

# COMPOSTABLE\*BENTO-STYLE **BREAKFAST BOXES**

Choice of homestyle bread: banana, lemon poppy seed, raspberry white chocolate, apple nuts or squash kombu 🙃 \$17

Hard boiled egg @

Cheese @

Seasonal whole fruit @ 9

Egg salad sandwich on brioche bread, with lettuce and cheddar cheese \$20

Yogurt @

Seasonal whole fruit @ 9

\*except yogurt



#### All boxes include:

- A sealed compostable utensil and napkin kit



## COMPOSTABLE BENTO-STYLE **LUNCH BOX**

Sandwich .....\$27,50

(choose one, minimum order of 2)

Montréal-style smoked turkey

Cheddar cheese, dill pickles, lettuce and lightly-spiced mayonnaise on a grain rye pan bagnat

Black Forest ham

Swiss cheese, apple, lettuce and maple-caramelized onion mayonnaise on onion and poppy seed pan bagnat

Provençal tuna salad

Hard boiled eggs, artichokes, green beans, bell peppers, green onions, olives, capers, parsley and mayonnaise in a colorful tortilla

· Tofu and artichoke spread

Pesto roasted bell peppers, pea shoots and crumbled goat cheese on 12 grain bread

OR

Entrée salad

(choose one, minimum order of 2)

· Grilled chicken

Turmeric couscous with parsley, green onions, cherry tomatoes and bell peppers

· Roasted salmon with old-fashioned mustard Lentils with vegetables

#### Side (choose one):

- · Quinoa salad with corn and roasted zucchini, feta, green onions, dill, mustard seed vinaigrette 😝
- · Carrot salad with edamame, wakame, cilantro, maple dressing @ va
- · Orzo with pesto, bell peppers, black olives, cherry tomatoes and parmesan
- Raw vegetables and beet hummus @ 1/9

#### Dessert (choose one):

- Brownie 🚭 😘
- · Sugar pie bar
- · Apple-cranberry crumble bar



# GF Gluten Free VG Vegan

# PORTIONED AND INDIVIDUALLY PACKAGED SNACKS

Pure butter Viennese pastry  Choice of: croissant, chocolatine, cinnamon bun, almond croissant	\$4.50
Homemade scones Choice of: cranberry orange, blueberry lemon confit, chocolate duo	\$5.50
Healthy muffin  Choice of: oat blueberry chia, oat banana apricot coconut, bran raspberry raisins, bran cranberry flax seed	\$4.50
Homestyle bread (slice)  Choice of: banana, lemon poppy seed, raspberry white chocolate, apple nuts, squash kombu	\$3
Fruit salad 🚭 🧐	\$6
Homestyle brownie 🚭 🕫	\$4.50
Cookies (2) Choice of: milk chocolate chunk, double chocolate, cranberry oatmes strawberry shortcake	
Granola bar	\$3.75
Cereal bar	\$3.75
Yogurt ©	\$3
Almond or trail mix packet	\$4.50
Cheddar cheese 6	\$3
Potato chips , pretzels, party mix snack or	¢475

# **DRINKS**

Juice \$5 Orange, apple, pineapple-passion-fruit-mango cocktail, vegetable			
Soft drink \$5 Pepsi, Diet Pepsi, 7Up, Diet 7Up, Nestea iced tea, bubly assorted flavors			
Montellier sparkling mineral water \$5			
Natural source water \$5			
Maple 3 pure organic maple water \$6			
Caffitaly coffee machine \$100/day +Espresso coffee capsules \$4.50 each Includes milk frother, sugar and milk, stir sticks and compostable cups			
Saeco Royal One Touch coffee machine			
Ice \$18 bac 10 livres			

#### Bar service

Contact a representative for more details.





Please complete the sections below and return both pages of the Order Form at least three (3) weeks before the event. Questions or other requests, contact <a href="mailto:info@capitaltraiteur.com">info@capitaltraiteur.com</a>

#### **IDENTIFICATION**

Name of the event	Booth number
Name of the on-site contact	Mobile number of the on-site contact
Company name	
Applicant's name	Phone
Address	Email
City	Province
Country	Postal / ZIP code

#### ORDER DETAILS

Delivery date	Delivery time	Pickup time	Quantity	Description	Unit price	Total price
			·	Prelir	minary total	
Administration fees 16 %						
Subtotal						
GST 5%						
QST 9,975 %						
TOTAL						



#### TERMS AND CONDITIONS

#### Exclusivity

Capital Traiteur Montréal Inc. is the exclusive supplier of food services at the Palais des congrès de Montréal.
 It is strictly forbidden to bring food, drinks, sweets or any other articles of a similar nature to the premises.

 THIS INCLUDES BOTTLED WATER.

#### Labor and equipment

- Unless indicated otherwise, prices include delivery and pick-up of orders only.
- It is possible to hire Capital Traiteur staff in order to provide service at your booth. Hourly rate is \$58.00/hour, with a minimum of 3 consecutive hours.
- Capital Traiteur does not supply tables, furniture or electrical outlets in your space (booth or meeting room).
   If required, please order directly with the Palais des congrès de Montréal. Fees will apply for any damage to Capital Traiteur material or for equipment not returned/lost.
- Charges will apply for any damage to Capital Traiteur's service material or for equipment not returned.

#### Billing and payment

- Prices are in Canadian dollars and subject to change without notice.
- Administration fee of 16% and applicable taxes are extra.
- Full prepayment required upon receipt of the Order Form.
- No reimbursement should the order be cancelled 48 hours or less prior to the event.

### METHOD OF PAYMENT (VISA OR MASTERCARD ACCEPTED)

By signing below, the customer agrees to pay total charges as specified on the catering contract as well as any applicable charges for additional items ordered on-site. Capital Traiteur Montréal Inc. will also use this authorization for any additional charge(s) incurred as a result of order modification(s) by the on-site contact.

Cardholder (printed)	Card number	Security number (3 digits numbers)
Cardholder's signature	Expiration date	

### PLEASE RETURN BOTH PAGES OF THIS ORDER FORM BY EMAIL TO info@capitaltraiteur.com

You will receive an email confirmation within three working days of the request. Capital Traiteur Montréal Inc., Saint-Antoine Street West, 4th floor, Montréal (Québec) H2Z 2A7