



# BANQUET MENU 2024

## OUR COOKING PRINCIPLES

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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!

## 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 no later than 10 days before your event.
- Lunches will be served in the banquet room for groups.
- For groups of 20 people or less, a healthy buffet could be served at Le Vivoir for dinners. In this case, please allow for a 75-minute meal period.
- For groups of 21 people or more, dinners will be served in the banquet room.
- All prices in this document exclude the 18% service charge and applicable taxes.
- 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.

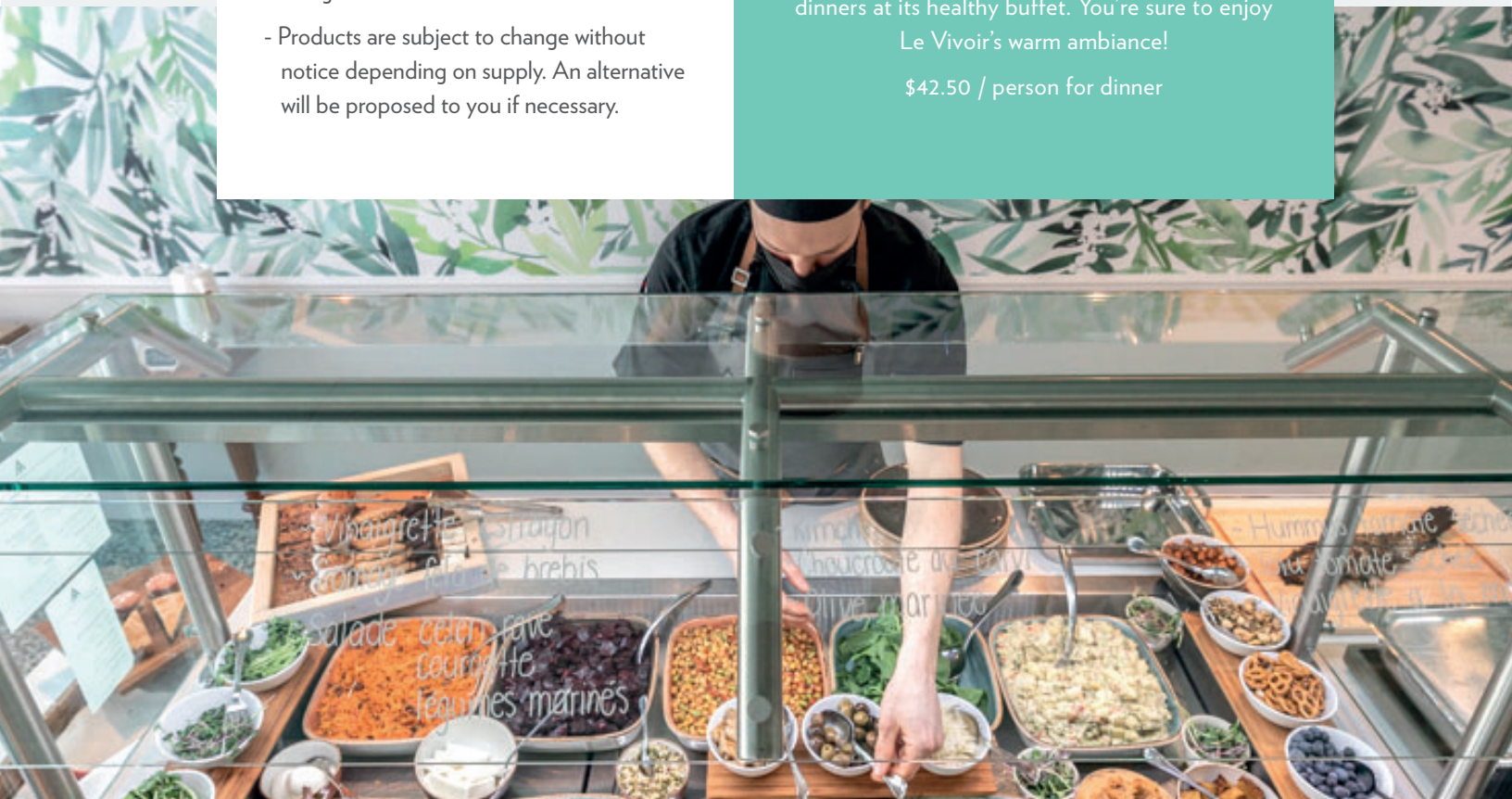
## ALLERGIES AND INTOLERANCES

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 no later than 10 days before 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 dinners at its healthy buffet. You're sure to enjoy Le Vivoir's warm ambiance!

\$42.50 / person for dinner



## SNACKS – HEALTH BREAKS

### TO EAT

#### CHOICE OF SNACKS

Energy bytes	\$2.50 each
Oatmeal raisin cookies	\$2.50 for 3
Oatmeal coconut cookies	\$2.50 for 3
Healthy homemade breakfast bread	\$2.50 each
Chia and coconut pudding verrine	\$2.50 each
Healthy muffin	\$3.90 each
Vegan brownie	\$3.90 each
Gluten-free snack	\$3.90 each
Olive bowl	\$16.50 / 6 people
Homemade hummus bowl	\$14.50 / 6 people
Gluten-free pretzel bowl	\$12.50 / 6 people
Organic crackers	\$16.50 / 6 people

#### SNACK PLATTER

TO SHARE \$55 / 6 people

Homemade dip (hummus or other)
Organic crackers
Gluten-free pretzels
Marinated olives

#### FRESH CUT FRUIT BOWL (seasonal)

Individual size in a compostable bowl	\$3 / portion
For 15 people	\$39
For 25 people	\$65

#### CREAM FUDGE made by Praline et Chocolat

Board with 18 pieces	\$29.50
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### 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 \$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



## HEALTHY TRAY – ON THE GO



### SANDWICH


**Includes:**

- 2 Seasonal mixed salads
- Sandwich with seasonal filling
- Pretzel and cheese
- Chef's choice of dessert
- Honoré fair-trade coffee, Camellia Sinensis tea or Le Monastère signature herbal tea

**Choice of bread\*:**

- 1. Baguette
- or
- 2. Wrap

**Choice of protein\*:**

- 1. Voltigeurs chicken breast
- or
- 2.  Homemade veggie pâté

Served on individual trays: \$22.50 / person

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

Add extra soup: \$5.00 / person

\* Must be the same for the whole group. For vegetarians, the animal protein will be replaced by a vegetable protein of the chef's choice. An alternative will be proposed for groups having several meals with the health tray.

## HEALTHY TRAY – MONASTIC



### SANDWICH OR SALAD

**Includes:**

Soup of the moment

2 Seasonal mixed salads, pretzel, and cheese

Choice of meal salad with protein or sandwich with seasonal garnish

Chef's choice of dessert

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

**Choice of proteins\*:**

1. Roast beef
2. Pork fillet
3. Herbed tofu mousse
4. Tempeh atsuage and wakame seaweed
5. Herbed tofu mousse
6. Grizzly pastrami salmon

**Hot option available:**

A hot dish of the chef's choice is available as an alternative to the sandwich or salad meal with protein.

One common choice for the whole group.

Your vegetarian guests identified at least 10 days before the event will benefit from a hot vegetarian dish from our selection.

Served on individual trays: \$33.50 / person

Served in an individual compostable container: \$36.50 / person

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

# BUFFETS

Buffets are available for groups of 20 people or more.

## FRESH BUFFET

### Includes :

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

2 mixed salads

Choice of bread (baguette or wrap) with homemade veggie pâté, or with Grizzly coho smoked salmon or Voltigeurs chicken breast and seasonal garnish

Hummus, crackers and marinated olives

Fresh sprouts

Chef's choice of dessert

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

### Choice of bread\*:

1. Baguette

or

2. Wrap

\$26.50 / person

\* Must be the same for the whole group.

# BUFFETS

Buffets are available for groups of 20 people or more.

## GOURMAND BUFFET

**Includes:**

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

2 mixed salads

Choice of main dish served hot (see page 9)

Hummus, crackers and marinated olives

Fresh sprouts

Chef's choice of dessert

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

Choose 1 option from the dishes described on page 9 (vegetarian, fish and meat). To avoid food waste, portions will be calculated according to the number of participants.

Your vegetarian guests, identified at least 10 days before the event, will receive a hot vegetarian dish from our selection.

\$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	\$189 / 20 people
Smoked fish board	\$249 / 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

Select a choice from each of the categories on page 9  
(vegetarian, fish and meat).

You must contact your participants to ask them to choose one of these 3 dishes  
**no later than 10 days before your event.**

If this deadline is not met, the choice will be made by our chef.



# 2024 SUMMER - AUTUMN MENU

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

## VEGETARIAN

Gluten-free seitan, Greek-style mushrooms, rye kernels

—

Japanese-style tofu, rice, seasonal vegetables

—

Legume curry, sweet potato, seasonal vegetables

## FISH

Armorican-style monkfish (tomato sauce, lobster bisque, paprika and olives), kamut, seasonal vegetables

—

Maple salmon, mashed potatoes and carrots, seasonal vegetables

—

Fresh fish, served according to the chef's inspiration

## MEAT

Jamaican jerk chicken, sweet potato, wild rice, broccoli, sea buckthorn chutney

—

Gluten-free brown rice spaghetti, buffalo meatballs, vegetable tomato sauce

—

Barbecued pork cheeks, sun-dried tomato polenta, grilled seasonal vegetables

All our menus are lactose-free.

# COCKTAIL RECEPTION

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

## HOT SALTY BITES


- 🌿 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
- 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
- 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
- Warm cubes of free-range pork ham, 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

-  Beet-coconut or goat-cheese-feta mousse (depending on the season), served in verrines or on crackers
- 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
- 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, and organic 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

\$189 for 20 people

### SMOKED FISH BOARD

Assortment of three varieties of smoked Quebec fish and condiments

\$249 for 20 people



# BREAKFAST IN THE BANQUET ROOM

Available for groups of 25 people or more.

## BRUNCH

\$39 PP

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

## BUFFET

\$24.50 PP

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





# DRINK MENU

## APERITIF BY THE GLASS

Kir, white wine with artisanal blackcurrant liqueur	\$7.50
Kir royal, sparkling wine with artisanal blackcurrant liqueur	\$10

## BEER BY THE BOTTLE

Glutenberg *	\$9
La Barberie*	\$11

\*selection of the moment

## BEVERAGE CARAFES (± 5 servings) NON-ALCOHOLIC

Decoction of the moment	\$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, non-alcoholic beer	\$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

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

\* according to availability

## 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

\* according to availability

## 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.