad with a piece of bread
- White and dark chocolate cookie

## La Tigresse 14.50\$

- Soba noodles (buckwheat flour), tofu, edamame, fresh vegetables, coriander with soy and sesame vinaigrette
- White and dark chocolate cookie

## Le Tahini 14.50\$

- Quinoa, hummus, légumes frais, vinaigrette au Tahini
- Boulette à la noix de coco, amande, datte et chocolat

## Vegetarian pasta salad 13.50\$

- Vegetarian pasta salad with raw vegetables
- White and dark chocolate cookie



Vegetarian



Vegan



Gluten Free



Extra charge

# Breakfast Trays

## Homemade muffins (12 servings) - varied and seasonal

- Mini muffins 18.20\$
- Muffins 37.50\$

## House cakes (12 portions) - varied and seasonal

Easily divided into 2 or 24 parts 37.50\$



All the viennoiseries  
can be gluten free and  
vegetarian (\$)

## Viennoiseries (12 portions)

- Mini croissants 37.50\$
- Mini chocolatines 37.50\$
- Mini chaussons 37.50\$

## Full of Vitamins

- Fresh fruit - 12 portions 48.20\$
- Le Parfait : homemade granola, plain yogurt and fruit compote 3.85\$
- Mini homemade granola balls- 12 portions 27\$

## Beverages

- Fruit juice - 1Litre 4.50\$
- Thermos of coffee- 10 cups 24.50\$
- Thermos à thé - 10 cups 23.25\$
- Thermos chocolat chaud - 10 cups 25\$

Oat & Soy milk  
AVAILABLE

Cups are included with all  
beverage orders

## Our High Quality partners

• **Our coffee:** Located in Montréal, l'Atelier Kittel committed to innovation in roasting. True to its values: transparency, sustainable development, social commitment and quality. Their goal is to minimize environmental impact while offering us a richly flavored coffee. Long live the third wave!

• **Our teas :** Camellia Sinensis offers premium teas imported from China, Taiwan, Sri Lanka, Nepal, Vietnam, Japan and India.

• **Our milk suppliers :** Le lait Henrietta Our dairy products: Henrietta Milk is a Lac Saint-Jean dairy. We produce milk from cows fed on high-quality forages and grains, whose growth is particularly adapted to our climate. It's these singular characteristics that make this milk so high quality.

• **Our bread and pastries:** The ArHoma bakery in Hochelaga-Maisonneuve (involved in the neighborhood's revitalization) is a real gem when it comes to the ... quality, freshness and originality of its products.

# Salty Bites

## Canapés

- Smoked salmon with dill 4.25\$
- German sausage, sauerkraut with bacon and beer 2.75\$
- Faux cheese cashew cream, zucchini and arugula 2.45\$ ✓

## Mini Brochettes

- Tofu with lemon garlic, grated carrots and coriander 2.45\$ ✓
- Cherry tomatoes and bocconcini 2.45\$ 🌿
- Bacon scallops 4.75\$
- Tiger shrimp 4.75\$

## Mini Burgers

- Beef 2.75\$
- Pulled pork and creamy coleslaw 2.75\$
- Veggie pâté and vegan coleslaw 2.45\$ ✓

## Mini Salades

- Greek Salad 2.30\$ 🌿
- Crispy vegetables in a tigress sauce 2.45\$ 🌿
- Soba noodles, edamame and grilled vegetables 2.45\$ ✓
- Chicken curry couscous with almond and yogurt 2.75\$
- Cucumber, feta and basil 2.45\$ 🌿
- Quinoa, roasted vegetables, beet hummus and tahini sauce 2.45\$ ✓

## Mini Vol-au-vent (au choix)

- Seafood 4.75\$
- Chicken a la King 2.75\$

## Pizzas

- Vegetarian 2.45\$ 🌿
- Meat 2.75\$

## Vegetable Quiche 2.45\$ 🌿

## Meat Specialties

- Mini filet mignon with forest sauce 4.75\$
- Mini Kefta turmeric and pepper 2.75\$
- Honey mustard chicken wing drumstick 4.25\$
- Mini Kalamata olive and pancetta muffin 2.45\$

# Sweet Bites

## Homemade Treats

- Almond Brownie 2.50\$
- Cookie with white and dark chocolate 2.45\$
- Matcha and white chocolate 2.65\$
- Date, coconut and almond and chocolate 2.45\$ 🌿 ✓

## Tartelettes

- Sugar 3.25\$
- Caramel and cocoa 3.25\$
- Lemon cream 3.25\$

## Mousses

- Chocolate 3.25\$
- Fruit 3.25\$



# To Share

**Cheese Platter** with grapes and cracker  
15 people 75.50

**Crudités Platter**  
25 people 64.20 ✓

**Hummus Plater** with olives and pita  
15 people 64.20 ✓

**Chacuterie Platter**  
15 people 75.50

\*working with quality products, availability and prices are subject to change



Vegetarian



Vegan



Gluten Free



Extra charge

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*\*Closed weekends,  
holidays, spring break  
and all of August*