

SOUPE CAFE

CATERING MENU

48 h notice for humble gatherings,

1 weeks notice required for parties of 30 people or more

Notre Dame: 514-932-3053. McGill: 514-398-0404

soupecafe@yahoo.ca

SANDWICHES:

\$6.95 each

- Roast Beef, Tomato, Cheddar and Horseradish
- Smoked Turkey with Brie and Apples
- Ham and Swiss with Honey Mustard
- Sweet Potato and Feta
- Tuna with Pickles and Tomato
- Tomato Bocconcini with Pesto



WRAPS:

\$6.95 each

- Avocado, Lettuce, Tomato (VEGAN)
- Hummus and Vegetables (VEGAN)
- Chicken Salad, Cranberry & Dill
- Tuna Salad



**Gluten Free Bowl

Brown rice, garden salad with choice of chicken salad, tuna salad, or quinoa salad. **\$7.95**

MINI OPEN FACED SANDWICHES: 12 for \$ 20

- Egg Salad with Smoked Paprika
- Chicken Salad with Fresh Dill and Cranberries
- Smoked Turkey with Mayo & Cranberry
- Spicy Shrimp with Avocado
- Bocconcini with Tomatoes and Fresh Basil
- Hummus with Shredded Carrots (VEGAN)



LUNCH BOXES:

- 1:** Choice of Sandwich or wrap, & apple, **\$ 9.45**
Add Perrier water, juice, or soft drink, **\$10.95**
- 2:** Choice of Sandwich or wrap, house salad or soup. **\$11.95**
Add Perrier water, juice, or soft drink **\$13.45**
- 3:** Choice of Sandwich or wrap, house salad, dessert **\$13.45**
Add Perrier water, juice, or soft drink, **\$14.95**

DESSERTS:

\$1.50 each or 6 for \$8.50

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

PLATTERS:

- Fruit Plate with Yogurt Dip,
8 pers: \$28, 20 pers: \$52
- Vegetables with Hummus Dip, (VEGAN)
8 pers: \$18, 20 pers: \$32
- Cheese Platter with Fruit, **\$4.50 per person**
- Baguette: **\$3 each**
- Smoked Salmon Platter (served with cucumber, tomatoes, onion, dill and lemon)
8 pers: \$45, 12 pers: \$65

BREAKFAST PLATES:

- Muffins (Pumpkin, Banana, Carrot, Bran Chocolate, Blueberry, Cranberry Orange), **\$2**
- Gluten-Free Banana Chocolate, **\$2.75**
- Loaves: Pumpkin, Banana, Carrot **\$12**
- Zucchini (VEGAN) **\$14**
(cuts into 16 small pieces)
- Croissant, **\$2.25** Choclatine, **\$3.40**
- Sesame Bagels with Cream Cheese, **\$3.25**
- Scones (Cheese, Vanilla, or Spiced) **6 for \$15**
add homemade jam **\$3**

SOUPS AND CHILLIES:

- Soup of the day (VEGAN or Chicken Stock)
\$3.25 (medium)
\$4.25 (large)
- Hearty Soup, Chowder or Chilli (VEGAN or Meat)
\$4.25 (medium)
\$5.25 (large)

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SALADS:

Garden Fresh Salad "Lettuce, vegetables, dried cranberries, chic peas" (VEGAN)

Mediterranean Salad (Lettuce, Tomatoes, Cucumber, Onion, Olives, Feta)

Grilled Vegetable Salad with Feta (Lettuce, Grilled Vegetables with Feta Cheese, Dried Cranberries, and Walnuts)

\$3 / person

Curried Quinoa Salad with Fresh Cilantro and Peanuts (VEGAN)

Couscous Salad with Dried Cranberries and fresh Basil

Mexican Corn Salad with Lime Sauce and Cilantro (VEGAN)

Thai Edamame Salad (VEGAN)

Beet Salad with Apple and Goat Cheese

Moroccan Chic Pea Salad with Mint (VEGAN)

Roasted Butternut Squash and Barley (VEGAN)

\$3.25 /person



Meal Salads:

Garden Fresh Salad "Lettuce, vegetables, dried cranberries, chic peas" (VEGAN) **\$6.00**

Add a scoop of chicken salad, tuna salad, or quinoa. **\$3.25**

Chicken Mandarin Salad "Chicken, Mandarin Oranges, cucumbers, mushrooms, lettuce, almonds, sesame seeds, asian dressing" **\$9.00**

Cobb Salad : " Smoked Turkey, bacon, avocado, egg, cucumbers, tomatoes, cheddar cheese, lettuce, ranch dressing" **\$9.00**

APPETIZERS:

Cold Canapés (Mini Bites)

-Cheese, jalapeño, cornmeal Mini Muffins, with Salsa

-Choice of House Salad in a Wonton Cup, (VEGAN)

-Tomato, & Bocconcini Skewers with Fresh Basil

-Tomato, & Baked Tofu Skewers (VEGAN),

3 dozen \$ 21

Cold Canapés (Bigger Bites)

- Cucumber stuffed with hummus & veg (vegan)

-Cucumber, Feta Rolls with Olives and peppers

-Peaches or Melon with Prosciutto & Mint

-Cajun Shrimp and Pineapple Skewer

1dozen \$18

-Smoked Salmon Pinwheels, **1 dozen \$20**

Crostini's:

White Bean, Spinach and Sun-dried Tomato (VEGAN), **1 dozen \$18**

Roasted Red Pepper, Goat cheese and Olive **1 dozen \$20**

Brie Dates, and Toasted Walnuts, **1 dozen \$20**

Spiced Shrimp and Avocado, **1 dozen \$20**

Smoked Turkey with Brie and Cranberry Compote, **1 dozen \$20**

Beef and Horseradish Cream, **1 dozen \$22**



Hot Hors d'oeuvres (must have access to an oven)

Goat cheese, Lemon and Chive Puff Pastry Turnovers, **1 dozen \$22**

Bacon, Leek and Cheddar Mini Quiches, **15 for \$22**

Glazed Meatball Skewers with Pineapple, **3 dozen \$24**

Beverages: Perrier, juices, soft drinks, **\$1.75**

750 ml sparkling water with lemon: **\$5.00**

Pitcher of ice water with 6 glasses, **\$3.00**

Coffee, hot water, brewed tea: **\$1.75 p p**

Selection herbal teas: **\$2.00 p p**

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