



SOUPE CAFE



Catering Menu

48 hours for humble gatherings
(1 week's notice for parties of 30 people and more)
soupecafe@yahoo.ca

SANDWICHES:

\$8.25 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:

\$8.25 each

- ALT - Avocado, lettuce, tomato (VEGAN)
- Hummus and vegetables (VEGAN)
- Chicken Salad, Cranberry and Dill
- Tuna Salad



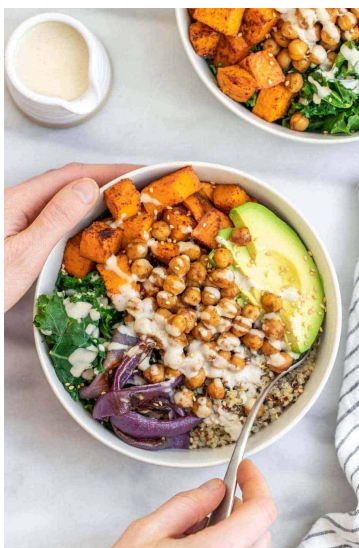
****Gluten Free Protein Bowl (GF)**

Garden salad with choice of chicken salad, tuna salad or quinoa. **\$8.95**

Gluten Free Sweet Potato Chickpea Quinoa Buddha Bowl. (V, GF)

\$9.95

Vegan, Gluten free, Plant protein
Quinoa, kale, avocado, red onion,
chickpeas, sweet potatoes, spices and
tahini dressing
(Minimum 6 per order)



DESSERTS:

\$2 each

Chocolate Chip Oatmeal Cookies,
Peanut Butter Cookies,
Snickerdoodle Cookies,
Mini Cheesecake Balls,
Belgian Chocolate Brownies

PLATTERS:

Fruit Plate with Yogourt Dip.

8 pers: 30\$, 20 pers: \$60

Vegetables with Hummus Dip (VEGAN)

8 pers: \$20, 20 pers: \$40

Cheese Platter with Fruit **\$5.50 per person**

Baguette: **\$5 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) **\$2.50**

Gluten free Banana Chocolate **\$3.25**

Loaves: Pumpkin, Banana, Carrot **\$18**

Zucchini, **\$20 (VEGAN)**

(Cuts into 16 small pieces)

Croissant, **\$2.95**, Chocolate, **\$3.75**

(Minis available upon request)

Seasame Bagels with Cream Cheese **\$4.25**

Scones (Cheese, Vanilla, or Spiced) **6 for \$24**
with Homemade jam **\$8**

SOUPS & CHILLIES

Soup of the Day (VEGAN or Chicken Stock)

\$3.75 (medium)

\$4.75 (Large)

Hearty Soup, Chowder or Chilli (VEGAN or Meat)

\$4.75 (medium)

\$5.75 (large)

SOUPE CAFE

MINI OPEN FACED SANDWICHES,: 12 for \$26

(Minimum order 2 dozen)

Egg salad with Smoked Paprika
 Chicken Salad with Dill and Cranberries
 Tuna Salad with Pickles
 Sweet Potato and Feta
 Bocconcini with Tomatoes and Fresh Basil
 Guacamole (VEGAN)
 Hummus with Shredded Carrots (VEGAN)



LUNCH BOXES:

- | | |
|--|-----------------|
| 1: Choice of Sandwich or wrap, & apple,
add Perrier water, juice, or soft drink. | 10.50 \$ |
| 2: Choice of Sandwich or wrap, house salad or soup
add Perrier water, juice, or soft drink. | 12.75 \$ |
| 3: Choice of Sandwich or wrap, house salad, dessert
add Perrier water, juice, or soft drink. | 13.25 \$ |
| | 15.50 \$ |
| | 14.95 \$ |
| | 17.25 \$ |

SIDE SALADS: (Minimum order 8)

Garden Fresh Salad (Lettuce, vegetables, dried cranberries, chic peas) with Balsamic, Olive oil Dressing((VEGAN)
 Méditerranéan Salad (Lettuce, tomato, cucumber, onion, olives, Feta with Olive Oil Dressing)
 Waldorf salad (Lettuce, apples, grapes, celery and walnuts with Creamy Dressing)

\$ 4 / person

Curried Quino 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)
 Thaï 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)

\$4.50 /person



MEAL SALADS:

Garden Fresh Salad (Lettuce, vegetables, dried cranberries, chic peas) with Balsamic, Olive oil Dressing (VEGAN) **\$7.50**
 Add a scoop of chicken salad, tuna salad, or quinoa **\$4.00**
 Chcken Mandarine Salad "Chicken, Mandarine oranges, cucumbers, mushrooms, lettuce, sesame seeds, asian dressing". **\$12.50**
 Cobb Salad " Smoked Turkey, avocado, egg, cucumbers, tomatoes, cheddar cheese, lettuce, ranch dressing" **\$12.50**

SOUPE CAFE

APPETIZERS:

COLD CANAPES (MINI BITES):

- Beet Salad Skewers (GF)
- Choice of House Salad in a Wonton Cup (VEGAN)
- Tomato, & Bocconcini Skewers with Fresh Basil (GF)
- Tomato, & Baked Tofu Skewers (VEGAN, GF),

3 dozen \$40

Crostini's: (minimum order 2 dozen)

Pico de Gallo (VEGAN),
Ricotta, Prosciutto and Pear
Roasted Red Pepper, Goat Cheese and Olives,
Smoked Turkey with Brie and Cranberry

1 dozen \$24

COLD CANAPES (BIGGER BITES):

(Minimum order 2 dozen)

- Zucchini stuffed with Hummus & Veg (VEGAN, GF)
- Cucumber, Feta Rolls with Olives and peppers (GF)
- Chicken Salad Waldorf Bites (GF)

1 dozen \$24

Antipasto Skewers (GF). **1 dozen \$28**

- Smoked Salmon Cucumber Bites (GF). **1 dozen \$34**



Hot hors d'oeuvres: (Must have access to an oven)

(Minimum order 2 dozen)

- Carrot Ginger Gyoza Dumplings (VEGAN) **1 dozen \$ 28**
- Goat cheese, Lemon and Chive Puff Pastry Turnovers **1 dozen \$ 36**
- Spicy chicken Empinadas **1 dozen \$36**
- Glazed Beef or Turkey Meatball Skewers (GF) **3 dozen \$45**

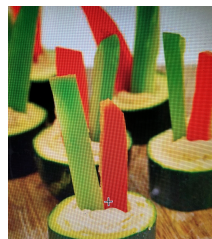
Beverages:

- Perrier, juice, soft drinks. **\$2.25**
- 750 ml sparkling water with lemons: **\$6.00**
- Pitcher of ice water with 6 glasses **\$4.00**
- Coffee, hot water, brewed tea **\$2.25 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



SOUPE CAFE

