



## Corporate menu

prêt-a-manger traiteur

Marché de l'ouest  
Tel: (514) 683-3289  
Fax: (514) 683-6839

Quality foods. Quality service. Chez Vous.

## Breakfast

### Continental Pastry Tray

Freshly baked banana bread, croissants and danish.  
Served with butter, preserves, fresh fruit salad  
and fresh squeezed orange juice.....9.00\$

### Breakfast panini

Panini with choice of omelet or ham and cheese,  
breakfast B.L.T., fresh fruit salad  
and fresh squeezed orange juice.....12.00\$

### Montreal Breakfast

Smoked salmon, cream cheese, tomatoes and scallions.  
Served with bagels, mini cheese bagel, fresh fruit salad  
and fresh squeezed orange juice.....12.00\$

## Eatz Chez Vous Offers Two Presentations

-Basic:  
non-returnable packaging of cardboard, paper  
and plastic

-Boardroom:  
Returnable trays and porcelain platters  
with a 10% total order surcharge.

## Event Services

-Wait staff

-China, glassware, linens and other  
rentals available

-Bar services

## Ordering & Payment

-Some items may require 48 hours notice  
-Orders may be subject to deposit  
-One full business day's notice required to  
cancel without penalty  
-**Free delivery** in designated areas  
(minimum 10 people)

Delivery to all other areas of the city at  
an additional charge

**To order or for more information call our catering expert for personalized service.  
Ask about our heart healthy options!**



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## Lunch Menu

- |   |  |   |
|---|--|---|
| <p>#1 Assorted sandwiches<br/>Choice of 2 salads<br/>Fruit platter<br/>Dessert.....13.00\$</p>  | <p>#4 Oriental Salmon<br/>Oriental noodles<br/>Tossed salad<br/>Fruit platter<br/>Dessert.....20.00\$</p>          | <p>#7 Assorted healthy wraps<br/>Quinoa salad<br/>Julienne mango salad<br/>Fruit platter<br/>Homemade healthy squares.....14.00\$</p> |
| <p>#2 Assorted sandwiches<br/>Chicken fingers with dip<br/>1 choice of salad<br/>Fruit platter<br/>Dessert.....15.00\$</p>                    | <p>#5 Meat lasagna<br/>Caesar salad<br/>Garlic bread<br/>Fruit platter<br/>Dessert.....15.00\$</p>                 | <p>#8 Chicken brochette<br/>Dirty rice<br/>1 choice of salad<br/>Fruit platter<br/>Dessert.....18.00\$</p>                            |
| <p>#3 Grilled chicken strips with dip<br/>Grilled vegetable platter<br/>Whole wheat pasta salad<br/>Fruit platter<br/>Dessert.....16.00\$</p> | <p>#6 Choice of protein<br/>Mashed cauliflower<br/>1 choice of salad<br/>Fruit platter<br/>Dessert.....15.00\$</p> | <p>#9 Grilled salmon<br/>Portobello mushroom<br/>1 choice of salad<br/>Fruit platter<br/>Dessert.....22.00\$</p>                      |

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## Extras

Crudite with dip.....	2.50\$ per person
Decorated fruit platter.....	4.50\$ per person
Decorated cheese platter.....	4.50\$ per person
Assorted sandwich platter.....	6.00\$ per person
Party sandwich platter.....	3.00\$ per person
Dessert platter.....	3.00\$ per person
Antipasto platter.....	7.00\$ per person
Assorted vegetable salads.....	2.00\$ per person
Customized cupcakes.....	1.50\$ (minimum 1 dozen)

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## À la carte

(some of our suggestions)

Roast boneless breast of chicken

Spicy grilled chicken caesar salad

Orange and apricot glad  
boneless breast of chicken

Grilled salmon

Salt and pepper jumbo shrimp

Daily specials

Lunch boxes

Gift boxes

And more...

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