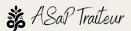


# MENU 2025 - 2026

# Actuel Savoureux Adaptable Proche

www.asap-polymtl.ca/traiteur-asap



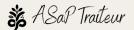
### What about food allergies?

At ASaP Catering, we strive to ensure the highest level of safety for our clients by adhering to health and workplace safety standards.

Although we are very careful when it comes to allergies, all our dishes may contain traces of gluten, nuts, peanuts, dairy products, lactose, soy, sesame, fish, shellfish, and eggs. ASaP Catering cannot be held responsible for any cases of allergy or intolerance. However, we use an icon system to indicate the most common allergens found in our dishes.

We also offer platters that can be added to complement your meal based on your specific needs. This can be discussed with our coordinator.





#### Order Now

On our website by filling out the order form: www.asap-polymtl.ca/traiteur-asap

#### **Order Procedure**

Once we receive your request, our coordinator will review it and send you a confirmation. Your order will not be approved until you receive this confirmation.

#### Ordering and Cancellation

To reserve your event, our catering service is available Monday to Friday from 8:00 a.m. to 4:00 p.m.

Requests must be submitted at least 72 hours in advance.

You may modify your order, including the number of guests, up to 48 hours before the event.

For cancellations made within 48 business hours of the event, 50% of the total invoice amount will be charged. For cancellations made within 24 business hours, the full amount will be charged.

An additional fee of \$25.00 will be charged for deliveries to the Queen-Mary Pavilion.

#### Payment

It is possible to pay using a Polytechnique UBR number after the event. The UBR number must be provided at the time of ordering. For credit card payments, advance payment is required at our office located in the Main Pavilion, first floor, room B117.

#### Need help?

By phone: 514-340-4711 (EXT 3696) - Mon. to Fri. from 8:00 a.m. to 4:00 p.m. By email: traiteur@asap.polymtl.ca

🍰 ASaP Traiteur

# BITES FOR A COCKTAIL-STYLE EVENT

\*Minimum order of 2 dozen per variety Prices do not include taxes Dishes and utensils included



(\$25 per dozen)

### 

Mini avocado, tomato & feta wrap

# 

Crispy tandoori tofu with caramelized onions and chipotle sauce

### B

Red & yellow beet tartare with kiwi and goat cheese



(30\$ per dozen)



# Smoked meat toast with grape tartare





# BITES FOR A COCKTAIL-STYLE EVENT



(35\$ per dozen)



Pan-seared shrimp with yuzu, pineapple & coconut salsa



(40\$ per dozen)



Shredded duck toast with arugula butter and balsamic reduction



Salmon gravlax on blinis, fresh radish and wakame



Prosciutto, bocconcini & cantaloupe skewers with balsamic reduction



Smoked trout and mackerel rillettes with fresh daikon



# **COLD BUFFETS**

What better way to share a meal?

Prices for 10 people (Minimum order for 10 people) Prices do not include taxes Dishes and utensils included

# **BUFFET 1 - 165\$** (16,50\$ x pers.)

### Assortment of 20 half-sandwiches

Crispy chicken wrap, smoked turkey sandwich, tuna sandwich, veggie sandwich

### Crudités and dips

Carrots, cucumber, cauliflower, celery, cherry tomatoes and bell peppers

### Dessert platter

lemon tartlets and chocolate brownies



### Assortment of 20 half-sandwiches

Crispy chicken wrap, smoked turkey sandwich, tuna sandwich, veggie sandwich

Potato salad

with bacon and onions

### Composed salad

with carrots, beets and red onions

### Dessert platter

lemon tartlets and chocolate brownies

Assortment of 20 half-sandwiches

**BUFFET 3 - 260\$** (26,00\$ x pers.)

Crispy chicken wrap, smoked turkey sandwich, tuna sandwich, veggie sandwich

**Cheese platter** Brie, Ste Nitouche, Cheddar, grapes and croutons

Quinoa salad with orange and edamame

Composed salad with carrots, beets and red onions

Dessert platter lemon tartlets and chocolate brownies



# HOT BUFFETS

Minimum order for 20 people

Prices do not include taxes Dishes and utensils included

### HOT BUFFET PACKAGE Appetizer, Main Courses & Desserts 25 \$ / pers.

#### **3 1** STARTER – choose from :

Additional starter: +\$2 per person

- Tomato and red pepper cream
- Chicken noodle soup
- Composed salad (mesclun, carrots, beets, tomatoes, cucumbers, balsamic vinaigrette)

- Quinoa salad (orange and edamame)
- Beet salad (carrots, cauliflower, parsley, shallots)
- Caesar salad (romaine, bacon, parmesan, croutons, Caesar dressing)
- Pasta salad (mixed vegetables and creamy dressing)
- Coleslaw (carrots, onion, parsley, mayo and vinaig
- Kale salad (apple and pecans with cider vinaigrette)

### 3 2 MAIN COURSES - choose from :

Additional protein: +\$5 per person All main courses are served with seasonal vegetables and 1 side option of your choice.

#### Fish & Seafood

- Mediterranean salmon filet (pepper, tomato and olive salsa)
- Shrimp curry stir-fry with pineapple
- Black cod tagine (+\$8/person)

#### Poultry & Meat

- Chicken roulade (stuffed with spinach and pine nuts, thyme jus)
- Chicken Marbella (apricot, raisin, olive and sundried tomato salsa, capers)
- Roasted turkey breast (prune and chorizo sauce)
- Pork tenderloin with citrus
- Duck breast with blueberry sauce (+\$8/person)
- Duck leg confit (poultry jus) (+\$8/person)

#### Vegetarian

- Crispy tofu with chipotle sauce
- Vegetarian dumplings with unagi sauce
- Cheese cannelloni au gratin with napolitana sauce



# **HOT BUFFETS**

### I SIDE OPTION - choose from :

Additional side: +\$2 per person

- Roasted baby potatoes
- Pilaf rice
- Herbed couscous
- Mashed potato and squash
- Dauphinois gratin (+\$3)
- Cheddar mashed potatoes (aligot-style) (+\$3)
- Au gratin potatoes (+\$3)

### 3 2 DESSERTS - choose from :

Additional dessert : +\$2 per person

- Assorted mini pastries: chocolate éclair, coffee éclair, chocolate tartlet, lemon tartlet, coffee opera cake, raspberry and pistachio bavarois, raspberry and apricot tartlets
- Lemon tartlet (Gluten-free) 🕷
- Chocolate brownies (Gluten-free) 👪
- Chocolate caramel tartlet (Gluten-free) 🗱
- Fruit salad (Gluten-free) 🛞



# **BREAKFAST PACKAGES**

Prices for 10 people (Minimum order for 10 people)

Prices do not include taxes Dishes and utensils include

# PACKAGE DA VINCI - 60\$\* (6\$ x pers.)

- Coffee, milk, cream and sugar
- Fresh orange juice
- Bagels with cream cheese, jam and butter

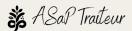
Add smoked salmon with lemon, capers and red onions: +\$45

# PACKAGE BLÉRIOT - 65\$\*(6,5\$ x pers.)

- Coffee, milk, cream and sugar
- Fresh orange juice
- Assortment of mini pastries and muffins (2 per person) Croissants, chocolatines, apple danishes

# PACKAGE VOLTA - 100\$\* (10\$ x pers.)

- Coffee, milk, cream and sugar
- Fresh orange juice
- Assortment of pound cakes 2 x person banana, double chocolate, lemon poppyseed, carrot pineapple
- Cheddar cheese and grape platter



# **BREAKFAST PACKAGES** -

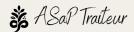
# **\* PACKAGE EINSTEIN - 105**<sup>\*</sup> (10,50<sup>\$</sup> x pers.)

- Coffee, milk, cream and sugar
- Fresh orange juice
- Assortment of mini pastries and muffins (2 per person) Croissants, chocolatines, apple danishes
- Cheddar cheese and grape platter

# **PACKAGE TESLA - 110**<sup>\*</sup>(11\$ x pers.)

- Coffee, milk, cream and sugar
- Fresh orange juice
- Assortment of mini pastries and muffins (2 per person) Croissants, chocolatines, apple danishes
- Fresh fruit platter





# LUNCH BOXES

Prices for 10 people (Minimum order for 10 people) Prices do not include taxes Dishes and utensils included

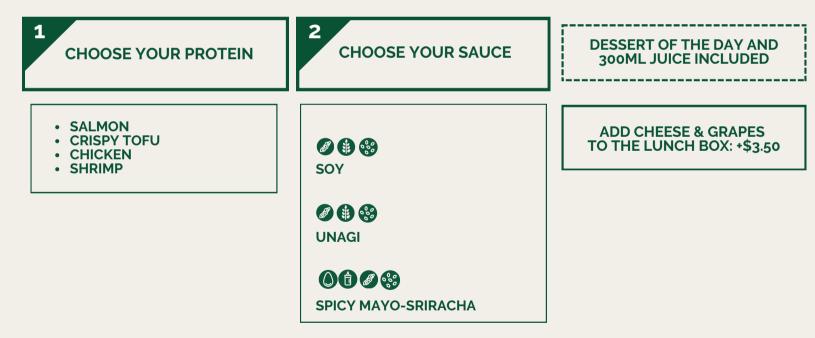
To reduce environmental impact and avoid excessive plastic packaging, lunch boxes are served buffet-style for groups of more than 50 people.

# POKÉ OPTION ()

**165\*** 

16,50\$ x pers..

POKÉ BASE: RICE, CUCUMBER, TOMATO, MANGO, CARROTS, EDAMAME





# LUNCH BOXES

# SANDWICH OPTION ()

**150\$\*** 15\$ x pers..



- Tuna mayo 🕬
- Chicken Banh Mi
- Veggie pâté

#### ON WRAP (+\$2):

- Crispy chicken
- Crispy veggie chicken
- Veggie pâté

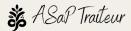
#### ON MULTIGRAIN BREAD (+\$3):

- Grilled vegetables, goat cheese & sprouts
- Prosciutto, sundried tomato pesto & sprouts
- Ham, brie & 🚯 sprouts

#### ON FOCACCIA +3\$

(7-grain rice)

- Italian cold cuts, cheddar, 🚯 🗞 sundried tomato pesto, lettuce
- Tomato, mozzarella, basil pesto, 🖲 🕲 lettuce



# LUNCH BOXES

# **SALAD OPTION**

**150\$\*** 15\$ x pers..





#### FRESH SALMON SALAD

quinoa, tomatoes, cucumbers, greens, sprouts, carrots, beets, red onions, capers, lemon vinaigrette

#### SHRIMP SALAD

**880**0

6

quinoa, tomatoes, cucumbers, greens, sprouts, carrots, beets, sesame, mint, soy vinaigrette

#### CRISPY CHICKEN SALAD

quinoa, tomatoes, cucumbers, greens, sprouts, carrots, beets, balsamic vinaigrette



#### MEXICAN CHICKEN SALAD

quinoa, greens, carrots, beets, grilled marinated chicken, red beans, corn, cilantro, Mexican vinaigrette

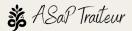
### CRISPY VEGGIE CHICKEN SALAD

quinoa, greens, carrots, beets, crispy veggie chicken, balsamic vinaigrette

### CRISPY TOFU SALAD

quinoa, greens, carrots, beets, crispy tofu, Asian vinaigrette

ADD CHEESE & GRAPES TO THE LUNCH BOX: +\$3.50



# INDIVIDUAL SELECTIONS -

Customize your order just the way you like it

Prices for 10 people (Minimum order for 10 people)

Prices do not include taxes Dishes and utensils included

If you only choose à la carte items, a minimum order of \$60 is required.

### Focaccia Sandwich Platter - \$75

- Italian cold cuts, cheddar, sundried tomato pesto, lettuce
- Tomato, mozzarella, basil pesto, lettuce

### Panini Sandwich Platter - \$65

• Assortment: ham & cheddar, smoked turkey, tuna mayo, chicken banh mi, veggie pâté

### Multigrain Sandwich Platter - \$75 🔀 🔂 🔊

- Grilled vegetables with goat cheese & sprouts
- Prosciutto with sundried tomato pesto & cheddar
- Ham, brie & sprouts

#### Wrap Sandwich Platter – \$70 🚯

• Assortment: ham & cheddar, smoked turkey, tuna mayo, chicken banh mi, veggie pâté

### Cream Cheese Bagel Platter - \$22

• Assortment of bagels with cream cheese

### Crudités & Dips - \$35 🚯

- Carrots, cucumber, cauliflower, celery, cherry tomatoes, bell peppers
- •

#### Fresh Fruit Platter - \$70

• Pineapple, cantaloupe, orange, strawberries, grapes

(Fruit selection may vary depending on season and availability)

ASaP Traiteur

# **INDIVIDUAL SELECTIONS-**

## Cheese Platter - \$80 🚯

• Cheddar, mozzarella, brie, goat cheese with grapes and croutons

### Charcuterie Platter - \$90 🚯

• Ham, chorizo and prosciutto, olives, pickles, croutons

### Cheese & Charcuterie Platter - \$150 🚯 🚯

• Full combination of meats and cheeses above

### • Quinoa Salad (orange, edamame, peppers, cucumber) - \$40

- Composed Salad (mesclun, carrots, beets, tomatoes, cucumber) \$30
- Caesar Salad (romaine, bacon, parmesan, croutons, Caesar dressing) \$50 ()
- Pasta Salad (creamy dressing with vegetables) \$40
- Provençal Salad (7-grain rice) \$40
- Potato Salad (bacon, dill, grated carrots and beets) \$40 🚯



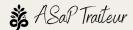
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# INDIVIDUAL SELECTIONS —

- Dessert Platter (lemon tartlets & brownies) \$55 🛞
- Cookie Platter (chocolate chip) \$22 🚯
- Oatmeal Cookie Platter \$20 🚯
- Mini Pastry Platter (croissants, muffins, danishes) \$24 🚯
- Pound Cake Platter \$22 🖲



- Coffee for 10 people \$24.95 (with milk, cream and sugar)
- Pitcher of fresh orange juice \$16.50
- Oasis Juice (300ml bottle) \$2.70 each
- St-Justin Sparkling Water (355ml) \$2.70 each
- St-Justin Sparkling Water (750ml) \$4.35 each
- Guru Energy Drink (355ml) \$4.35 each
- Gutsy Kombucha (355ml) \$4.35 each
- Tea \$2.20 each



# 16" XL PIZZAS

### 24,95\$ /each.

Chacune est coupée en 8 parts

Each pizza is cut into 8 slices. Minimum order: 3 pizzas for delivery. Otherwise, pickup at room B115.

• **3-CHEESE PIZZA - \$24.95** Tomato, mozzarella, parmesan, Sainte Nitouche cheese

• **PEPPERONI & CHEESE PIZZA - \$24.95** Tomato, mozzarella, pepperoni

#### • GRILLED VEGETABLE PIZZA - \$24.95

Tomato, mozzarella, red pepper, zucchini, eggplant, red onion, green olives

• SPICY SAUSAGE PIZZA - \$24.95

Tomato, mozzarella, Italian sausage, red pepper

• ALL-DRESSED PIZZA - \$24.95

Tomato, mozzarella, pepperoni, mushrooms, red pepper

Order Discount: More than 20 pizzas  $\rightarrow$  \$22.95 each





# **DISHWARE RENTAL**

Would you like to use reusable dishware for your event?

#### Rental items (price per unit):

- Utensils \$0.63
- Coffee cup & saucer \$0.63
- Glasses (wine, water, beer, flute) \$0.63
- Small plate (appetizer, dessert) \$0.63
- Bread plate \$0.63
- Large plate \$0.63
- Black cloth tablecloth \$0.63
- Cake, bread, or fruit knife \$7.00
- Cutting board \$5.00



NEED SERVING STAFF ? \$35.00/hour (minimum 3 hours)

Rental items are not applicable to orders from catering packages or meals – those already include dishware, utensils, and tablecloths.

# **CONTACT US**

**514-340-4711 (POSTE 3696)** Monday - Friday 7h00 - 15h00

traiteur@asap.polymtl.ca