CATERING MENU
24h notice for humble gatherings,
1 weeks notice required for parties of 30 people or more
514-932-3053
soupecafe@yahoo.ca

SANDWICHES:
$6.75 each
- Roast Beef, Tomato, Cheddar and Horseradish
- Smoked Turkey with Brie and Apples
- Ham and Swiss with Honey Mustard
- Sweet Potato and Feta
- Tuna with Pickles and Tomato
- Tomato Bocconcini with Pesto

WRAPS:
$6.75 each
- Avocado, Lettuce, Tomato (VEGAN)
- Hummus and Vegetables (VEGAN)
- Chicken Salad, Cranberry & Dill
- Tuna Salad

**Gluten Free Bowl
Brown rice, garden salad with choice of chicken salad, tuna salad, or quinoa salad. $7.75

MINI OPEN FACED SANDWICHES: 12 for $18
Egg Salad with Smoked Paprika
Chicken Salad with Fresh Dill and Cranberries
Smoked Turkey with Mayo & Cranberry
Spicy Shrimp with Avocado
Bocconcini with Tomatoes and Fresh Basil
Hummus with Shredded Carrots (VEGAN)

LUNCH BOXES:
1: Choice of Sandwich or wrap, & apple, $9.25
Add water, juice, or soft drink, $10.75
2: Choice of Sandwich or wrap, house salad or soup, $11.75
Add water, juice, or soft drink, $13.25
3: Choice of Sandwich or wrap, house salad, dessert $13.25
Add water, juice, or soft drink, $14.75

DESSERTS:
$1.50 each or 6 for $8.50
Chocolate Chip Oatmeal Cookies,
Peanut Butter Cookies,
Mini Cheesecake Balls,
Mini Belgian Chocolate Brownies

PLATTERS:
Fruit Plate with Yogurt Dip,
8 pers: $24, 20 pers: $50
Vegetables with Hummus Dip, (VEGAN)
8 pers: $15, 20 pers: $28
Cheese Platter with Fruit, $4.50 per person
Baguette: $3 each
Smoked Salmon Platter (served with cucumber, tomatoes, onion, dill and lemon)
8 pers: $45, 12 pers: $65

BREAKFAST PLATES:
Muffins (Pumpkin, Banana, Carrot, Bran Chocolate, Blueberry, Cranberry Orange), $2
Gluten-Free Banana Chocolate, $2.75
Loaves: Pumpkin, Banana, Carrot $12
Zucchini (VEGAN) $14
(cuts into 16 small pieces)
Croissant, $2.25 each, Choclatine, $3 each
Sesame Bagels with Cream Cheese, $3 each
Scones (Cheese, Vanilla, or Spiced) 6 for $15
add homemade jam $3

SOUPS AND CHILLIES:
Soup of the day (VEGAN or Chicken Stock)
$3.25 (medium)
$4.25 (large)
Hearty Soup, Chowder or Chilli (VEGAN or Meat)
$4.25 (medium)
$5.25 (large)


**SOUPE CAFE**

**SALADS:**

**House:**
- Garden Fresh Salad “Lettuce, vegetables, dried cranberries, chic peas” (VEGAN)
- Mediterranean Salad (Lettuce, Tomatoes, Cucumber, Onion, Olives, Feta)
- Grilled Vegetable Salad with Feta (Lettuce, Grilled Vegetables with Feta Cheese, Dried Cranberries, and Walnuts)

$3 / person
- Curried Quinoa Salad with Fresh Cilantro and Peanuts (VEGAN)
- Couscous Salad with Dried Cranberries and fresh Basil
- Mexican Corn Salad with Lime Sauce and Cilantro (VEGAN)
- Thai Edamame Salad (VEGAN)
- Beet Salad with Apple and Goat Cheese
- Moroccan Chic Pea Salad with Mint (VEGAN)
- Roasted Butternut Squash and Barley (VEGAN)

$3.25 / person
- Meal Salads:
  - Garden Fresh Salad “Lettuce, vegetables, dried cranberries, chic peas” (VEGAN) $6.00
    - Add a scoop of chicken salad, tuna salad, or quinoa. $3.25
  - Chicken Mandarin Salad “Chicken, Mandarin Oranges, cucumbers, mushrooms, lettuce, almonds, sesame seeds, Asian dressing” $9.00
  - Cobb Salad :" Smoked Turkey, bacon, avocado, egg, cucumbers, tomatoes, cheddar cheese, lettuce, ranch dressing” $9.00

**APPETIZERS:**

**Cold Canapés (Mini Bites)**
- Cheese, jalapeño, cornmeal Mini Muffins, with salsa
- Choice of House Salad in a Wonton Cup, (VEGAN)
- Tomato, & Bocconcini Skewers with Fresh Basil
- Tomato, & Baked Tofu Skewers (VEGAN),

3 dozen $18

**Cold Canapés (Bigger Bites)**
- Cucumber, Feta Rolls with Olives and peppers
- Peaches or Melon with Prosciutto & Mint
- Cajun Shrimp and Pineapple Skewer

1 dozen $16
- Smoked Salmon Pinwheels, 1 dozen $18

**Crostini’s**
- White Bean, Spinach and Sun-dried Tomato (VEGAN), 1 dozen $12
- Roasted Red Pepper, Goat cheese and Olive 1 dozen $16
- Brie Dates, and Toasted Walnuts, 1 dozen $16
- Spiced Shrimp and Avocado, 1 dozen $18
- Smoked Turkey with Brie and Cranberry Compote, 1 dozen $18
- Beef and Horseradish Cream, 1 dozen $18

**Hot Hors d’oeuvres** (must have access to an oven)
- Goat cheese, Lemon and Chive Puff Pastry Turnovers, 1 dozen $18
- Bacon, Leek and Cheddar Mini Quiches, 15 for $20
- Glazed Meatball Skewers with Pineapple, 3 dozen $20

**Beverages:**
- Coffee, tea, $1.50 per person
- Water, juices, soft drinks, $1.50
- Pitcher of ice water with 6 glasses, $3.00