



BANQUET MENU



2025

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 select local producers driven by their passion for making quality produce.

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 no later than 10 days before your event.
- › The venue will be confirmed according to the number of guests and room availability.
- › 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 inform us upon your arrival 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, evening meals may be offered in the form of a healthy buffet.

You're sure to enjoy Le Vivoir's warm atmosphere!

\$42,50 / person for dinner



HEALTHY SNACKS



TO EAT

CHOICE OF SNACKS

Energy bites	\$1,90 each
Oatmeal raisin cookies	\$2,50 for 3
Oatmeal coconut cookies	\$2,50 for 3
Macaroon	\$2,90 each
Healthy homemade breakfast bread	\$2,50 each
Chia pudding verrine	\$2,50 each
Healthy muffin	\$4,60 each
Vegan brownie	\$4,00 each
Allergen-free snack (packaged)	\$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 \$55,00 / 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	\$4,00 / portion
For 15 people	\$45,00
For 25 people	\$75,00

CREAM FUDGE

made by Praline et Chocolat

Board with 18 pieces	\$25,50
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TO DRINK

GENTLE BREAK

\$3,80 / person

Selection of Le Monastère's
Signature herbal teas

CLASSIC BREAK

\$4,90 / person

Selection of Le Monastère's
Signature herbal teas

Camellia Sinensis tea

Honoré fair-trade coffee

ALL-YOU-CAN-DRINK BREAK *

\$12,50 / person

Selection of Le Monastère's
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
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FRESH SMOOTHIE

3 oz. verrine	\$3,95 each
6 oz. verrine	\$7,50 each

WIDE-NECK PITCHER BEVERAGES

(one liter, 5 servings)

Decoction of the moment	\$13,00
Hibiscus, mint, ginger lemonade	\$13,00
Lemon, basil, honey lemonade	\$13,00
Homemade smoothie	\$19,00
Orange juice	\$14,00
Organic milk	\$14,00

INDIVIDUAL BOTTLES

Sparkling water	\$2,30
Organic kombucha	\$5,60
Organic iced tea	\$3,95
Chef's choice of Éklor juice	\$6,00

ON THE GO



COLD MEAL FORMULA

Individual tray service for 19 people and under, and buffet service for 20 people and over.


Includes :

- > 2 seasonal mixed salads
- > Sandwich with seasonal filling
- > Chef's choice of snacks
- > Chef's choice of dessert
- > Honoré fair-trade coffee, Camellia Sinensis tea or Le Monastère's Signature herbal tea

Choice of bread for the sandwich :

- > Baguette
- > Wrap

Choice of protein for the sandwich :

- > Voltigeurs chicken breast
- > Cold roast beef (served in a baguette)
-  > Homemade veggie pâté
- > Grizzly smoked salmon (\$3,50 extra fee)

The choice of bread and protein 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.

\$23,50 / person

- > Served in individual recyclable containers

\$26,50 / person

- > Served with soup

\$27,50 / person

LE MONASTIQUE



HOT MEAL FORMULA

Includes :

- > Soup of the moment, bread and ghee (lactose-free clarified butter)
- > 2 mixed salads
- > Choice of hot main course for the group
As our menus are seasonal, you will be able to select your vegetarian, fish or meat dish when coordinating your event.
- > Chef's choice of snacks
- > Fresh sprouts
- > Chef's choice of dessert
- > Honoré fair-trade coffee, Camellia Sinensis tea or Le Monastère signature herbal tea

Individual tray service for 19 people and under and buffet service for 20 people and over.

To avoid food waste, portions will be calculated according to the number of participants.



\$33,50 / person

COLD BOWL MEAL FORMULA

Includes :

- > Soup of the moment, bread and ghee (lactose-free clarified butter)
- > Monastic bowl meal consisting of a starchy food, greens, fresh vegetables depending on availability and a choice of protein*
- > Chef's choice of dessert
- > Honoré fair-trade coffee, Camellia Sinensis tea or Le Monastère's Signature herbal tea

* Choice of protein :

- Asian-style chicken
- Coconut curry shrimp
- Salmon steak with salted herbs
-  Tofu banh-mi
-  Veggie pâté

\$33,50 / person

Your vegetarian guests, identified at least 14 days before the event, will receive a hot vegetarian dish from our selection.

SIDE DISHES

- > Fresh cut fruit bowl
\$45 / 15 people
\$75 / 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



MENU CHOICE

This package is available for groups of 20 or more.

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's Signature herbal tea

\$39,50 / 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's Signature herbal tea

\$49,50 / person

As our menus are seasonal, you will be able to select your vegetarian, fish and meat dish when coordinating your event.

You must contact your participants to ask them to choose one of these 3 dishes **no later than 14 days before your event**. If this deadline is not met, the choice will be made by our Chef.

COCKTAIL RECEPTION



HOT SALTY BITES

- > Chef-inspired, grilled-vegetable mini cakes
- > Crispy imperial rolls with vegetables and tofu, sweet and sour sauce
- > Crispy faux chicken bites with General Tao sauce
 - > Seafood mini cakes (based on the catch of the day)
 - > Prawn skewers
 - > Cod brandade cakes
 - > Crispy chicken imperial rolls with a selection of sweet and sour sauces, homemade ketchup and yogurt
 - > Chicken satay skewers with tahini and curry sauces
 - > Warm cubes of free-range pork ham, with brown ale, sea buckthorn and rosemary gravy

\$47,00 / dozen

COLD SALTY BITES

- > Beet and coconut or goat feta mousse (depending on the season), served in verrines or on crackers
- > Fresh Nordic shrimp salad served in verrines
- > 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

\$47,00 / dozen

SWEET BITES

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

\$33,00 / dozen

You must order a minimum of 3 dozen bites per choice for the hot salty bites and the cold salty bites.

COCKTAIL RECEPTION



ADD A SNACK PLATTER TO SHARE FOR YOUR COCKTAIL RECEPTION

Includes :

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

\$55,00 / 6 people

DISCOVERY BOARDS

THESE BOARDS ARE THE IDEAL ADD-ON TO YOUR BUFFET OR COCKTAIL RECEPTION!

CHEESE BOARD

Includes :

- > Assortment of Quebec cheeses and gourmet bread

\$189,00 / 20 people

SMOKED FISH BOARD

Includes :

- > Assortment of three varieties of smoked Quebec fish and condiments

\$249,00 / 20 people



BREAKFAST IN THE BANQUET ROOM



BRUNCH

- > Fresh fruit bowl
- > Yogurt, fruit sauce 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's Signature herbal teas

\$39,00 / person

BUFFET

- > Fresh fruit bowl
- > Yogurt and granola
- > Fresh fruit sauce
- > 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's Signature herbal teas

\$25,00 / person

This package is available for groups of 20 or more.



DRINK MENU



BY THE GLASS

APERITIF

Kir \$7,50
white wine with artisanal blackcurrant liqueur

Kir royal \$10,00
sparkling wine with artisanal blackcurrant liqueur

BOTTLED BEER

Glutenberg* \$9,00

La Barberie* \$11,00
**selection of the moment*

WINE

White, Le Monastère's selection \$9,00

Red, Le Monastère's selection \$9,00

NON-ALCOHOLIC

BEVERAGE CARAFES (± 5 servings)

Decoction of the moment \$13,00

Hibiscus, mint, ginger lemonade \$13,00

Lemon, basil, honey lemonade \$13,00

Homemade smoothie \$19,00

Apple must \$24,00

INDIVIDUAL BOTTLES

Sparkling water \$2,30

Organic kombucha \$5,60

Organic iced tea \$3,95

Carpenter non-alcoholic beer \$3,95

Chef's choice of Éklor juice \$6,00

BY THE BOTTLE

WHITE WINE

Fuenteseca \$45,00
Sauvignon Blanc, organic, Spain (fruity and vibrant)

Kir-Yianni Paranga \$45,00
Greece (fruity and vibrant)

Naturae Pays d'Oc* \$50,00
Gérard Bertrand, France, Chardonnay (aromatic and round)
**depending on availability*

RED WINE

Masi Passo Doble \$45,00
Argentina, organic (aromatic and robust)

Cono Sur Organico \$45,00
Pinot Noir, organic, Chile (aromatic and robust)

Tautavel Héritage, Côtes du Roussillon* \$50,00
Grenache, carignan, syrah (aromatic and full-bodied)
**depending on availability*

ROSÉ WINE

In summer only

Pétale de Rose, organic \$54,00
Provence, France (fruity and light)

SPARKLING WINE

Parés Baltà Cava Brut, organic \$45,00
(fruity and vibrant)

Louis Bouillot Perle D'Aurore \$57,00
Crémant de Bourgogne, rosé (fruity and vibrant)

Local wines available on request based on current supply.

At a cash bar, Le Monastère will provide the services of a waiter or waitress free of charge if the sale of beverages is \$250 (before taxes) or more. If this is not the case and you require this service, you will be charged the difference between \$250 and the amount of the beverage sale.