



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.....11.00\$

Breakfast panini

Panini with choice of omelet or ham and cheese,
breakfast B.L.T., fresh fruit salad
and fresh squeezed orange juice.....13.50\$

Montreal Breakfast

Smoked salmon, cream cheese, tomatoes and scallions.
Served with bagels, mini cheese bagel, fresh fruit salad
and fresh squeezed orange juice.....15.00\$

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!

Please note that certain items on our menu are subject to price change depending on market availability



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Lunch Menu

- | | | |
|--|---|--|
| #1 Assorted sandwiches
Choice of 2 salads
Fruit platter
Dessert.....15.00\$ | #4 Oriental Salmon
Oriental noodles
Tossed salad
Fruit platter
Dessert.....20.00\$ | #7 Assorted healthy wraps
Quinoa salad
Julienne mango salad
Fruit platter
Homemade healthy squares.....16.00\$ |
| #2 Assorted sandwiches
Chicken fingers with dip
1 choice of salad
Fruit platter
Dessert.....16.00\$ | #5 Meat lasagna
Caesar salad
Garlic bread
Fruit platter
Dessert.....15.00\$ | #8 Chicken brochette
Dirty rice
1 choice of salad
Fruit platter
Dessert.....18.00\$ |
| #3 Grilled chicken strips with dip
Grilled vegetable platter
Whole wheat pasta salad
Fruit platter
Dessert.....17.00\$ | #6 Choice of protein
Mashed cauliflower
1 choice of salad
Fruit platter
Dessert.....17.00\$ | #9 Grilled salmon
Portobello mushroom
1 choice of salad
Fruit platter
Dessert.....22.00\$ |

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Extras

- Crudite with dip.....2.50\$ per person
- Decorated fruit platter.....4.50\$ per person
- Decorated cheese platter.....5.50\$ per person
- Assorted sandwich platter.....6.00\$ per person
- Party sandwich platter.....4.50\$ per person
- Dessert platter.....3.00\$ per person
- Antipasto platter.....7.00\$ per person
- Assorted vegetable salads.....2.75\$ 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 casear 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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