



BANQUET MENU



2026

OUR COOKING PRINCIPLES

Our cuisine is based on mindful eating, whose principles invite us to suggest rather than dictate. Created with fresh, wholesome ingredients, our recipes use ingredients that promote health and wellness. We are committed, through our social and environmental commitment, 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!

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 may be modified depending on availability without prior notice. An alternative will be proposed if necessary.
- > Prices are subject to change.

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	\$2,30 each
Cashew cookie	\$1,40 each
Oatmeal raisin cookies	\$2,50 for 3
Macaroon	\$3,40 each
Healthy homemade dessert bread	\$3,40 each
Chia pudding verrine	\$2,50 each
Healthy muffin	\$4,60 each
Vegan brownie	\$4,00 each
Packaged allergen-free snack	\$3,90 each
Olive bowl	\$16,50 / 6 people
Homemade hummus bowl	\$14,50 / 6 people
Pretzel bowl	\$12,50 / 6 people
Organic crackers	\$16,50 / 6 people
Platter of cheese, gourmet bread, fruits and nuts	\$59 / 6 people \$196 / 20 people
Platter of smoked salmon, olives and crackers	\$69 / 6 people \$259 / 20 people

SNACK PLATTER

TO SHARE \$55,00 / 6 people

Homemade dip (hummus or other)
Organic crackers
Pretzels
Marinated olives

FRESH CUT FRUIT BOWL (seasonal)

Individual size	\$5,00 / portion
For 15 people	\$60,00
For 25 people	\$85,00

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

\$5,25 / person

Selection of Le Monastère's
Signature herbal teas

Camellia Sinensis tea

Honoré fair-trade coffee

ALL-YOU-CAN-DRINK BREAK

\$13,50 / person*

\$8,50 / person**

Selection of Le Monastère's
Signature herbal teas

Camellia Sinensis tea

Honoré fair-trade coffee

* Continuous service during the first 8 hours

** Continuous service during the first 4 hours

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	\$3,00
Organic kombucha	\$5,60
Iced tea	\$3,95
Chef's choice of Éklor juice	\$6,00

ON THE GO



COLD MEAL FORMULA

Individual platter service for 19 people and under

Self-serve format for groups of 20 or more (1 portion per person)

Includes :

- > 2 seasonal mixed salads
- > Sandwich with seasonal filling
- > Fresh sprouts
- > Crackers and cheese
- > 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.

\$25,00 / person

- > Served in individual recyclable containers
\$28,50 / person
- > Served with soup
\$29,50 / person

LE MONASTIQUE



HOT MEAL FORMULA

Includes :

- > Soup of the moment, bread and clarified butter (ghee, lactose-free)
- > 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.
- > Crackers and cheese
- > Fresh sprouts
- > Chef's choice of dessert
- > Honoré fair-trade coffee, Camellia Sinensis tea or Le Monastère's signature herbal tea

Individual platter service for 19 people and under

Self-serve format for groups of 20 or more (1 portion per person)

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 clarified butter (ghee, lactose-free)
- > Choice of monastic bowl meal for the group, 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 a common protein for the group :

- 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 vegetarian dish from our selection.

PLATED MENU



MENU CHOICE

This package is available for groups of 20 or more.

3-COURSE MENU

Includes :

- > Soup of the moment, bread and clarified butter (ghee, lactose-free)
- > Main dish and side
- > Chef's choice of dessert
- > Honoré fair-trade coffee, Camellia Sinensis tea or Le Monastère's Signature herbal tea

\$41,50 / person

4-COURSE MENU

Includes :

- > Seasonal appetizer
- > Soup of the moment, bread and clarified butter (ghee, lactose-free)
- > 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 ham, with brown ale, sea buckthorn and rosemary gravy

\$49,00 / 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

\$49,00 / dozen

SWEET BITES

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

\$39,00 / 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
- > 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 Québec cheeses and gourmet bread

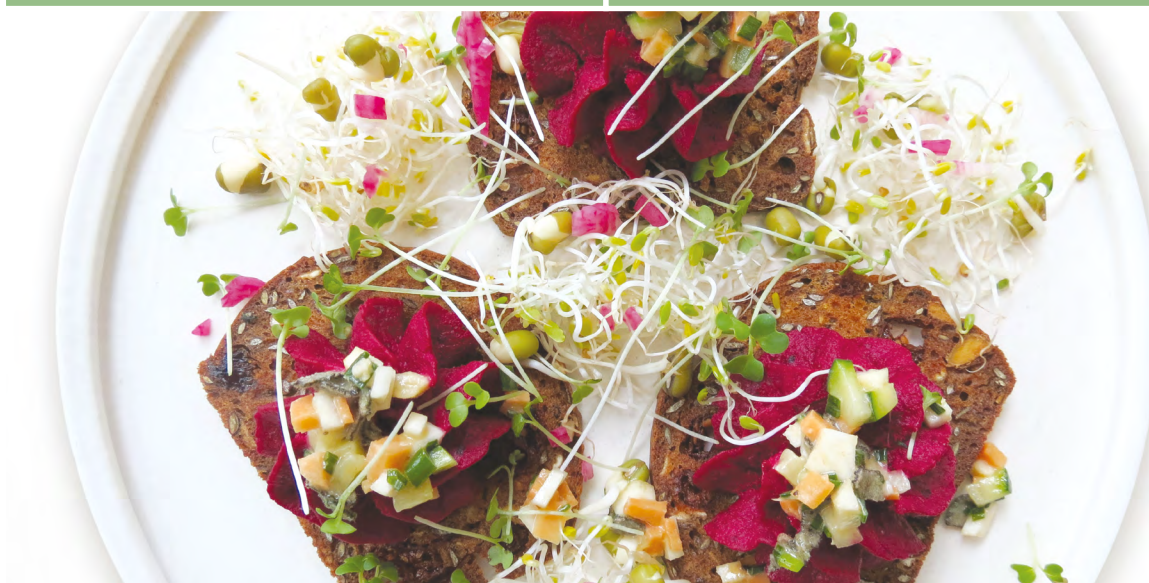
\$196,00 / 20 people

SMOKED FISH BOARD

Includes :

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

\$259,00 / 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, clarified butter (ghee, lactose-free) and jams
- > Pan-fried seasonal vegetables
- > Ham on the bone
- > Orange juice
- > Coffee, tea, Le Monastère's Signature herbal teas

\$39,50 / person

BUFFET

- > Fresh fruit bowl
- > Yogurt and granola
- > Fresh fruit sauce
- > Hard-boiled eggs
- > Veggie pâté
- > Lactose-free cheese
- > Vegan cheese
- > Sweet bread
- > Cereals
- > Vegetable frittata
- > Homemade waffles
- > Savory cake
- > Fresh bread, clarified butter (ghee, lactose-free) and jams
- > Smoothie
- > Orange juice
- > Coffee, tea, Le Monastère's Signature herbal teas

\$25,50 / person

This package is available for groups of 20 or more.



DRINK MENU



BY THE GLASS

APERITIF

Kir <i>white wine with artisanal blackcurrant liqueur</i>	\$8,50
Kir royal <i>sparkling wine with artisanal blackcurrant liqueur</i>	\$11,50
Cocktail of the moment <i>(depending on availability)</i>	\$10 to 15

BOTTLED BEER

La Barberie* <i>*selection of the moment</i>	\$11,00
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WINE

White, Le Monastère's selection	\$10,00
Red, Le Monastère's selection	\$10,00

NON-ALCOHOLIC

BEVERAGE CARAFES (± 5 servings)

Decoction of the moment	\$13,00
Hibiscus, mint, ginger lemonade	\$13,00
Lemon, basil, honey lemonade	\$13,00
Camellia Sinensis Iced Tea	\$17,50
Homemade smoothie	\$19,00
Fresh apple juice	\$24,00

INDIVIDUAL BOTTLES

Sparkling water	\$3,00
Organic kombucha	\$5,60
Iced tea	\$3,95
Carpenter non-alcoholic beer	\$4,90
Chef's choice of Éklor juice	\$6,00

BY THE BOTTLE

WHITE WINE

Fuenteseca <i>Sauvignon Blanc, organic, Spain (fruity and vibrant)</i>	\$45,00
Kir-Yianni Paranga <i>Greece (fruity and vibrant)</i>	\$45,00
Naturae Pays d'Oc* <i>Gérard Bertrand, France, Chardonnay (aromatic and round)</i> <i>*depending on availability</i>	\$50,00

RED WINE

Masi Passo Doble <i>Argentina, organic (aromatic and robust)</i>	\$45,00
Cono Sur Organico <i>Pinot Noir, organic, Chile (aromatic and robust)</i>	\$45,00
Tautavel Héritage, Côtes du Roussillon* <i>Grenache, carignan, syrah (aromatic and full-bodied)</i> <i>*depending on availability</i>	\$50,00

ROSÉ WINE

<i>In summer only</i> Pétale de Rose, organic <i>Provence, France (fruity and light)</i>	\$54,00
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SPARKLING WINE

Parés Baltà Cava Brut, organic <i>(fruity and vibrant)</i>	\$45,00
Louis Bouillot Perle D'Aurore <i>Crémant de Bourgogne, rosé (fruity and vibrant)</i>	\$57,00

Local wines available on request based on current supply.

A \$100 service charge applies for individually billed bars.