

# **MENU**

## **2011**



# THE Ô SAVEURS GROUP

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## GENERAL INFORMATION

- Delivery : 7 days a week for Montreal, Laval and the South Shore.
- Service items are picked up the following day or, on request, the same day (additional charge).
- General orders can be placed Monday to Friday from 7:00 AM to 5:00 PM. Emergency service is available 24 hours a day.
- Last minute orders are based on the Chef's choices.
- Cancellations : All cancellations or changes must be made at least 48 hours prior to the scheduled delivery date.

Our policy concerning receptions including service is included in your contract.

- For menu changes, there is a minimum charge of \$1 per person.
- The Ô saveurs Group rates and products are subject to change without prior notice.

## AN ORIGINAL IDEA

### SOMETHING NEW

Take advantage of our delivery to your offices to stock up for home by asking your advisor about our homemade dishes of the day. Got a busy schedule? The Ô Saveurs Group is there to help you with its selection of ready-to-eat menus.

## AVAILABLE ON REQUEST

A private reception room capable of accommodating up to 45 people is available at our establishment for hot or cold buffets or cocktails. Reservation 514 637-7337

## ALLERGIES

In spite of all the precautions taken by our team to respect a menu request for a person suffering from food allergies, we cannot be 100% certain that there is no trace whatsoever of the particular ingredient as our recipes are prepared in the traditional manner in a workspace exposed to many ingredients.

We thank you for your understanding.

The Ô Saveurs Group team



# BREAKFAST

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## MORNING #1

minimum 8 people

Basket of mini muffins, assorted breads and mini pastries

(3 /pers.)

Fresh fruit mini-brochette platter

(2 /pers.)

Individual servings of orange and apple juices

\$ 10,95 /pers.

## MORNING #2

minimum 8 people

Basket of mini muffins, assorted breads and mini pastries

(3 /pers.)

Fresh fruit mini-brochette platter

(2 /pers.)

Mild cheddar cheese platter

Individual servings of orange and apple juices

\$ 11,95 /pers.

## MORNING #3

minimum 8 people

Basket of mini muffins, assorted breads and mini pastries

(3 /pers.)

Fresh fruit mini-brochette platter

(2 /pers.)

Mild cheddar cheese platter

Yogurt and muesli cup

Individual servings of orange and apple juices

\$ 13,95 /pers.

## MORNING #4

minimum 15 people · includes warmers and installation

Scrambled eggs

Potatoes Ô Saveurs

Home style bacon and sausage

Basket of mini crescent rolls

(2 /pers.)

Fresh fruit mini-brochette platter

(2 /pers.)

Mild cheddar cheese platter

Individual servings of orange and apple juices

\$ 18,45 /pers.



# COFFEE BREAK

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## **BREAK #1**

*minimum 8 people*

Gourmet cookies

*(2 /pers.)*

Fresh fruit mini-brochette platter

*(2 /pers.)*

Thermos of coffee (accessories included)

**\$ 7,45 /pers.**

## **BREAK #3**

*minimum 8 people*

Assorted petit fours

*(3 /pers.)*

Fresh fruit mini-brochette platter

*(2 /pers.)*

Thermos of coffee (accessories included)

**\$ 9,25 /pers.**

## **BREAK #2**

*minimum 8 people*

Petits fours Mirlitons

*(3 /pers.)*

Fresh fruit mini-brochette platter

*(2 /pers.)*

Thermos of coffee (accessories included)

**\$ 8,45 /pers.**



# COLD BUFFET & LUNCH BOXES

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## LUNCH TIME #1

minimum 8 people

Assorted sandwich platter (3 varieties, see selection page 6)  
Salad duo (choice of selections page 7)  
Dessert of the day

13,45 \$ /pers.

## LUNCH TIME #2

minimum 8 people

Assorted sandwich platter (3 varieties, see selection page 6)  
Salad duo (choice of selections page 7)  
Veggies and dips  
Dessert of the day

\$ 16,45 /pers.

## LUNCH TIME #3

minimum 8 people

Assorted sandwich platter (3 varieties, see selection page 6)  
Salad duo (choice of selections page 7)  
Veggies and dips  
Cheddar cheese batonnets and fruits  
Dessert of the day

\$ 18,95 /pers.

## LUNCH TIME #4

minimum 8 people

Assorted sandwich platter (3 varieties, see selection page 6)  
Salad duo (choice of selections page 7)  
Veggies and dips  
Fine cheeses and fresh fruits  
Basket of bread and crackers  
Dessert of the day

\$ 20,95 /pers.

## LUNCH TIME #5

minimum 8 people

Assorted sandwich platter (3 varieties, see selection page 6)  
Salad duo (choice of selections page 7)  
Veggies and dips  
Cold finger food assortment  
Dessert of the day

\$ 20,95 /pers.

## LUNCH BOX includes

Sandwich of the day  
Salad of the day  
Veggies and dips  
Mild cheese, grapes and crackers  
Dessert and fresh fruits  
Utensils

\$ 15,50 /pers.



# SANDWICHES

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## CHOICE OF BREADS

Mini rustic, multi-grain, pumpernickel, Country style with herbs, berbère, Crescent rolls, flatbread.

- Grilled chicken with avocado purée
- Apple and pineapple Chicken salad
- Chicken, dried tomatoes, bacon and cheese
- Turkey, cranberry mayo, lettuce, brie
- Smoked salmon, cream cheese, capers, red onion, lettuce
- Grilled sockeye salmon, lemon mayo, fennel
- Seafood salad
- Tuna salad
- Roast beef, horseradish mayo, lettuce, tomato
- BBQ pork, red onion, havarti cheese
- Roast pork, tzatziki, lettuce, tomato, feta cheese
- Leg of lamb, béarnaise mayo, lettuce, tomato, cheese
- Levesque Black Forest ham, emmental cheese, dijon mustard
- Cordon bleu, swiss cheese, Dijon & honey mayo
- Smoked meat, havarti cheese, mustard, pickle
- Duck conserve, sautéed red onion, maple goat cheese, lettuce
- Shrimp salad, avocado, tomato
- Hummus, grilled tomato, cucumber and onion shoots
- Grilled vegetables, goat cheese, dried tomato mayo, lettuce
- Spring roll

## FLATBREAD

- Grilled tomatoes, proscuito, spinach, house cheese mixture
- All dressed
- Grilled vegetables, goat cheese, house cheese mixture
- BBQ chicken, red onion, sautéed mushrooms, baby arugula, house cheese mixture

## TORTILLAS

- Sesame chicken
- Grilled chicken Caesar
- Tortilla lox style smoked salmon
- Duck conserve
- Greek salad and grilled chicken
- Grilled vegetables, goat cheese



# SALADS

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## VARIETIES OF SALAD

- Caesar (without bacon)
- Mesclun, balsamic dressing
- Greek salad
- Green beans, goat cheese, grape tomatoes and dried tomato balsamic dressing
- Tomato and pickled boconcini
- Baby arugula, parmesan, dried tomatoes
- Garden penne
- Artichoke hearts and palm shoots
- Mango and grilled pepper salad
- Couscous and vegetable
- Two cabbage salad
- Mesclun with caramelized apple
- Northern shrimp and avocado salad
- Fennel and citrus
- Seafood coquilles with dill
- Baby arugula salad with prosciutto and fig dressing
- Roasted root vegetable salad with honey dressing
- Potato, bacon and shallots
- Legume and green bean salad with French dressing
- Quinoa salad, grilled vegetables, feta, herb and lemon dressing
- Broccoli and crispy pancetta salad with honey and mustard dressing
- Grilled vegetables, goat cheese and balsamic dressing
- Belgian endive salad with nuts, poached pear and blue cheese dressing
- Rice and lentil salad
- Spinach salad with berries and raspberry dressing
- Carrot salad with currants and orange dressing
- Rice vermicelli with oriental style crispy vegetables and sesame dressing
- Tomato, cucumber, provolone, basil and balsamic dressing

## WE CAN ADD THE FOLLOWING TO YOUR SALAD AS AN EXTRA

- Shrimps
- Strips of chicken
- Beef flank steak
- Grilled and marinated tofu



# LAST MINUTE LUNCH TIME EXPRESS

lunch time #2 or #3 available only

| DAY | SANDWICHES  | SALADS   |
|-----|---|--|
| 1   | <ul style="list-style-type: none"> <li>▪ Grilled chicken, avocado purée</li> <li>▪ Seafood salad</li> <li>▪ Ham and cheese</li> <li>▪ Hummus, grilled vegetables</li> </ul> | <ul style="list-style-type: none"> <li>▪ Mesclun</li> <li>▪ Greek</li> <li>▪ Garden penne</li> <li>▪ Legume</li> </ul>   |
| 2   | <ul style="list-style-type: none"> <li>▪ Chicken salad</li> <li>▪ Grilled salmon</li> <li>▪ BBQ pork</li> <li>▪ Smoked meat</li> </ul>                                      | <ul style="list-style-type: none"> <li>▪ Caesar</li> <li>▪ Tomato boconccini</li> <li>▪ Potato bacon</li> <li>▪ Two cabbage salad</li> </ul>                   |
| 3   | <ul style="list-style-type: none"> <li>▪ Sesame chicken wrap</li> <li>▪ Spring roll</li> <li>▪ Shrimp salad</li> <li>▪ Grilled vegetables</li> </ul>                        | <ul style="list-style-type: none"> <li>▪ Baby arugula dried tomato</li> <li>▪ Rice and lentil</li> <li>▪ Carrot raisin</li> <li>▪ Fennel and citrus</li> </ul> |
| 4   | <ul style="list-style-type: none"> <li>▪ Dried tomato chicken</li> <li>▪ Smoked salmon wrap</li> <li>▪ Roast beef</li> <li>▪ Pork tzatziki</li> </ul>                       | <ul style="list-style-type: none"> <li>▪ Belgian endive salad</li> <li>▪ Broccoli pancetta</li> <li>▪ Quinoa</li> <li>▪ Tomato cucumber</li> </ul>             |
| 5   | <ul style="list-style-type: none"> <li>▪ Turkey cranberry</li> <li>▪ Tuna salad</li> <li>▪ Leg of lamb</li> <li>▪ Cordon bleu</li> </ul>                                    | <ul style="list-style-type: none"> <li>▪ Spinach berries</li> <li>▪ Root vegetable</li> <li>▪ Mango pepper</li> <li>▪ Couscous</li> </ul>                      |
| 6   | <ul style="list-style-type: none"> <li>▪ Grilled chicken Caesar wrap</li> <li>▪ Duck conserve</li> <li>▪ Smoked salmon</li> <li>▪ Ham swiss</li> </ul>                      | <ul style="list-style-type: none"> <li>▪ Mesclun apple</li> <li>▪ Seafood coquille</li> <li>▪ Green bean</li> <li>▪ Artichoke palm</li> </ul>                  |
| 7   | <ul style="list-style-type: none"> <li>▪ Greek chicken wrap</li> <li>▪ Smoked meat</li> <li>▪ Shrimp salad</li> <li>▪ Roast beef</li> </ul>                                 | <ul style="list-style-type: none"> <li>▪ Mesclun</li> <li>▪ Cabbage</li> <li>▪ Rice vermicelli</li> <li>▪ Grilled vegetables</li> </ul>                        |
| 8   | <ul style="list-style-type: none"> <li>▪ Grilled vegetable wrap</li> <li>▪ Pork tzatziki</li> <li>▪ Tuna salad</li> <li>▪ Cordon bleu</li> </ul>                            | <ul style="list-style-type: none"> <li>▪ Baby arugula prosciutto</li> <li>▪ Rice and lentil</li> <li>▪ Shrimp avocado</li> <li>▪ Broccoli pancetta</li> </ul>  |



# HOT BUFFET heater included

- Cold entrée (Chef's choice according to the agreement)
- Salad (according to your page 7 selection)
- 2 main dish choices
- Bread and butter
- Mini fruit brochette platter
- Pastry assortment

All of our dishes include vegetables and starch with the exception of our pasta dishes.

## CHOICES :

### COMFORT ZONE

Meat loaf  
Shepherd's pie, beef or vegetarian  
Stuffed peppers, beef or vegetarian  
Beef macaroni  
Cheese macaroni  
Cabbage rolls  
Pork hock stew  
Ham with pineapple  
Beef bourguignon

\$ 23,95 /pers.

### WHITE MEATS

Chicken Supreme with game stuffing  
Pork tenderloin with raspberry  
Veal outlet with proscuitto, dried tomato and cheese  
Pork chop charcutière  
Curried chicken  
BBQ pork spare ribs  
Veal blanquette  
Oriental sauteed chicken

\$ 25,95 /pers.

### RED MEATS

Leg of lamb with honey and rosemary  
Duck Suprême à l'Orange  
Beef Stroganoff  
Angus beef flank steak with shallots or blue  
Oriental sauteed beef  
Duck leg conserve

\$ 26,95 /pers.

### FISH & SEAFOOD

Trout fillet with Provencal seasoning  
Traditionnel Paella  
Shrimps and scallop au Pastis  
Sockeye salmon fillet with fennel  
Seafood stuffed potato

\$ 28,95 /pers.

### VEGETARIAN DISHES

Couscous végétarien  
Sauté de légumes et tofu orientale  
Aubergine parmesan

\$ 21,95 /pers.

### PASTAS

#### Types of pasta

|          |            |           |
|----------|------------|-----------|
| Rigatoni | Linguini   | Spaghetti |
| Penne    | Tortellini |           |

#### Types of sauce

|           |                   |            |
|-----------|-------------------|------------|
| Arabiata  | Primavera         | Neapolitan |
| Cardinale | Vongole           | Alfredo    |
| Bolognese | Grilled vegetable |            |

Chorizo sausage, mushroom, creamy rich tomato sauce

#### Pastas au gratin

|                        |                    |
|------------------------|--------------------|
| Bolognese lasagna      | Vegetarian lasagna |
| Cannelloni             | Manicotti          |
| Tortellini with cheese |                    |

\$ 22,95 /pers.

## THE LATEST FROM Ô SAVEURS

Enjoy summer with friends

### BBQ RECEPTION

minimum 20 people

Burger assortment  
Game sausage  
Shrimp brochette  
Marinated chicken Suprême  
Grilled vegetable brochette  
Greek style potatoes  
Crispy vegetable salad  
Green salad  
Condiments  
Grilled pineapple brochette  
Summer fresh mignardises  
Buffet table included  
BBQ included with cook on duty

\$ 39,95 /pers.



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# COCKTAILS

## COCKTAIL #1

minimum 10 people

Welcoming cocktail  
(Finger food, 5 /pers.)

\$ 12,45 /pers.

## COCKTAIL #2

minimum 15 people

Cocktail 5 to 7  
(Finger food, 8 /pers.)

\$ 19,95 /pers.

## COLD FINGER FOOD

Hummus and crispy veggie cones  
Nordic shrimp and avocado salad tarts  
Salmon conserve on ginger shortbread with lime  
Brushetta spoonfuls  
Assorted makis  
Melon prosciutto with mint  
Marinated Tomato and boconccini  
Belgian endive and sockeye salmon tartare barquette  
Minced duck and onion conserve canapé  
Rare beef scone with béarnaise  
Curried lamb mousse cone  
Yakitori brochette and satay sauce  
Parmesan and baby arugula cup  
Game pâté with berry conserve on toast  
Cucumber squares with dilled goat cheese  
Black bread and maple duck conserve canapé  
Shrimp cocktail  
Club sandwich bites

## HIGH END COLD FINGER FOOD

extra \$1,50 / each

Lobster escalope with aioli on scone  
Salmon conserve delight  
Cone of minced duck and duck foie gras  
Spiced Angus beef tartare on black bread toast  
Crab claw remoulade  
Scallop on the shell with spiced oil.  
Pineapple and coriander scallop tartare

*Our chef and his team are constantly seeking to create new canapés and hors-d'œuvres so if some of the above ones are not to your taste, ask about their new creations.*

## COCKTAIL #3

minimum 20 people

Cocktail buffet  
(Finger food, 16 /pers.)

\$ 39,95 /pers.

## HOT FINGER FOOD

Fried chorizo tortillas, honey and mustard sauce  
Shepherd's pie tid-bit  
Panko breaded fried shrimp  
Cheese croutons with fruit preserves  
Steamed pork pot sticker  
Lamb lollipop with honey and rosemary  
Sage and cranberry chicken puff pastry  
Crab and artichoke canapé au gratin  
Shrimp and coriander fried dumpling  
Chicken yakitori brochette with satay sauce  
Beef yakitori brochette with teriyaki sauce  
Asiatic chicken mini-tart  
Assorted arranchinis  
Fried seafood dumpling  
Mini stuffed peppers  
Mini beef Wellington  
Assorted mini pizzas  
Assorted stew cups

## HIGH END HOT FINGER FOOD

extra \$1,50 / each

Foie gras escalope on pain perdu with fig purée  
Mini seafood potato  
Scallop and cauliflower au gratin on the half-shell  
Three conserve mini cannelloni  
Bread and lobster pudding



# EVENTS

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At Ô Saveurs each client and every event is unique and that is why we tailor each event to the needs of our client. Make an appointment with one of our advisors who will guide you in planning your unique event and will assist all through its development .

- **Weddings**
- **Corporate events**
- **Private receptions**
- **And much more**

Because we always seek to make our next event the best one yet.



# AFTER FUNERAL RECEPTION

## MENU #1

minimum 30 people

Triangle sandwich assortment (ham, chicken, egg)  
 Salad duo (selections page 7)  
 Veggies and dip  
 Mild cheddar cheese tray  
 Fresh fruits  
 Desserts of the day  
 Disposable place settings  
 Coffee service (accessories included)  
 Waiter on duty (4 hour maximum)

**\$ 13,95 /pers.**

## MENU #2

minimum 30 people

Assorted sandwich platter (3 selections from page 6)  
 Salad duo (selections on page 7)  
 Veggies and dips  
 Mild cheddar cheese tray  
 Fresh fruits  
 Desserts of the day  
 Disposable place settings  
 Coffee service (accessories included)  
 Waiter on duty (4 hour maximum)

**\$ 17,95 /pers.**

Replace the mild cheese by our selection of fine Quebec cheeses :

**+ \$ 3,00 /pers.**

## À LA CARTE

minimum 10 people

- Platter of Viennese pastries and mini muffins (3 /pers.) ----- \$ 4,95 /pers.
- Sliced fruit platter ----- \$ 4,45 /pers.
- Yogurt and muesli cup ----- \$ 2,65 /pers.
- Mini fruit brochette ----- \$ 4,95 /pers.
- Assorted sandwich platter (selections on page 6) ----- \$ 6,95 /pers.
- Platter of triangle sandwiches (ham, chicken, egg) ----- \$ 4,45 /pers.
- Salad (selections on page 7) ----- \$ 3,65 /pers.
- Mild cheddar cheese platter ----- \$ 4,95 /pers.
- Fine Quebec cheese platter ----- \$ 6,95 /pers.



# ADDITIONAL SERVICES

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## DELIVERY

*please allow a 30 minute window for delivery service*

- Lachine, city-centre ----- \$ 12,00
- Dorval ----- \$ 18,00
- Montreal West Island ----- \$ 28,00
- Montreal Island ----- \$ 30,00
- Off the island of Montreal ----- starting at \$ 35,00
- Holiday delivery surcharge ----- + \$ 20,00
- After hours delivery surcharge (from 7:30 PM) --- + \$ 30,00
- Hot buffet installation surcharge ----- + \$ 20,00

Platters and accessories are collected the day following your event.  
Same day pick-up can be arranged for an additional charge.

## BEVERAGES

- Assorted soft drinks ----- 1,75 \$
- Bottled water ----- 1,50 \$
- Perrier ----- 1,95 \$
- Vegetable juice / Fruit juice ----- 1,95 \$
- Thermos of coffee (10 cups - accessories included) ---- 19,00 \$

## PLACE SETTINGS

- Complete disposable place setting ----- \$ 1,95
- Disposable breakfast & coffee break place setting ---- \$ 1,75
- Porcelain disposable place setting ----- price on request

## SERVICES

- Event director ----- \$ 40,00 /h
- Server ----- \$ 27,50 /h
- Chef ----- \$ 35,00 /h

A 4 hour minimum applies. Time is calculated from time of departure of personnel from the Ö Saveurs facilities to their time of return.