



MENU

PRÊT À TABLE



BREAKFAST BOXES

All of our breakfast boxes come with seasonal jam, Quebec cheese, dry fruits, fresh fruit, yogurt, granola, berries and cutlery



Pastry box \$16.50

2 buttered croissants
1 chocolatine

Waffle breakfast \$21.00

2 waffles, berries and maple syrup.

Montreal Smoked salmon \$22.00

Smoked salmon bagel and cream cheese.



Egg Sandwich box \$18.00

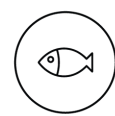
English muffin with egg and swiss cheese and 1 boiled egg on the side

MTL egg wrap \$20.00

Eggs, bacon, cheddar and spinach

Tuna wrap \$21.00

Tuna flaked, red onion, pickled relish, mayonnaise, celery brunoise and romaine lettuce



BREAKFAST PLATTERS

Avocado toast

Organic avocado toast, radish (8 units)

\$65.00



Fresh fruit skewers platter

Seasonal fruits on skewers (12 units)

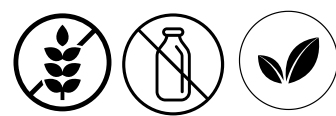
\$36.00



Fresh fruit platter

Seasonal fruits (10 people)

\$55.00



Mixed bagel platter

Bagels with cream cheese, cucumbers, dill, smoked salmon & jam (9 units).

\$55.00



Cream cheese platter

Bagels with cream cheese and everything bagel seasoning (9 units)

\$45.00

Smoked salmon bagel platter

Bagels with smoked salmon, capers, onions and cream cheese

\$63.00





BREAKFAST PLATTERS

Maple fun crepes platter \$80.00

Mini pancakes, mini crepes, fruits and maple (10 people)

MTL egg wrap platter \$80.00

(12) full sized wraps cut in half with eggs, cheddar cheese, bacon and spinach

Mini pastries platter \$42.00

Croissant nature and chocolatines (12 units of each)



Mixed croissant platter \$45.00

(3) regular (3) nutella and (3) almond



Mixed muffin platter \$45.00

Assortment of 8 muffins and fresh berries



Individual yogurt platter \$48.00

Yogurt, granola and fresh berries (8 units).



Yogurt and fruits platter \$65.00

Yogurt, granola, fresh berries, shredded coconut and chia seeds (10 guests).



LUNCH SHARING PLATTERS

Tuna wraps

Tuna flaked, red onion, pickled relish, mayonnaise, celery brunoise and romaine lettuce

\$80.00



Mixed wraps

Variety of chicken, beef and vegetarian (24 pieces)

\$80.00

Mixed sandwiches

Variety of chicken, beef and vegetarian (16 pieces)

\$80.00

Smoked meat sandwiches

Montreal smoked meat sandwich served with Swiss cheese and thousand island dressing (20 units).

\$105.00

Falafel sandwiches

Ciabatta, falafel, marinated turnip, spinach, shallots, mint and tahini aioli.

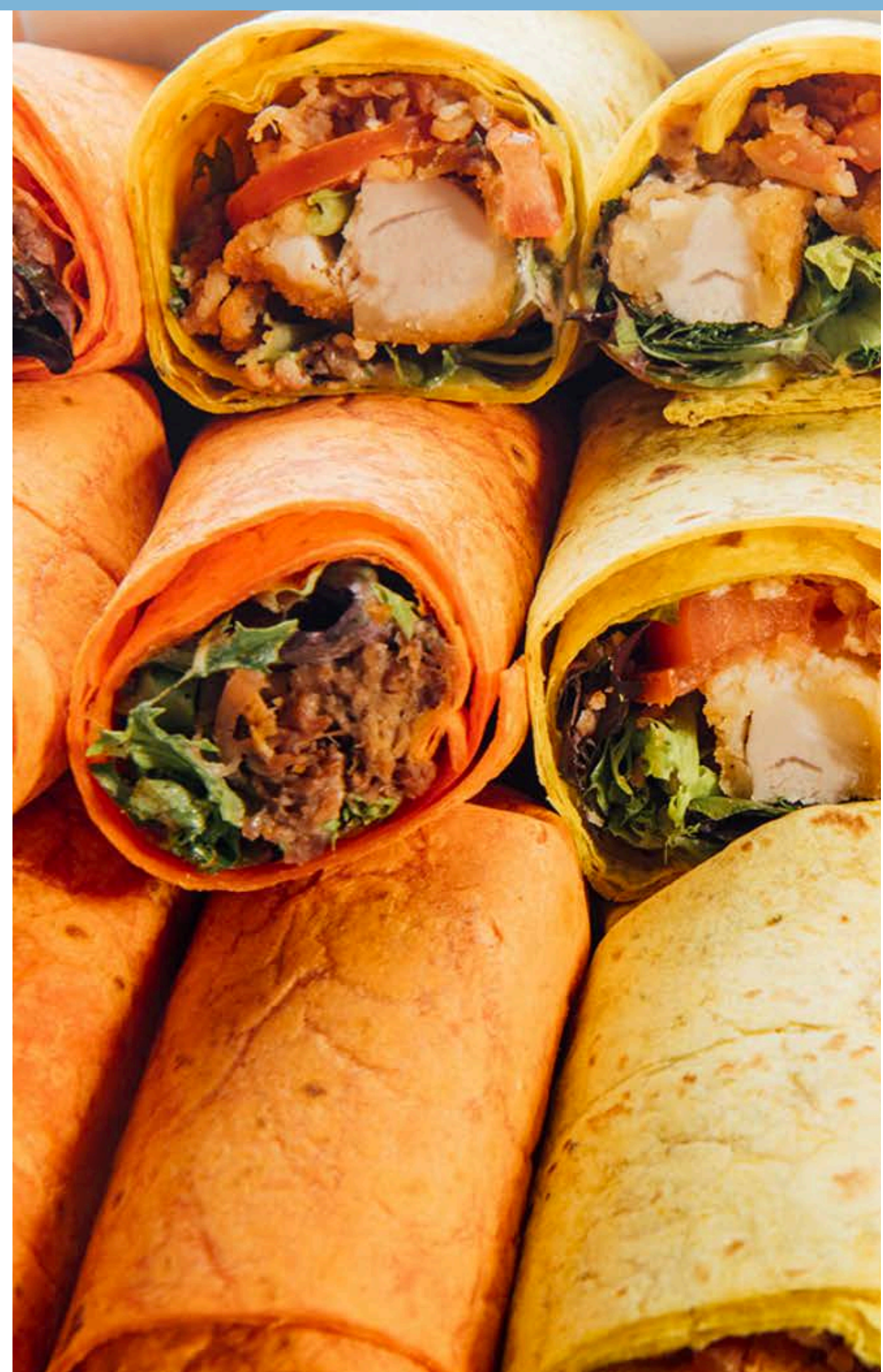
\$80.00



Charcuterie sandwiches

\$100.00

- Prosciutto, aged pecorino, truffle cream and arugula
- Spicy Sopressata, sun dried tomatoes, roasted Pepper Tapenade, havarti cheese and arugula





LUNCH SALAD SHARING BOWLS

Salads serve 10-12 guests

Fattoush salad

Mixed salad, cucumbers, tomatoes, radishes, parsley, crispy sumac pita chips, fresh mint, pomegranates, drizzled with pomegranate molasses

\$55.00



Fall salad

Beet salad, radicchio, tuscan kale, fresh mint, basil, toasted pumpkin seeds, red grapes and honey mustard dressing

\$45.00



Rainbow salad

Artisan lettuce, Chioggia beets, watermelon radishes, fennel, oranges, fresh herbs, champagne and tarragon vinaigrette

\$45.00



Soba noodle salad

Organic soba noodles, sesame seeds, green onions, carrots, broccolis, red peppers, cilantro, soya sauce, honey and rice wine vinegar

\$55.00



Caesar salad

Romain lettuce, garlic croutons, crispy bacon, parmesan shavings, homemade Caesar dressing

\$45.00



LUNCH SALAD SHARING BOWLS

Salads serve 10-12 guests

Quinoa Mediterranean salad

Organic quinoa, cucumbers, corn, peppers, black olives, parsley, tomatoes, lemon, olive oil

\$45.00



Pearl couscous salad

Pearl couscous, Quebec cranberries, capers, onions, carrots, celeries, parsley, coriander, cumin, lemon, olive oil

\$45.00



Rice vermicelli Thai salad

Vermicelli, green onions, grated carrots, bean sprouts, red peppers, celeries, Matane shrimps, cashew nuts, coriander, sesame seeds, Noc Cham sauce, sesame oil

\$50.00



Mini individual salad cups

(8 units)

- Fattoush salad
- Rainbow salad
- Caesar salad
- Fall salad
- Soba noodle salad
- Rice vermicelli Thai salad
- Quinoa Mediterranean salad
- Pearl couscous salad

SHARING IS CARING!

Mixed sushi platter

Assortment of chef's choice of nigiri and maki with a side of wasabi, ginger and soya sauce (54 units).

\$105.00



Mini poke platter

Rice, lettuce, pineapple, avocado, seaweed salad, cucumber, crispy onions, pickled ginger, roasted sesame seeds, julienne carrots, edemame. (8 bowls)

\$80.00



Choose your protein: Salmon, chicken, tuna or tofu

Cheese & Charcuterie platter

Assortment of local and imported cheeses, charcuteries, fresh fruits, honey and dry fruits. (10 guests)

\$110.00



Cheese & Charcuterie individual cups

Assortment of local and imported cheeses, charcuteries, grapes, honey and dry fruits. (8 bowls)

\$85.00



Crudity and dip platter

Seasonal vegetables served with 3 flavors of hummus : beet, roasted pepper and classic (10 guests)

\$60.00



Crudity and dip individual bowls

Seasonal vegetables (8 bowls)

\$50.00

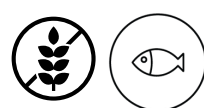


MEAL BOWLS

Salmon poke

Salmon tartare, rice, lettuce, pineapples, avocados, seaweed salad, cucumbers, crispy onions, pickled ginger, roasted sesame seeds, julienne carrots, edamame, radishes, red cabbage and poke sauce.

\$21.00



Tuna poke

Tuna tartare, rice, lettuce, pineapples, avocados, seaweed salad, cucumbers, crispy onions, pickled ginger, roasted sesame seeds, julienne carrots, edamame, radishes, red cabbage and poke sauce.

\$21.00



Chicken poke

Chicken, rice, lettuce, pineapples, avocados, seaweed salad, cucumbers, crispy onions, pickled ginger, roasted sesame seeds, julienne carrots, edamame, radishes, red cabbage and poke sauce

\$21.00



Tofu poke

Tofu, rice, lettuce, pineapples, avocados, seaweed salad, cucumbers, crispy onions, pickled ginger, roasted sesame seeds, julienne carrots, edamame, radishes, red cabbage and poke sauce

\$21.00



Crispy tuna

Tuna tataki, parsley, mesclun salad, mandarine, sesame, avocados, carottes, radish, tomatoes, cilantro, mint, crispy ramens, sweet soya vinaigrette.

\$21.00





MEAL BOWLS

Chicken Caesar bowl

\$21.00

Grilled organic chicken breast, romaine lettuce, garlic croutons, crispy bacon, parmesan shavings and homemade Caesar dressing

Nicoise salad bowl

\$21.00



Lettuce, tuna, tomatoes, green beans, red onions, fingerling potatoes, hard boiled eggs, capers, chick peas, black olives, red cabbage, Dijon mustard and fresh herb vinaigrette

Thai shrimp bowl

\$21.00



Rice vermicelli, green onions, grated carrots, bean sprouts, red peppers, celeries, Matane shrimps, cashew nuts, coriander, sesame seeds, Noc Cham sauce, sesame oil.

Falafel bowl

\$21.00



Homemade falafels, mesclun salad, tomatoes, chickpeas, olives, onions, cucumbers, couscous, parsnip, tahini, hummus, lime and cumin vinaigrette.

LUNCH BOXES

All of our lunch boxes come with salad of the day, Quebec cheese, fresh fruit and dessert of the day.

Grilled chicken sandwich \$21.00

Ciabatta, grilled chicken breast, tomatoes, lettuce and herb aioli.

Crispy chicken wrap \$21.00

Crispy chicken wrap, tomatoes, lettuce, bacon shavings and caesar dressing

Short ribs and caramelized onion sandwich \$22.00

Ciabatta, short ribs, swiss cheese, caramelized onion, red cabbage and dijonnaise sauce

Falafel sandwich \$22.00

Ciabatta, falafel, marinated turnip, spinach, shallots, mint and tahini aioli.



Salmon sandwich \$23.00

Ciabatta, salmon, coleslaw, toasted sesame and spicy teriyaki aioli

Pulled pork sandwich \$21.00

Ciabatta, Quebec pulled pork, ham, roasted onions, smoked mustard, pickles, coleslaw and swiss cheese

Smoked meat sandwich \$23.00

Pressed rye bread, Montreal smoked meat, Swiss cheese and Thousand Island dressing.

Prosciutto with aged pecorino Sandwich \$23.00

Ciabatta, prosciutto, aged Pecorino, truffle cream and arugula

Tuna Sandwich \$21.00

Artichoke Pesto, tremazine tuna, asiago Cheese, tuna spread and taggiasche Olives





EXECUTIVE BOXES

All of our lunch boxes come with salad of the day, Quebec cheese, fresh fruit and dessert of the day.

Executive AAA beef

\$39.00

AAA beef tataki, ponzu toasted sesame sauce on organic soba noodles, sesame seeds, green onions, carrots, broccolis, red peppers and cilantro.

Executive salmon

\$37.00

Salmon steak glazed with maple syrup and our Mediterranean quinoa salad.

Executive tuna

\$39.00

Tuna tataki on organic soba noodles, sesame seeds, green onions, carrots, broccolis, red peppers and cilantro.

Executive shrimp

\$42.00

Jumbo grilled shrimps, rice vermicelli with cashews, shallots, carrots, sprouts and nuc cham sauce.

Executive cauliflower steak

\$39.00

Cauliflower steak with shiitakes and pumpkin seeds, maple ginger soya sauce and a base of mediterranean quinoa salad.



Executive grilled chicken

\$35.00

Sliced grilled chicken topped with herb aoili with a base of couscous salad

Executive hanger steak

\$37.00

Sliced hanger steak topped with chimmichuri sauce with a base of beluga lentils, red peppers, carrots, raisins and fried capers



Offered in portions for 10 people. Including disposable cutlery and serving plates

VEGAN BUFFET

\$250.00

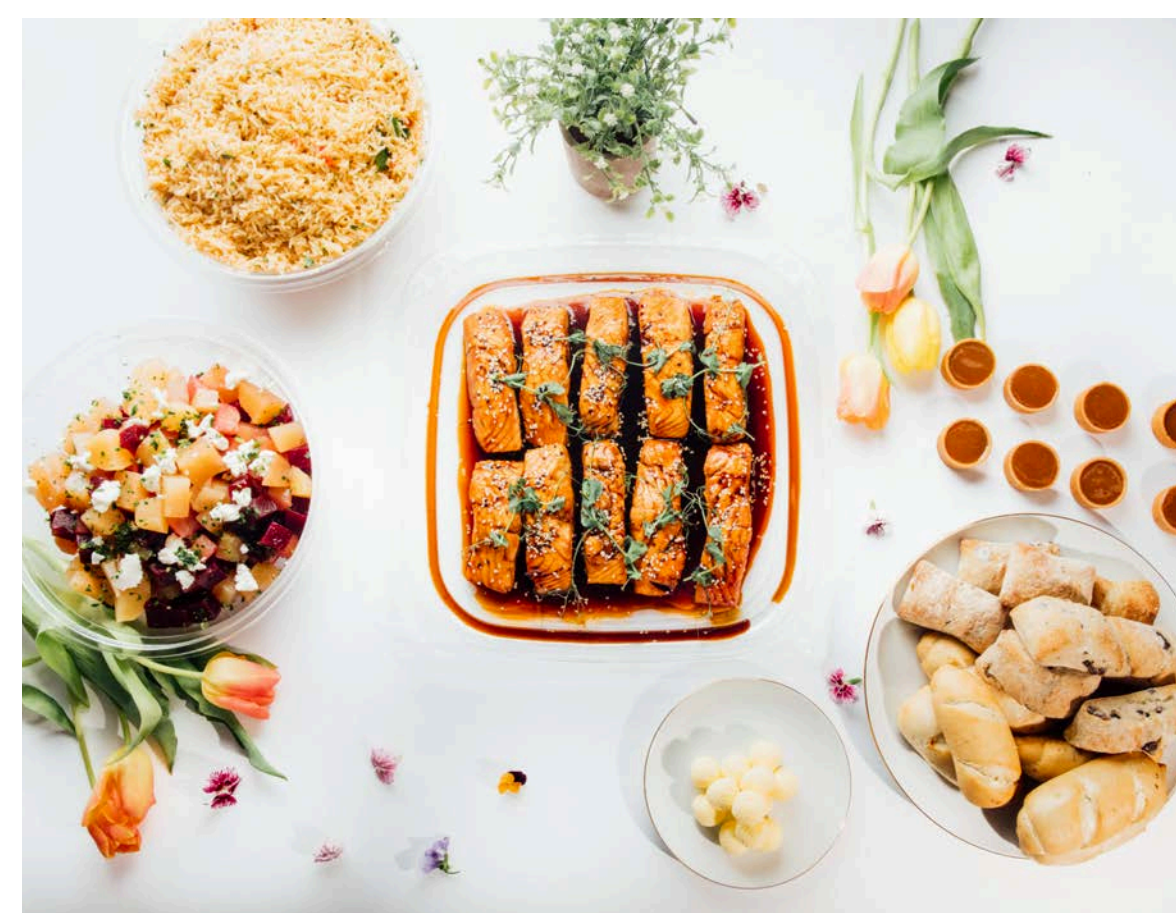
- Bread & Butter
- Coleslaw salad with carrot and sesame seed
- Tofu marinated for 48 hours with miso and seared
- Soba Noodles
- Vegan/Gluten Mini cupcakes



SALMON BUFFET

\$360.00

- Bread & Butter
- Beet salad
- Maple glazed salmon
- Long grain rice
- Chef's choice dessert



CHICKEN BUFFET

\$325.00

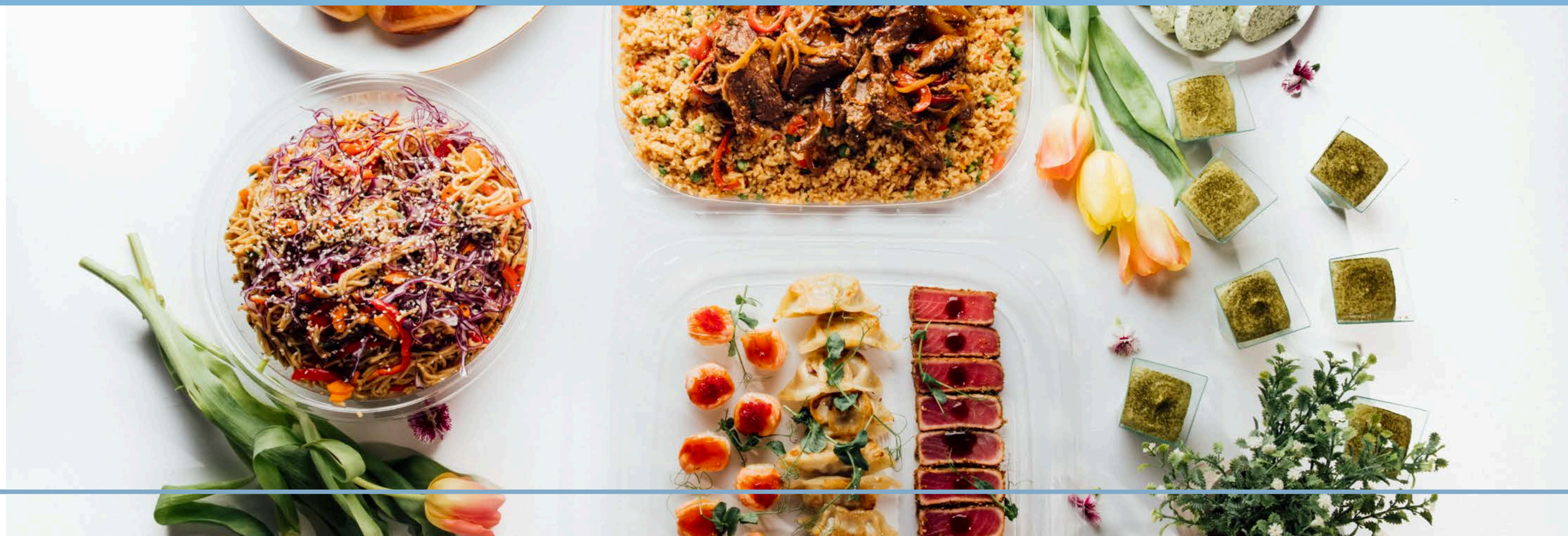
- Bread & Butter
- Mediterranean salad with romaine lettuce, tomatoes, onions, olives, lemon, olive oil and oregano
- Grilled sliced chicken with Tzaziki sauce
- Potato salad
- Chef's choice dessert



BEEF BUFFET

\$350.00

- Bread & Butter
- Cesar Salad
- Sliced hanger steak with chimichurri sauce
- Pearl couscous
- Chef's choice dessert



SCRUMPTIOUS BUFFET

Offered in portions for 10 people. Including disposable cutlery and serving plates

SCRUMPTIOUS ASIAN

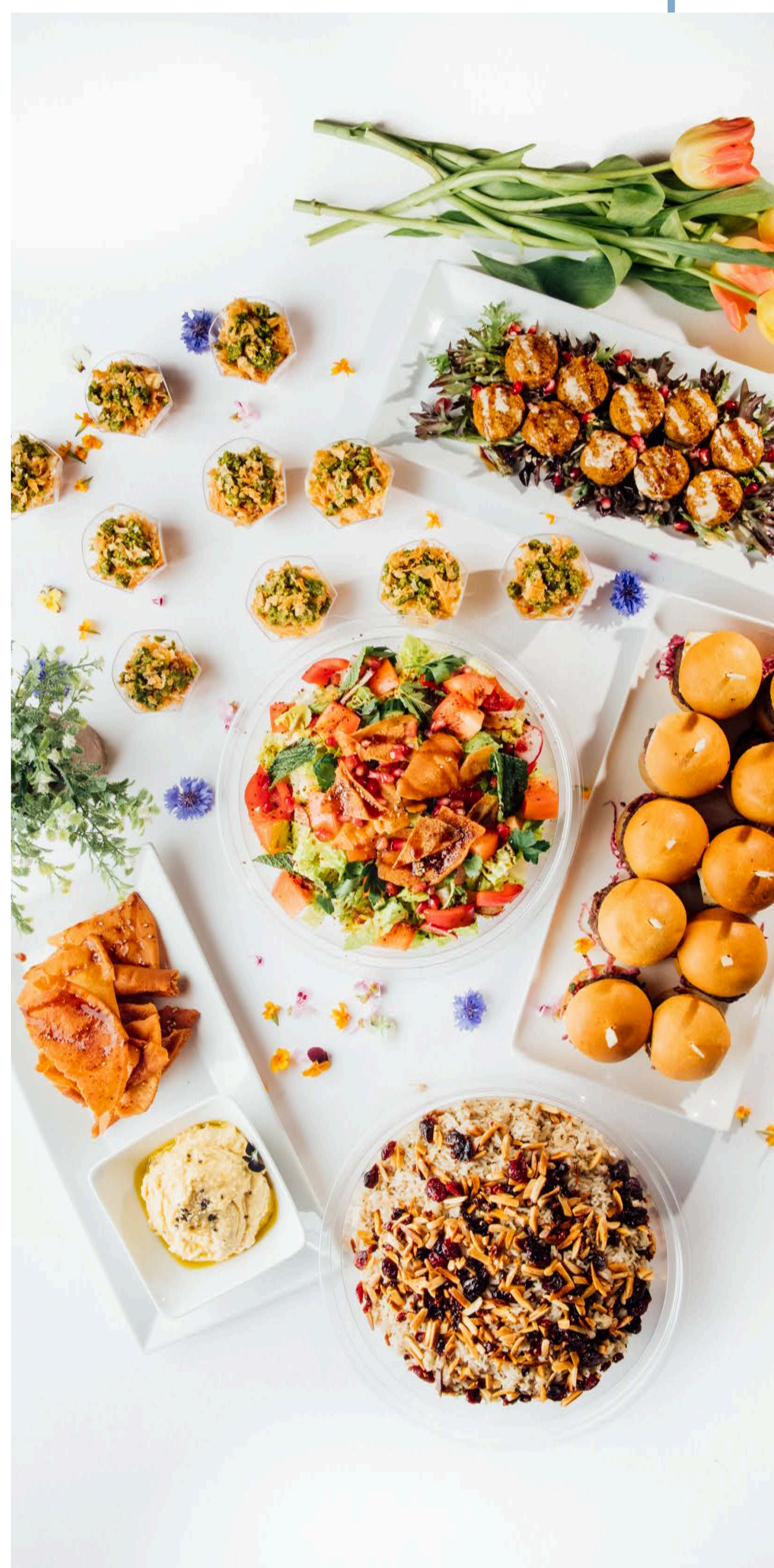
\$505.00

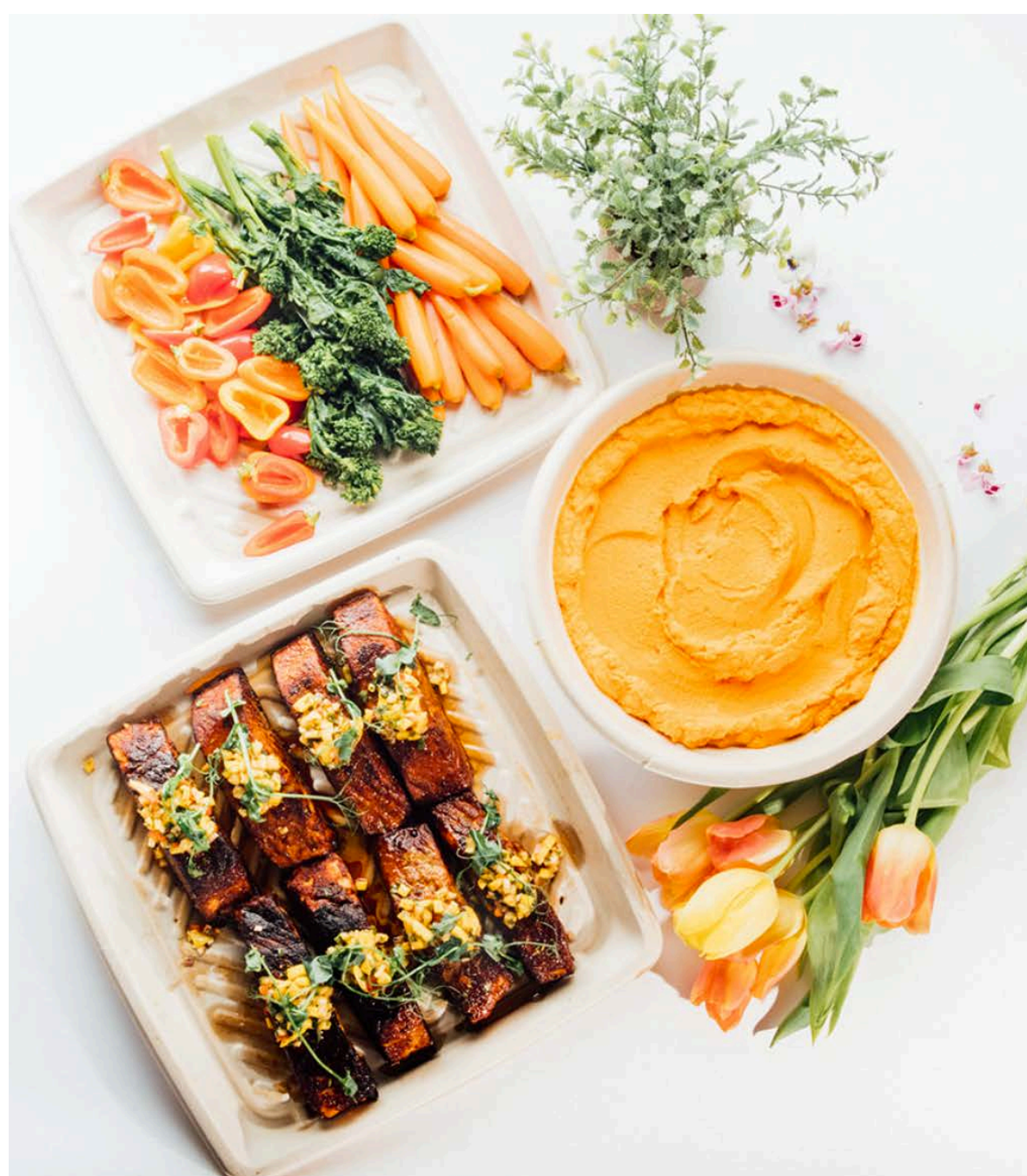
- Milk buns with whipped butter and herbs
- Torched salmon aburi with unagi sauce
- Wagyu dumplings with honey sambal sauce
- Organic sesame soba noodles with ginger, sesame seeds, scallions, capsicum, cilantro, red cabbage and carrots, finished with a yakisoba sauce
- Tuna tataki with crusted dukkah spice
- Korean Bibimbap beef served with fried rice, sesame seeds with gochujang sauce and sesame oil
- Tiramisu matcha

SCRUMPTIOUS LEBANESE

\$465.00

- Crispy pita bread coated with Za'atar spice & Hummus dip
- Home made falafel drizzled with pomegranate molasses
- Traditional Fatoush salad with pomegranate seeds and pomegranate dressing.
- Spinach with feta wrapped in phyllo dough
- Mini kafta burgers with grilled haloumi cheese, coleslaw and potato
- Rice pilaf with chicken and slivered almonds
- Baklava cheesecake





Offered in portions for 10 people. Including disposable cutlery and serving plates. For individual plates, a minimum of (5) identical plates are required.

PIRI PIRI CHICKEN

Piri Piri chicken with roasted potatoes and grilled vegetables

Buffet

Individual

\$215.00

\$22.00



BEEF MACREUSE

Macreuse with jus de cuisson, garlic mashed potatoes and market vegetables

\$235.00

\$24.00

HANGER STEAK

Sliced hanger steak with chimichurri sauce, herb roasted potatoes and market vegetables

\$225.00

\$23.00



CAJUN SALMON

Cajun salmon with mango and pineapple salsa, carrot and coconut puree and market vegetables

\$225.00

\$23.00



CAULIFLOWER STEAK

Cauliflower steak with shiitakes and pumpkin seeds with parsnip purée and market vegetables

\$210.00

\$21.00





DESSERTS

Donut platter

Raspberry, lemon meringue, passion fruit, double chocolat (8 units).

\$45.00



Brownies platter

Blondie, smores and almond crumble (9 units)

\$50.00



Cannolis platter

Original, orange and dark chocolate, pistachios, nutella (19 units).

\$80.00



Mini tarts platter

Lemon Sorento, chocolate caramel, mascarpone and berries (20 units).

\$65.00



Mixed desserts platter

Tiramisus, brownies, cannolis, macarons (21 units).

\$105.00



Cookies platter

Smores, caramel and oreo cookies (9 units).

\$45.00



Healthy platter

Protein bars, blueberry and oat energy balls, white chocolat and cranberry energy balls (26 units).

\$85.00



Energy balls platter

Blueberry and oat & white chocolat and cranberry energy balls (40 units).

\$120.00



Tea and herbal tea carafe

Tea carafe (10 or 20 cups), includes compostable cups and stirring sticks.

\$26.00- \$50.00

Coffee carafe

Coffee carafe (10 or 20 cups), includes compostable cups, stirring sticks, cream, milk and sugar.

\$26.00- \$50.00

Saint-Bernardo

Natural or sparkling spring water glass - 330ml

\$4.75

Kando

Natural treated water and recycled can - 355ml

\$3.00

Fresh pressed juices

300ml. Choice of:

- Green: Spinach, kale, apple, cucumber, lemon
- Citrus: Orange, pineapple, grapefruit, lemon, cayenne pepper
- Purple :Beet, spinach, apple, lemon

\$5.75

Oasis Juices

Oasis juices 300ml - Choice of: Apple/orange

\$3.00

Soft drinks

Soft drinks 355ml - Choice of Coke, Diet Coke, Coke Zero, Sprite, Nestea iced tea, Club Soda, Ginger Ale

\$3.00

Fous de l'île Kombucha

Organic Kombucha 375ml
Choice of: Hibiscus Chai, Mango

\$5.75

Mate Libre

Organic yerba mate, energy infusion 250ml Choice of: Rose & Hibiscus, Ginger

\$4.75

17



Plates

Choice of small or large plates (6" or 8").

\$0.50

Set of utensils

Fork, knife, spoon and napkins.

\$1.00

Tongs for serving

\$2.00






Plastic spoon for serving

\$3.00

Napkins available on demand.



LEGEND

-  Vegan
-  Gluten free
-  Lactose free
-  Contains fish
-  Contains nuts



At **Prêt à Table**, we strive to accommodate various dietary preferences but we cannot guarantee the absence of allergens. Our dishes may contain or come into contact with nuts, lactose, gluten, eggs and fish. While we take precautions, our kitchen handles these allergens. For specific dietary needs, please inform us.

Your health and satisfaction are our priorities.