

# Gourmet CATERING

FRESHLY PREPARED. NATURALLY DELICIOUS.

2023 - 2024

Rachelle  
Béry 





## SAVOUR THE MOMENT IN GOOD COMPANY

Entertaining guests is the perfect time for sharing all the pleasures of good food.

Our deliciously healthy buffets are prepared with high-quality, fresh ingredients that are carefully selected by our trained staff. We're proud to feature local producers—we give priority to **local ingredients** for their superior taste and uncompromising quality.

**Hospitality** is simply part of our way of life. Our delicious gourmet menus are personalized and available in both platter and individual lunch box formats so that you can dine and entertain easily, whether at home or at work, as a family or with friends. Take-out delights to share and make your life easier.

Thank you for choosing Rachele Béry's Gourmet Catering.

# TABLE *of*

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# BUSINESS LUNCHEES

WORK-LIFE BALANCE MADE DELICIOUS





### 100 AUX VIVRES SALAD BOWL

Every *Aux Vivres* salad is as gorgeous to look at as it is tasty. Because we believe that vegan can be gourmet too.

**Choice of 4 varieties:**

- Thai • Dragon • Buddha • Bali



### 101 RACHELLE'S MAIN COURSE SALAD

Creating salads is our obsession! Which is why you have such a wide selection to choose from.

**Choice of 5 varieties:**

- Vegan
- Salmon and fennel
- Kale and chicken
- Chicken Tex-Mex
- Niçoise



### 102 LUNCH BOX

Featuring a sandwich and two salads, this is the ideal corporate lunch. To make it extra satisfying, add a nice warm soup.

See varieties in store.



### REUSABLE CONTAINERS

Because we're concerned about the environment, Rachelle Béry uses recyclable containers that you can reuse several times before putting them in your green bin.

It's a small step towards reducing our environmental footprint that's both handy and eco-friendly.

# BRUNCH

THE BEST WAY TO START THE DAY





BRÛLÉRIES  
**FARO**  
ROASTING HOUSES

### 103 COFFEE IN A BOX

The perfect wake-up, and there's definitely enough for everyone. The kit includes: coffee cups, covers, milk, cream and sugar.

10 to 12 people



### 104 GOURMET MUFFINS

These are so good you'll need to close your eyes to fully enjoy that first bite. Create a platter of 9 muffins by choosing from the 4 varieties offered.

- Lemon & Almond • Double chocolate
- Five-grain apricot • 5 Fruits

6 to 8 people



### 105 MINI PASTRIES WITH FRUIT

These are minis, so you can have more than one! Fresh fruit accompanies our mini all-butter pastries: croissants, chocolate, and raisin danishes.

10 to 12 people



### 106 SMOKED SALMON BAGELS

Made by *Saint-Viateur Bagel*, these are spread with classic cream cheese. These exquisite bagels also come garnished with red onions, capers, lemon, and succulent, antibiotic-free Norwegian smoked salmon—they're sure to delight your guests.

6 to 8 people

# *Exquisite* **FRUIT**

A PLATTER FULL OF FRESHNESS AND FLAVOUR





## 107 FRUIT EXPLOSION

Colourful, juicy and delicious, a feast for the eyes and the palate: pineapple, strawberries, blackberries, oranges, and seasonal melon (watermelon, cantaloupe, or honeydew).

6 to 8 people



### ZERO-WASTE TIP

Any leftover fruit?

Give it a second life by freezing it to use later in a smoothie.



# Appetizing **SALADS**

CRUNCHY, FRESH, AND COLOURFUL





### 108 GREEK SALAD

A Mediterranean voyage of flavour: lettuce, tomatoes, cucumbers, red onions, red peppers, olives, and feta cheese.

Want a vegan option? Replace the traditional feta with our vegan feta.

6 to 8 people



### 109 CHEF'S SALAD

A great complement to any meal, this is the queen of salads: lettuce, cucumber, carrots, cauliflower, tomatoes, celery, red peppers, red onions, and grated **mozzarella** cheese, all drizzled with a delicious Dijon and maple vinaigrette from *Maison Orphée*.

6 to 8 people



### 110 CAESAR SALAD

An essential part of any salad buffet, this ultimate classic is always a crowd-pleaser: lettuce, *Maison Orphée* vinaigrette, carrots, croutons, and parmesan cheese.

6 to 8 people



### 111 CAPRESE SALAD

No need to visit Capri to enjoy it! We make it here with the freshest ingredients: mozzarina cheese, Italian tomatoes, arugula, mixed olives, and a vinaigrette of olive oil and balsamic vinegar.

6 to 8 people



### 112 SPECIALTY SALADS

Varied fresh salads. Choose 4 varieties offered in-store.

6 to 8 people



# *Crunchy* **VEGETABLES**

FRESHNESS, FRESHLY SERVED





### 113 THE MARKET BAG

It's like you just came back from the farmer's market. Here you'll find all the vegetables you can never get enough of: baby carrots, celery, cucumber, cauliflower, broccoli, and cherry tomatoes, with a Greek yogurt dip.

6 to 8 people



### THINK GREEN

Do you have any vegan guests?

They'll be sure to love one of our delicious hummus blends. A great opportunity for sharing their food preferences with your other guests.



# Unbeatable SANDWICHES

GENEROUS FILLINGS TO SUIT EVERY TASTE





#### 114 SUCCULENT SANDWICHES

Always a favourite, served on white or multigrain bread with a choice of 3 fillings: egg salad, chicken salad, or ham salad.

6 to 8 people



#### 115 RUSTIC-STYLE SANDWICHES

Offered in 3 varieties: brie, pesto, and chicken on savoury carrot bread; smoked salmon, cream cheese, and spinach on multigrain bread; grilled vegetables and goat's cheese on beetroot bread.

6 to 8 people



#### 116 WRAPS AND CRUDITÉS

Served with crudités (English cucumber, red pepper, and baby carrots) and hummus on the side, our gourmet wraps are showstoppers. Your guests will love any of these 3 varieties: chicken, brie, and cranberry; egg salad; or tuna, lettuce, green apple, and cranberry. What a feast!

6 to 8 people



#### 117 THE WHOLE NINE YARDS

A favourite of young and old alike: cubes of marbled cheddar cheese, cold tomato pizza, baby carrots, cucumbers, and soft and fluffy egg or chicken salad sandwiches.

6 to 8 people



### BREAD BAKED FRESH BY YOUR LOCAL BAKERY

Rachelle Béry proudly supports Quebec businesses. All the bread for our rustic-style sandwiches is made by *Arhoma* bakery in Montreal. Featuring original recipes bursting with flavour, *Arhoma's* products are prized by lovers of fine baked goods.

# Chic APPETIZERS

LITTLE DELIGHTS FOR SHARING





### 118 VEGAN PLATTER

Fresh raw vegetables and a variety of crackers, accompanied by Maison LeGrand's famous onion-and-chive vegan cheese spread and Rawesome's awesome tzatziki.

6 to 8 people



### 119 TORTILLA CHIPS AND DIP FOR A CROWD

It's like taking a bite of the sun: a crown of corn tortilla chips accompanied with a delicious salsa.

6 to 8 people



### 120 POMODORO PIZZA

Delicious, juicy tomato pizza served in individual portions and accompanied with mixed olives. It's sure to disappear in no time!

10 to 12 people



### 121 MIMOSA EGGS

Fresh free-range eggs with a delightful filling of chives, fresh parsley, and a touch of Dijon mustard.

10 to 12 people



### 122 QUEBEC COLD CUTS

This platter features delectable Quebec-made deli meats from DuBreton and Viandes Biologiques de Charlevoix with no added nitrites: chorizo, Boréal country-style pâté, Trésor des Appalaches sausage, and smoked ham. Served with multigrain crackers and olives.

6 to 8 people



### 123 MEZZE

DuBreton Quebec deli meats, without added nitrites, are sharing the spotlight in this platter with our Quebec cheeses: Sopressata and Boreal and black trumpets dry sausage. Meule des champs (semi-firm), 1 year aged Riviera Cheddar served with olives, nuts, dates, dried fruits, naan bread and onion jelly.

2 to 4 people

# THE OCEAN *on a plate*

RIDE THE GOURMET WAVE





#### 124 SEAFOOD PLATTER

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Discover this combination of ocean treasures: salmon gravlax made in Montreal, smoked Norwegian salmon, potted smoked crab, and Nordic shrimp. Served with the classic lemon for a tart touch.

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6 to 8 people



#### 125 SHRIMP RING

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A ring of delectable shrimp served with the classic cocktail sauce. Your taste buds will thank you!

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6 to 8 people



### QUEBEC-MADE SPECIALTIES

Our salmon gravlax is made in Montreal by *Saum-Mom*, makers of artisanal salmon products for 20 years, while our potted smoked crab comes from *Atkins & Frères*, a family business located in Mont-Louis, in Gaspésie.

# Must-have **CHEESES**

WE LOVE EVERY KIND THERE IS





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**126 MINI CUBES**

Cute and delicious! A pretty spread combining cubes of Swiss cheese, mozzarella, marbled cheddar, and white cheddar, with juicy strawberries on the side.

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10 to 12 people



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**127 FINE QUEBEC CHEESE**

Everyone loves the taste and quality of Quebec cheese! On this platter you'll find: La Sauvagine (soft rind), 1-year-old Riviera cheddar, Le Cendrillon (goat's cheese), and Le Baluchon (semi-firm), which you can enjoy with dried cranberries, almonds, dried apricots, and crackers.

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6 to 8 people



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**128 VEGAN-EESE**

Snack like a vegan with these 3 dairy-free cheeses served with multigrain crackers, dates and *Nutrafruit* dried cranberries: three-pepper and chive *Vegnature*, double cream *Zengarry*, and *Croûte Rouge* from *Nuts for Cheese*.

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6 to 8 people

# Decadent **DESSERTS**

BE TEMPTED BY ONE OF OUR SINFUL SWEETS





### 129 MINI TARTS

These 12 butter pastry mini-tarts will lend a touch of sophistication to your dessert table. Give in to any of these tempting flavours: strawberry and rhubarb, sucre à la crème, chocolate, lemon, lime and raspberry. Accompanied with berries and dark chocolate.

6 to 8 people



### 130 MINI VEGAN-EESECAKES

Melt-in-your-mouth good! Our dairy-free mini cheesecakes are available in 2 flavours: strawberry and chocolate. With berries on the side.

10 to 12 people



### TARTS SQUARED

They're the signature product of Carrément Tarte, a family business based in Rosemont, Montreal. Carrément Tarte provides these sweet little delights, all made with flaky butter pastry crusts.

# THE FINAL TOUCH

MAKE SURE ALL YOUR BASES ARE COVERED



## REMINDER

### MAKE YOUR EVENT A GUARANTEED SUCCESS

Being well prepared is a sure way to host a successful event. To leave a lasting impression and emerge a victorious host no matter what the occasion, we've put together this little to-do list so you don't forget anything. Remember: It's the little things that make a big difference. Be creative by introducing colour and varying your presentation methods, or by adding decorations such as flowers.

## CHECKLIST

### THIRST-QUENCHERS

- Water, sparkling water
- Tea, herbal tea, coffee
- Wine, beer
- Kombucha
- Cold brew coffee
- Cold-pressed juice

### SIDES

- Bread
- Chips
- Condiments (pickles, olives)
- Jellies and jams to pair with cheeses
- Peanuts, nuts

### THE ESSENTIALS

- Plates
- Cutlery
- Serving utensils
- Tablecloths
- Napkins
- Glasses
- Ice

### TO SET THE MOOD

- Flowers
- Balloons
- Candles



# To order your buffet

VISIT THE READY-TO-SERVE COUNTER  
OF YOUR RACHELLE BÉRY GROCERY STORE

