SOUPE CAFE

Catering Menu

48 hours for humble gatherings
(1 week’s notice for parties of 30 people and more)

Notre Dame : 514-932-3053. McGill: 514-398-0404 soupecafe@yahoo.ca

SANDWICHES:
$7.95 each
- Roast beef, Tomato, Cheddar and Horseradish
- Smoked Turkey with Brie and Apples
- Ham and Swiss with Honey Mustard
- Sweet Potato, tomatoes, and Feta
- Tuna with Pickles and tomato
- Tomato, Bocconcini, with Pesto

WRAPS:
$7.75 each
- ALT - Avacado, lettuce, tomato (VEGAN)
- Hummus and vegetables (VEGAN)
- Chicken Salad, Cranberry and Dill
- Tuna Salad

**Gluten Free Protein Bowl
Garden salad with choice of chicken salad, tuna salad or quinoa. $8.75

Bento Bowls
$9.95
Vegan, Gluten free, Plant protein
Base of brown rice, lentils, garlic, onion, black beans, with a myriad of seasonal vegetables, greens, and marinated tofu (Minimum 6 per order)

DESSERTS:
$1.75 each
Chocolate Chip Oatmeal Cookies,
Peanut Butter Cookies,
Snickerdoodle Cookies,
Mini Cheesecake Balls,
Belgian Chocolate Brownies

PLATTERS:
Fruit Plate with Yogourt Dip.
8pers: $30, 20 pers: $60
Vegetables with Hummus Dip (VEGAN)
8 pers: $20, 20 pers: $40
Cheese Platter with Fruit $5 per person
Baguette: $4 each
Smoked Salmon Platter (Served with cucumber, tomatoes, onion, dill, and lemon)
8 pers: $52, 12 pers: $75

BREAKFAST PLATTERS:
Muffins (Pumpkin, Banana, Carrot, Bran Chocolate, Blueberry, Cranberry Orange) $2.25
Gluten free Banana Chocolate $2.95
Loaves: Pumpkin, Banana, Carrot $16
Zucchini, $18 (VEGAN)
(Cuts into 16 small pieces)
Croissant, $2.75, Choclatine, $3.50
(Minis available upon request)
Seasame Bagels with Cream Cheese $3.75
Scones (Cheese, Vanilla, or Spiced) 6 for $21 with Homemade jam $6

SOUPS & CHILLIES
Soup of the Day (VEGAN or Chicken Stock)
$3.50 (medium)
$4.50 (Large)
Hearty Soup, Chowder or Chilli (VEGAN or Meat)
$4.50 (medium)
$5.50 (large)
MINI OPEN FACED SANDWICHES: 12 for $24
Egg salad with Smoked Paprika
Chicken Salad with Dill and Cranberries
Smoked Turkey with Cranberry
Tuna Salad with Pickles
Bocconcini with Tomatoes and Fresh Basil
Hummus with Shredded Carrots (VEGAN)
Sweet Potato and feta

LUNCH BOXES:
1: Choice of Sandwich or wrap, & apple, 10.25 $
   add Perrier water, juice, or soft drink. 12.25 $
2: Choice of Sandwich or wrap, house salad or soup 12.45 $
   add Perrier water, juice, or soft drink. 14.45 $
3: Choice of Sandwich or wrap, house salad, dessert 14.45 $
   add Perrier water, juice, or soft drink. 16.45 $

SIDE SALADS: (Minimum order 6)
Garden Fresh Salad (Lettuce, vegetables, dried cranberries, chic peas) with Balsamic, Olive oil Dressing (VEGAN)
Méditerranean Salad (Lettuce, tomato, cucumber, onion, olives, Feta with Olive Oil Dressing)
Waldorf salad (Lettuce, apples, grapes, celery and walnuts with Creamy Dressing)
$ 3.50 / person
Curried Quinoa Salad with Fresh Cilantro and Peanuts (GF, VEGAN)
Couscous Salad with Dried Cranberries and Fresh Basil (GF)
Mexican Corn Salad with Lime and Cilantro (GF, VEGAN)
Thai edamame Salad (GF, VEGAN)
Fennel Salad with Celery and Apple (GF, VEGAN)
Beet Salad with Apple and Goat Cheese (GF)
Moroccan Chic pea Salad with Fresh Mint (GF, VEGAN)
Roasted Butternut Squash and Barely (VEGAN)
$3.65 / person

MEAL SALADS:
Garden Fresh Salad (Lettuce, vegetables, dried cranberries, chic peas) with Balsamic, Olive oil Dressing (VEGAN) $6.50
   Add a scoop of chicken salad, tuna salad, or quinoa $3.75
Chicken Mandarine Salad “Chicken, Mandarine oranges, cucumbers, mushrooms, lettuce, sesame seeds, asian dressing”. $10.50
Cobb Salad “Smoked Turkey, avocado, egg, cucumbers, tomatoes, cheddar cheese, lettuce, ranch dressing” $10.50
APPETIZERS:

COLD CANAPES (MINI BITES):
- Cranberry Walnut Cream Cheese Balls (GF)
- Choice of House Salad in a Wonton Cup (Vegan)
- Tomato, & Bocconcini Skewers with Fresh Basil (GF)
- Tomato, & Baked Tofu Skewers (VEGAN, SG),

3 dozen $36

COLD CANAPES (BIGGER BITES):
(Minimum order 2 dozen)
- Zucchini stuffed with Hummus & Veg (VEGAN, GF)
- Cucumber, Feta Rolls with Olives and peppers (GF)
- Antipasto Skewers (GF)
- Cajun Shrimp Guacomole Bites
  1 dozen $24
- Smoked Salmon Cucumber Bites (GF). 1 dozen $32

Crostini's: (minimum order 2 dozen)
White Bean, Spinach and Sun-dried Tomato (VEGAN),
1 dozen, $21
Roasted Red Pepper, Goat Cheese and Olives, 1 dozen, $24
Smoked Turkey with Brie and Cranberry Compote 1 dozen $24

Appetizer Selection in Individual Box : $14.95
Antipasto Cones: $16.95

Hot hors’oeuvres:  (Must have access to an oven)
(Minimum order 2 dozen)
Baked Zucchini and Feta Cakes (GF)  1 dozen $ 24
Goat cheese, Lemon and Chive Puff Pastry Turnovers  1 dozen $ 36
Glazed Beef or Turkey Meatball Skewers (GF) 3 dozen $36
Spicy chicken Empinadas 1 dozen $36

Bevrages:
Perrier, juice, soft drinks. $2.00
750 ml sparkling water with lemons: $5.00
Pitcher of ice water with 6 glasses $3.00
Coffee, hot water, brewed tea $2.00 pp
Selection of herbal teas $2.25 pp

Delivery Charges: $20 for drop off. $30 for drop off / pick up
Staff Charge: $22 per employee, 3 hour minimum
Cancellation policy: 48 hours notice