



BANQUET MENU 2023

OUR COOKING PRINCIPLES

Our cuisine is based on mindful eating, whose principles invite us to suggest rather than dictate. Created from fresh and healthy foods, our recipes use ingredients that promote health and wellness. We are committed, through our social and environmental awareness, to using organic products from local producers selected for their passion and quality offering.

In terms of preparing our food, we opt for methods that enhance flavours and promote nutrient preservation, while excluding microwave cooking, as well as processed foods and other chemical additions. We serve flavourful dishes that please the senses, and invite our guests to savour every bite and immerse themselves in what they're eating. Enjoy!



LE
MONASTÈRE
DES
AUGUSTINES
An adventure within

IMPORTANT INFORMATION

- After signing the contract, you will be put in contact with the person responsible for coordinating your event. You will be able to choose your menu with this person. This must be done at least 10 days before your event.
- For groups of 21 people or more, meals will be served in the banquet room.
- For groups of 20 people or less, a healthy buffet could be served at Le Vivoir. In this case, please allow for a 75-minute meal period.
- The rates listed in this document are valid for events held before June 1, 2023.
- All prices in this document exclude the 15% service charge and applicable taxes (as of January 1, 2024, the service charge will be 18%).
- Additional charges may apply depending on the number of dietary restrictions and allergies.
- Products are subject to change without notice depending on supply. An alternative will be proposed to you if necessary.

ALLERGIES AND INTOLERANCES

Since food intolerances are a complex matter, Le Monastère cannot commit to managing them. We pay special attention to severe allergies, but cannot guarantee that there will be no cross-contamination in our kitchens. Please note that it is your responsibility to inform us of any food allergies at least 10 days prior to your event and to report them at the event. Gluten-free and lactose-free options are available on request.

Are you familiar with Le Vivoir, our space dedicated to relaxation and mindful eating?

For a group of 20 people or less, it can provide meals at its healthy buffet. You're sure to enjoy Le Vivoir's warm ambiance!

\$33.50 / person for lunch

\$42.50 / person for dinner



SNACKS – HEALTH BREAKS

TO EAT

CHOICE OF SNACKS

Energy ball	\$2.50 each
Oatmeal raisin cookies	\$1.50 for 3
Oatmeal coconut cookies	\$1.50 for 3
Healthy homemade breakfast bread	\$2.50 each
Healthy muffin	\$3.90 each
Vegan brownie	\$3.90 each
Gluten-free snack	\$3.90 each
Granola bar	\$5.00 each
Olive bowl	\$16.50 / 6 people
Homemade hummus bowl	\$14.50 / 6 people
Gluten-free pretzel bowl	\$12.50 / 6 people
Organic snacks and crackers	\$16.50 / 6 people

SNACK PLATTER

TO SHARE \$55 / 6 people

Homemade dip (hummus or other)

Organic snacks and crackers

Gluten-free pretzels

Marinated olives

FRESH CUT FRUIT BOWL (seasonal)

Individual size \$3 / portion
in a compostable bowl

For 15 people \$39

For 25 people \$65

CREAM FUDGE made by Praline et Chocolat

Board with 18 pieces \$29.50

TO DRINK

GENTLE BREAK \$3.80 PP

Selection of Le Monastère signature herbal teas

CLASSIC BREAK \$4.90 PP

Selection of Le Monastère signature herbal teas

Camellia Sinensis tea

Honoré fair-trade coffee

ANYTIME BREAK* \$12.00 PP

Selection of Le Monastère signature herbal teas

Camellia Sinensis tea

Honoré fair-trade coffee

*Continuous service during the first 8 hours of your event

HOMEMADE GREEN JUICE

3-oz. verrine \$3.95 each

FRESH SMOOTHIE

3-oz. verrine \$3.95 each

6-oz. verrine \$7.50 each

BEVERAGE CARAFE

(litre, ± 5 servings)

Decoction of the moment, seasonal fruits or chamomile \$13

Hibiscus, mint, ginger lemonade \$13

Lemon, basil, honey lemonade \$13

Homemade smoothie \$19

Orange juice \$14

Organic milk \$14

INDIVIDUAL BOTTLES

Sparkling water \$2.30

Organic kombucha \$5.60

Organic iced tea \$3.95

Chef's choice of LOOP juice \$3.45

LUNCH BOXES – ON THE GO



SANDWICH

Includes:

Seasonal mixed salad

Sandwich with seasonal filling

Dessert: apple cranberry square


Chef's choice of snack

Honoré fair-trade coffee, Camellia Sinensis tea or Le Monastère signature herbal tea

Choice of bread*:

1. Baguette
2. Wrap

Choice of protein*:

1. Sliced Grizzly coho smoked salmon
2. Voltigeurs chicken breast
3.  Homemade veggie pâté

Served on individual trays: \$22.50 / person

Served in an individual compostable container: \$25.50 / person

* Must be the same for the whole group. For vegetarians, animal protein will be replaced by vegetable protein.

BUFFETS

Buffets are available for groups of 25 people or more.

FRESH BUFFET

Includes :

Soup of the moment, bread and ghee (lactose-free clarified butter)

Sandwich with homemade veggie pâté and seasonal filling

Choice of sandwich: Grizzly coho smoked salmon or

Voltigeurs chicken breast and seasonal filling

2 mixed salads

Hummus, crackers and marinated olives

Fresh micro sprouts

Chef's choice of dessert

Honoré fair-trade coffee, Camellia Sinensis tea or Le Monastère signature herbal tea

Choice of bread*:

1. Baguette

2. Wrap

\$26.50 / person

* Must be the same for the whole group.

BUFFETS

GOURMAND BUFFET

Includes:

Soup of the moment, bread and ghee (lactose-free clarified butter)

2 main dishes served hot

2 mixed salads

Hummus, crackers and marinated olives

Fresh micro sprouts

Chef's choice of dessert

Honoré fair-trade coffee, Camellia Sinensis tea or Le Monastère signature herbal tea

1

Choose 2 of the 3 options from the dishes described on page 8 (vegetarian, fish and meat). To avoid food waste, portions will be calculated based on one hot dish per participant.

2

We suggest that you indicate your dish preferences, for example:
1/3 vegetarian and 2/3 meat.

\$33.50 / person

ADD EXTRAS TO YOUR BUFFET

Fresh cut fruit bowl	\$39 / 15 people
	\$65 / 25 people
Crudités platter (not available in winter)	\$64 / 20 people
Mixed salad bowl	\$95 / 20 people
Cheese board	\$179 / 20 people
Smoked fish board	\$239 / 20 people

PLATED MENU



Available for groups of 25 people or more.

MENU CHOICE

3-COURSE MENU

Includes:

Soup of the moment, bread and ghee
(lactose-free clarified butter)

Main dish and side

Chef's choice of dessert

Honoré fair-trade coffee, Camellia Sinensis
tea or Le Monastère signature herbal tea

\$39.50 per person

4-COURSE MENU

Includes:

Seasonal appetizer

Soup of the moment, bread and ghee
(lactose-free clarified butter)

Main dish and side

Chef's choice of dessert

Honoré fair-trade coffee, Camellia Sinensis
tea or Le Monastère signature herbal tea

\$49.50 per person

Make a choice from each of the categories on page 8 (vegetarian, fish and meat).

You must contact your participants to have them choose from among
these 3 dishes no later than 10 days before your event.

2023-24 AUTUMN - WINTER MENU

The following dishes can be served to you in the form of a gourmand buffet or a plated menu.

VEGETARIAN

Vegan chicken, mushroom and red wine sauce, seasonal vegetables,
naked oats (Gaspesian rice)

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Indian-style lentil and chickpea dahl served with basmati rice

—

Vegan fennel meatballs, tomato and vegetables sauce,
fettuccines (gluten-free option available on request)

FISH

Organic salmon, sweet clover cream sauce, lactose-free gratin dauphinois, glazed carrots

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Pan-seared cod, sauce viergewith tarragon, ginger beet puree, seasonal vegetables

—

Catch of the day, sea buckthorn and rosemary sauce, seasonal vegetables

MEAT

Free-range pork tenderloin, apple butter sauce, carrot puree, seasonal vegetables

—

Duck leg confit, berry sauce, roasted potatoes, seasonal vegetables

—

Rabbit leg, maple and mustard sauce, seasonal vegetables

All our menus are dairy-free.

COCKTAIL RECEPTION

You must order a minimum of 3 dozen per choice of bites.

HOT SALTY BITES

- 🌿 Warm homemade focaccia with sun-dried tomatoes, pesto, olives and smoked cheese
- 🌿 Chef-inspired, grilled-vegetable bites
- 🌿 Crispy vegetable and tofu imperial rolls with choice of sweet and sour sauces, homemade ketchup and yogurt
- 🌿 Crispy faux chicken bites with General Tao sauce
- 🌿 Chef-inspired falafel with yogurt and mint sauce
- Breaded white fish (based on the catch of the day) with gluten-free breadcrumbs and homemade tartar sauce
- Seafood bites (based on the catch of the day)
- Prawn skewers and a selection of chef-inspired sauces
- Cod brandade cakes, yogurt sauce with lemon, fresh herbs and garlic
- Warm homemade focaccia with smoked wild boar knuckle, caramelized pearl onions, toasted pecans and cheese
- Crispy chicken imperial rolls with a selection of sweet and sour sauces, homemade ketchup and yogurt
- Chicken satay skewers with a selection of tahini and curry sauces
- Negimaki (rolled steak with green onions and teriyaki sauce)
- Warm cubes of smoked wild boar knuckle, with brown ale, sea buckthorn and rosemary gravy

\$47 per dozen

COCKTAIL RECEPTION

You must order a minimum of 3 dozen per choice of bites.

COLD SALTY BITES

- 🌿 Homemade cheese puffs with cashew and walnut mousse
- 🌿 Moroccan-inspired verrines with finely grated carrot and orange
- 🌿 Carrot mousse with aniseed and soy cream served in verrines or on crackers
- 🌿 Beet-coconut or goat-cheese-feta mousse (depending on the season), served in verrines or on crackers
- Mussels escabèche verrines
- Fresh Nordic shrimp salad served in verrines or on cucumber slices, according to the chef's inspiration
- Smoked salmon pastrami served on homemade buckwheat blinis, yogurt sauce with lemon, fresh herbs and garlic
- Homemade fish rillettes (based on the catch of the day), served on croutons or crackers
- Rolled duck breast with homemade vegetable remoulade
- Assortment of chef-selected terrines served on croutons or crackers
- Stir-fried marinated flank steak with homemade tzatziki sauce, served on naan bread

\$47 per dozen

SWEET BITES

- Macaroons of the moment
- Seasonal mini tarts
- Vegan brownies
- Cannelés

\$33 per dozen

COCKTAIL RECEPTION

ADD A SNACK PLATTER TO SHARE FOR YOUR COCKTAIL RECEPTION.

Includes: homemade dip (hummus or other), marinated olives, gluten-free pretzels, organic snacks and crackers

\$55 / 6 people

DISCOVERY BOARDS

The ideal add-on to your buffet or cocktail reception!

CHEESE BOARD

Assortment of Quebec cheeses and gourmet bread with dried fruit and nuts

\$179 for 20 people

SMOKED FISH BOARD

Assortment of three varieties of smoked Quebec fish and condiments

\$239 for 20 people



BREAKFAST IN THE BANQUET ROOM

Available for groups of 25 people or more.

BRUNCH

\$39 PP

Vegetable frittata
Homemade waffles
Fresh fruit bowl
Yogurt, fruit compote and granola verrines
Fresh bread, ghee (lactose-free clarified butter) and jams
Mesclun with vinaigrette
Mixed salad
Pan-fried seasonal vegetables
Ham on the bone
Cold fish platter
Orange juice
Coffee, tea, Le Monastère signature herbal teas

BUFFET

\$24.50 PP

Vegetable frittata
Cheddar and onion loaf
Homemade waffles
Fresh fruit bowl
Sweet bread
Yogurt and granola
Smoothie
Hard-boiled eggs
Cereals
Fresh fruit compote
Veggie pâté
Lactose-free cheese
Fresh bread, ghee (lactose-free clarified butter) and jams
Orange juice
Coffee, tea, Le Monastère signature herbal teas



DRINK MENU

APERITIF BY THE GLASS

Quebec Kir, white wine from Quebec with artisanal blackcurrant liqueur	\$7.50
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BEER BY THE BOTTLE

Blonde beer, Glutenberg	\$9
India Pale Ale, Glutenberg	\$9
White beer, Glutenberg	\$9
Gluten-free and wheat-free beer, Glutenberg	\$9
Jean Jambe, 4.5% lime and ginger pale ale from La Barberie	\$11

BEVERAGE CARAFES (± 5 servings) NON-ALCOHOLIC

Decoction of the moment, seasonal fruits or chamomile	\$13
Hibiscus, mint, ginger lemonade	\$13
Lemon, basil, honey lemonade	\$13
Homemade smoothie	\$19
Apple must	\$24
Lao's sparkling tea	\$35

INDIVIDUAL BOTTLES NON-ALCOHOLIC

Sparkling water	\$2.30
Organic kombucha	\$5.60
Organic iced tea	\$3.95
Carpenter Blonde Ale, non-alcoholic	\$3.95
Carpenter Irish Red, non-alcoholic	\$3.95
Chef's choice of LOOP juice	\$3.45



WINE BY THE GLASS

White, Le Monastère's selection	\$9
Red, Le Monastère's selection	\$9

WHITE WINE BY THE BOTTLE

Fuenteseca 2017	\$43
Sauvignon Blanc, organic, Spain (fruity and vibrant)	
Adega de Penalva Dao organic, Portugal (aromatic and floral)	\$43
Naturae Pays d'Oc, Gérard Bertrand, Chardonnay, France	\$50

RED WINE BY THE BOTTLE

Aranleon Blés Crianza organic, Spain (fruity and medium-bodied)	\$43
Cono Sur Organico 2017, Pinot Noir, organic, Chile (aromatic and robust)	\$43
Tautavel Héritage, Côtes du Roussillon Grenache, Carignan, Syrah	\$50

ROSÉ WINE BY THE BOTTLE*

Pétale de Rose, organic, Provence, France	\$54
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*In summer only

SPARKLING WINE BY THE BOTTLE

Parés Baltà Cava Brut, organic	\$45
Louis Bouillot Perle D'Aurore, Crémant de Bourgogne, rosé	\$57

For beverage sales of \$250 (before taxes) or more, Le Monastère will provide the services of a waiter or waitress free of charge.
If this is not the case and you would like to have this service, you will be charged the difference between \$250 and the total beverage sales.