



La Plaza

SALLES DE RÉCEPTION

CATERING BY LA PLAZA

OPERATED BY 9275 - 7749 QUEBEC INC.

BREAKFAST BUFFET

(Minimum of 10 people)

CONTINENTAL

*Croissant, Danish, muffin
Butter, jam, marmelade
Assorted juices and fruit salad*

DELUX CONTINENTAL

*Croissant, Danish, muffin
Butter, jam, marmelade
Assorted juices
Platter of sliced fruits
Assorted yogurts*

AMERICAN

*Croissant, Danish, muffin
Butter, jam, marmelade
Assorted yogurts
Scrambled eggs, bacon, sausage
& breakfast potatoes*

A LA CARTE

(Minimum of 10 people)

*Bagel and cream cheese
Pancakes with syrup
French toast with syrup
Yogurt and a granola bar
Platter of sliced fruits (serving for 2)
Coffee and tea: Individual cups
- Urn of 20 cups
- Urns of 30 cups*



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GIVE YOURSELF A BREAK

(Minimum of 10 people)

Must be accompanied with lunch meals

THE EARLY BIRD

Assorted muffins (2 per person)

Orange juice

LIGHT BREAK

*Granola bars
Assorted yogurts
Assorted fruit juice*

THE REFRESHER

*Mineral water
Assorted fruit juice
Soft drinks*

THE 3 O'CLOCK

*Homemade cookies
Arrangement of fresh fruits
Soft drinks*

TAKE A SALTY BREAK

*Chips
Pretzels
Assorted nuts
Soft drinks*

TAKE A SWEET BREAK

*Chocolate brownies
Granola bars
Cookies*

THE BOOSTER

*Assorted fruit juice
Coffee & tea*



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EAT & RUN BUFFETS (LUNCH AND DINNER)

(Minimum of 10 people DELIVERY ONLY)

WORKING LUNCH & SUPPER

Caesar salad
Three (3) assorted pizzas
(2 slices per person)
Pasta (Chef's choice)
Assorted desserts

WORKING LUNCH #2

Three (3) mixed salads
Assorted sandwiches
Assorted tortilla wraps
Pasta (Chef's choice)
Assorted desserts
Fresh fruit salad
Bread rolls and butter

WORKING LUNCH #3

Pizza squares
Four (4) mixed salads
Platter of assorted cold cuts and pâtés
Assorted breads
Canadian cheese platter
Fresh sliced fruit
Assorted desserts

WORKING LUNCH #4

Pizza squares
Four (4) mixed salads
Platter of assorted cold cuts
(Choice of one (1) pasta dish)
Cheese cannelloni Florentine or
Farfalle or penne primavera or
Ravioli rosée
(Choice of one (1) meat dish)
Roast veal in a mushroom sauce or
Salmon in a tarragon sauce or
Chicken breast Cacciatore
Fresh vegetables and potatoes or rice pilaf
Assorted desserts
Fresh sliced fruits
Bread rolls and butter



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SANDWICHES

(Minimum of 10 people)

All sandwiches are served with ciabatta, Panini, rye whole wheat ciabatta

Smoke meat (Lester's) on rye bread

Roasted beef with caramelized onions

Italian style sausage (pork) with grilled peppers

Chicken cutlet with marinated eggplants

Chicken Parmigiana

Grilled vegetables with reduced balsamic

Smoked salmon and cream cheese

Italian style cold cut sandwich

BAKERY STYLE PIZZA PLATTER

(Minimum of 10 people)

Classic tomato

Focaccia (olive oil and oregano)

Vegetarian (peppers, onions, mushrooms and cheese)

All dressed (pepperoni, peppers, mushrooms and cheese)

SIX (6) SLICES PER PIZZA



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SALADS

(48 ounce bowls)

- Greek salad (feta, tomatoes, kalamata olives and oregano)
- Italian style salad (masculan salad, balsamic vinegar, olive oil, cherry tomatoes and cucumbers)
- Five (5) bean salad (balsamic vinegar and olive oil)
- Citrus salad (mesculan salad, with fruits and raspberry vinaigrette)

- Artichoke salad
- Quinor salad

LUNCH BOXES MADE EASY

(Minimum of 10 people)

Choice of One (1) for every service

SANDWICHES AND WRAPS (Served on Ciabatta bread or Soft tortilla)

- Egg salad
- Grilled vegetables (peppers, mushrooms and eggplants)
- Grilled chicken (lettuce, tomato and mayonnaise)
- Italian cold cuts and cheese (Prosciutto, salami, provolone cheese)
- Chicken salad
- Smoked turkey
- Smoked salmon

SALAD (8 oz)

- Caesar salad
- Mixed green salad (Italian dressing)
- Vegetables and dip

DESSERT

- Two (2) home made cookies
- Fruit salad
- Whole fruit (**Chef's choice**)

BEVERAGE

- Fruit juices box (**Chef's choice**)
- Bottled water



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CANAPES

Minimum order of 5 dozen

(Certain items are subject to change, depending upon availability)

SELECTION A

“COLD”

Traditional bruschetta
Scandinavian eggs
Profiteroles stuffed with salmon
Cheese kebabs
Salmon roulade

“HOT”

Mozzarella sticks
Beef brochette
Spicy mini meatballs
Chicken wings
Cocktail sausages
Mini spring rolls
Zucchini sticks

SELECTION B

“COLD”

Shrimp cocktail
Prosciutto with melon
Seafood crackers
Cherry tomatoes stuffed with tuna
Antipasto scones

“HOT”

Stuffed olives
Mini arancinis
Coconut shrimp
Moroccan cigar
Vol-au-vent
Shrimp au Pernod
Thai chicken kebab
Jalapeño stuffed peppers

SELECTION C

“COLD”

Sushi (maki)
Bocconcini and tomato brochettes
Tapas cones
Tortilla roulade

“HOT”

Indian samossas
Mini sliders
Mini quiches
Mini coquille St – Jacques
Duck a l'orange
Spanakopitas

SELECTION D

CHEF'S CHOICE SPECIAL

Chef's choice selection from all three (3) options



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PLATTERS AND BASKETS

FRUITS BASKETS

- Seasonal fruit dipped in chocolate (for 2 people)
- Basket of fruit with a bottle of water
- Basket of fruits with chocolates and a bottle of water
- Basket of fruits with chocolates and a bottle of House Wine

PLATTERS FOR TWO (2) PEOPLE

- Fruits, chocolates and water
- Fruits, chocolates and wine
- Fruits, cheese and water
- Fruits, cheese, chocolates and water
- Fruits, cheese, chocolates and wine

PLATTERS FOR TEN (10) PEOPLE OR MORE

- Cheese
- Cheese and fruits (Half portions)
- Cheese and fruits (Full portion)
- Cheese, fruits and pastries (Full portion)



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BITS & PIECES

- Bottled water (500ml)*
 - Perrier (330ml)*
 - Assorted fruit juice (300ml)*
 - Soft drinks (cans)*
 - Fresh fruit juices (pitcher)*
 - Coffee or tea (per person minimum 10 people)*
 - Thermos of coffee, tea (20 cups)*
 - Urn of coffee, tea (30 cups)*
 - Baker's basket*
 - Bagels and cream cheese*
 - Assorted home-made cookies (2 pp)*
 - Assorted milk (200ml) (upon request)*
 - Chocolate milk (200ml) (upon request)*
 - Basket of nuts (8 people)*
 - Basket of chips (8 people)*
 - Basket of pretzels (8 people)*
 - Basket of peanuts (8 people)*
 - Platter of crispy vegetables and dip (15 people)*
 - Platter of tea sandwiches or wraps with crispy vegetables Chef's choice (8 people) 2 per person*
 - Assorted cheeses (4 pieces/pp) crackers and fresh fruits*
 - Mirror or platter of sliced fresh fruits (10 people)*
 - Mini assorted French pastries*
 - Scones with butter and jam*
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STAFF FOR OUTSIDE CATERING

Waiters and Bartenders
Head waiter
Cook