



Authentic French Catering with Style



## Breakfast

All delivery come with plates, napkins, spoons, knives  
\*\*\*small basket serves 6/ large serves 10\*\*\*

French Pastries Basket	small \$35/large \$50
French Pastries & Bread Basket (served with European Butter and homemade jam)	small \$40/large \$55
Muffins & Scones Basket	small \$27/large \$40
Fresh Fruit Kebab	\$3/person
Yogurt (plain, vanilla, strawberry served with granola)	\$2/person
Yogurt & Fruit	\$4/person

[Ask about our gluten free options](#)



## Lunch

All delivery come with plates, napkins, forks, knives and spoons  
All sandwiches, tartines and quiches can be shared. Make your choice and we will prepare them on a platter for you.

### Baguette Sandwiches

Served on a platter  
6 people..... \$38  
12 people..... \$76

Paris ham, gruyère with mustard  
Tomato, basil, mozzarella ☺  
Roasted chicken, smoked mozzarella  
Roast Beef with parmesan and basil pesto

**Quiches** \$7/ each  
Homemade crust and fresh ingredients. Served warm.

Lorraine (bacon, cheese, oregano)  
Vegetarian (gruyère, tomato or seasonal vegetable, basil) ☺

### Tartines

Open-faced sandwiches on whole organic country bread  
Served cold or warm.

Served on a platter  
6 people..... \$36  
12 people..... \$72

Goat cheese and roasted tomatoes with olive tapenade ☺  
Smoked salmon with dill and ricotta  
Wild mushroom and béchamel ☺  
Prosciutto and Mozzarella  
Grilled ham and cheese

We offer you a selection of french food and product from selected vendors. We'll deliver freshly prepared platters of our pastries, organic breads, signature sandwiches, tartines and salads, artisanal cheeses, charcuterie and organic beverages right to your office and your home. For breakfast, lunch or evenings with groups large or small, Sucre & Sel will put together a menu to suit your needs.

We source organic products whenever possible, our packaging is eco-friendly and recyclable. We encourage our catering clients to return platters and serving utensils and will happily facilitate pickups at your convenience.

### Soup (minimum 6)

New!

6 people.....\$36  
12 people.....\$ 68

Organic Tomato Bisque ☺ Organic  
Organic Broccoli and Cheese  
Vegetable Soup  
Chicken Wild Rice Soup

### Salads ☺ family style as a side dish

6 people.....\$45  
12 people.....\$65

Served with our bread basket and homemade vinaigrette with organic olive oil and balsamic vinegar

- a. Mixed greens, arugula, roasted vegetables, feta cheese, almonds
- b. Mixed greens, grape tomatoes, fresh mozzarella, kalamata olives
- c. Mixed greens, fresh pear, gorgonzola, cranberries, hazelnuts
- d. Mixed greens, apples, almonds, currants, shallots
- e. Baby spinach, goat cheese, figs, walnuts
- f. Baby spinach, roasted vegetables, parmesan, almonds
- g. Baby spinach, marinated artichokes, parmesan, kalamata olives

### Specialty salad

New!

Red Quinoa Tabouli Salad ..... serves 12- 14 people \$70  
Red quinoa, red apples, feta cheese, kale, canola oil, extra virgin olive oil, dijon mustard, fresh lemon juice, honey

Tabouli Salad ..... serves 12- 14 people \$65  
Cucumber, quinoa, tomato, parsley, lemon juice, mint

Wheatberry with Feta ..... serves 12- 14 people \$75  
Wheat berries, feta cheese, red pepper, cucumber, olive oil, red onion, lemon juice, garlic, black olives, parsley, mint

### Lunch Boxes

Sandwich OR Tartine + Salad \$13.50/ person  
Quiche + Salad \$14.5/person

includes our specialty cookie



## Party Platters and Appetizers

### European-style platter

Complement a buffet or stand alone  
Served with our bread basket, cornichons, olives, dried fruits and european butter

Cheese Platter, 3 or 4 European Cheeses (V)  
6 people .....\$60  
12 people .....\$90

Meat Platter (Prosciutto, Salami, Pâté, French ham, ...)  
6 people .....\$50  
12 people .....\$80

Meat and Cheese Platter  
6 people .....\$60  
12 people .....\$95

Vegetables Platter (V)  
6 people .....\$25  
12 people .....\$35

### Bite-Size Appetizers .....\$2.25/each **New!**

Cheese Gougères (V)  
Tomato & Mozzarella skewer (V)  
Caramelized onion tartelette (V)  
Prosciutto Wrapped with Fig  
Mini quiches  
Ham and cheese thumbprint

### Mini-Verrine .....\$ 4.50/each **New!**

Beet, Goat cheese, walnut  
Quinoa, shrimp, avocado, tomato

### Mini-tartines platter **New!**

Each serves 10-12 people..... \$ 2.50/each  
Brie and quince jam (V)  
Goat Cheese, Honey, Figs (V)  
Olive tapenade, roasted peppers (V)  
Boursin, sun dried tomato (V)  
Caramelized Onion and Blue Cheese (V)



## Sweets

In addition to your breakfast, lunch or your AM/PM break

### Seasonal fruit salad or Chouquettes basket

6 people .....\$18  
12 people .....\$32

### Mini Perigord Verrine.....\$ 4.25/each **New!**

vanilla cream, chocolate mousse, brownie, chocolate ganache

### Mini Seasonal Fruit Verrine .....\$ 4.25/each **New!**

vanilla french pastry cream, berries, chocolate waffle cookie

### Muffins and scones basket

6 people .....\$27  
12 people .....\$45

Selection of French Petits Gâteaux (fruit tartelettes, flourless  
chocolate cake, éclairs, truffles ... ask for specials)  
French Macarons (Gluten Free)

### Cookies (sugar, ginger, chocolate chip, chocolate truffle, oatmeal raisins...)

6 people .....\$12  
12 people .....\$24

### Coconut Macaroons (Gluten Free) variety includes chocolate, cherry, banana, pumpkin spice

6 people .....\$38  
12 people .....\$55



## Beverages

All delivery come with sugar, milk, napkins, spoons, cups

Coffee	\$2.5
Tea black & herbal	\$2
Fresh orange juice (16oz.)	\$3.5
Apple Juice (16oz.)	\$3.5
Blue Sky lemonade/ JOIA Soda (12oz.)	\$3
Water: Perrier or FIJI (12oz. bottles)	\$2