



# Vert La Bouche

Modern Vegetarian and Vegan Cuisine

## Preset Options All orders are a minimum of 12 guests unless specified.

<p><b>Economy Meal \$12.99 Per Person</b> Minimum of 50 guests See set examples or contact us for a personalized menu.</p>	<p><b>Breakfast Platter</b> <b>Snack Breakfast</b>—Assorted Baked Goods, Fresh Fruit and coffee \$6.49 Per Person <b>Full Breakfast</b>---Bagel Sandwich platter, Fruit Tray and Coffee Service \$7.99 Per person <b>Deluxe Breakfast</b>—Scrambled Eggs or Frittata, Home Fries, Fresh Fruit, Coffee and Mini Croissant \$12.99 per person</p>
<p><b>Cold Buffet \$14.99 Per Person</b> (Minimum 10 guests) Choice of 2 Sandwiches, 1 salads and 1 Sides Add \$.75 for coffee or bottled water *Delivery only</p>	<p><b>Hot Buffet \$16.99 Per Person</b> Choice of 1 Main, 1 Salad, 1 sides and 1 Dessert Add \$.75 for Coffee or bottled water</p>
<p><b>Hors d'oeuvre</b> \$2-2.50 per individual Hors d' oeuvre Minimum order of 25 per choice</p>	<p><b>Combination Hors d'oeuvre</b> 2 Hors d'oeuvre 1 main, 1 side or salad \$15.99 per person, 4 Hors d'oeuvre 1 main 1 side or salad \$16.99 per person</p>
<p><b>Coffee and Baked Goods</b> \$3.49 per Person Fresh Coffee, Dairy and Soy Milk, Sugar and an assortment of Fresh Baked Goods -Delivery only, Minimum order of 25-</p>	

\*Additional main or dessert: \$2.5 per person, additional side or salad \$2 per person

## All Dishes Can Be Prepared Vegan Upon Request

### Breakfast Bagel Sandwiches:

#### St, Laurent

*Everything Bagel, (Vegan) Cream Cheese, Lettuce Tomato, Sprouts and Coconut Bacon*

#### Crescent St

*Cinnamon Bagel, (Vegan) Butter, (Vegan) Cheddar Cheese, Spinach, Tomato and Sprouts*

#### Park Avenue

*Sesame Bagel, (Vegan) Cream Cheese, Maple Glaze Tempeh, Lettuce, Tomato, Cucumber and Sprouts*

### Economy Menus

#### Option 1:

##### *Green Salad*

##### *Vegan Tikka Masala*

*Mixed Vegetables in a Tomato Curry.*

##### *Basmati Rice*

##### *Asian Salad*

##### *Thai Curry*

*Tofu, Mixed Vegetables*

#### Option 2:

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## **Option 3:**

*Jasmine Rice*

*Spring Mix Salad*

*Spaghetti or Penna in a Tomato Sauce*

*Fresh Bread*

## **Cold Buffet Sandwiches:**

**Marinated Portobello With French Bread**

*Baby Spinach, Caramelized Onions, and a Vegan Aioli*

**Tomato Basil and Fresh Mozzarella Caprese On Soft Baguette**

*Pesto Mayo – Vegan option with Herbed Tofu*

**Soy and Maple Glazed Tofu Bahin Mi**

*Pickled Carrots and Cucumber, Jalapeno, and Cilantro with a Sesame Vinaigrette Dressing in a Soft Roll*

**Peppery Seitan Gyro Wrap**

*Romaine Lettuce, Vine Ripe Tomato Red Onions and Tzatziki Sauce*

**Curried Tofu Wrap**

*Tofu Marinated in spices with a creamy vegan Sauce*

**Super Fresh Vegetable Wrap**

*Baby Kale, Carrots, Tomato, Red Onion, Red Peppers, Cucumber and a Tahini Dressing*

**Egg Salad or Tofu Scramble Sandwich**

*Traditional or Curried with Walnuts and Apples, Mesclun Greens on Fresh Baked Bread*

**Grilled Vegetable Sandwich**

*Eggplant, Zucchini, Red Pepper, Baby Spinach, Red Onion and a Herb Mayo on Ciabatta*

## **Hot Buffet Only Main Dishes**

**Moroccan Stew**

*Mixed Vegetables in an exotic Blend of Spices*

*Comes with Couscous*

**Stuffed Eggplant**

*Marinated Vegetables, Chickpea Spread, Fresh Herbs and Fried Pita Crisps*

**Classic Vegan Shepard's Pie**

*Fluffy Mashed Potatoes, Corn, Peas, Mushrooms and Green Lentils or Soy Crumble With a Rich Brown Gravy*

**Vegetable Pot Pie**

*Potatos, Carrots, Broccoli and Kale in a rich Herb Sauce*

*Seitan Chicken Optional*

**Glazed Tofu**

*Sweet and tangy with a Maple and Soy Sauce*

**Vegetables Kabobs**

*Assorted Seasonal Vegetables Grilled and Marinated in Herbs with a Piquillo Pepper Sauce*

*Comes with Persian Rice*

**Lasagna al Forno**

*Spinach and Ricotta Cheese Rolled in Pasta and Topped with House Marinara and Cheese*

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-or-

## **White Lasagna**

*ButterNut Squash, Pine Nuts, Sage and Bechamel Sauce*

## **Eggplant Parmigiana**

*Crispy Eggplant, Layered with Fresh Herbs, Mozzarella Cheese and our House Marinara Sauce.*

## **Smokey Pan Fried Italian "Chicken"**

*Seitan Chicken with Zucchini, Peppers, Onions, Garlic and Basil*

## **Mixed Vegetable Curry**

*Mixed Vegetables in a Light Curry.*

*Comes with Basmati Rice*

## **Fall Quesadilla**

*Apples pick locally by our staff, sliced thin and stuffed with Aged Cheddar in a Flour Tortilla Quesadilla, with Sour Cream and Pico De Galo*

## **Salads:**

### **Kale Salad**

*Sweet Corn, Cranberries, Carrots, Sunflower Seeds*

### **California Salad**

*Romaine Lettuce, Red Beans, Radishes, Corn, Cucumber, Avocado, Green Goddess Dressing*

### **Mixed Greens**

*Cucumber, Avocado, Carrots, Tomato, Toasted Hazel Nuts with an Herb Vinaigrette.*

### **Mandarin Tofu Salad**

*Glazed Tofu, Baby Spinach, Orange Segments and Toasted Sunflower Seeds in a Teriyaki Dressing*

### **Vegan Caesar**

*Kale, Romaine Lettuce, Croutons, Cherry Tomato, Coconut Bacon, Vegan Sesame Caesar Dressing*

### **Greek salad**

*Kalamata olives, Feta Cheese, Cherry Tomatoes, Cucumber, Romaine Lettuce and Bell Peppers in a Lemon Vinaigrette*

### **Southern Cobbish Salad**

*Corn, Hard Boiled Eggs, Sprouts, Tomatoes, Chives, Chickpeas and a Roasted Sweet Onion Dressing*

## **Side Dishes:**

### **Fall Pad Thai**

*Rice Noodles, Pumpkin, Peppers and Bean Sprouts in a Tamarind Sauce*

### **Roast Vegetable Platter**

*A Heaping Platter of all Quebec's Choicest in Season Produce Seasoned to Perfection*

### **Asian Coleslaw**

*Red and Green Cabbage, Carrots, Sesame and a Soy Maple Vinaigrette*

### **Green Curry Grain Bowl**

*Pear Barley, Turnips, Beets, Jalapeno, Peanuts, Cilantro, Carrots, Glazed Tofu and Green Curry Vinaigrette*

### **Edamame Quinoa**

*Fresh cherry tomato, Corn, and Pesto*



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## **Adas Polow**

*Saffron Infused Persian Rice Packed with Dates, Golden Raisins, Green Lentils, and Caramelized Onions*

## **Mexican Bean Salad**

*Pinto beans, Black Beans and Red Beans, Red Peppers, and Corn*

## **Honeyed Beans**

*Green Beans, with Red Pepper, Honey and Slivered Almonds*

## **BBQ Sweet Potatoes**

## **Roasted Brussels Sprouts**

## **Rosemary Potatoes**

## **Sweet and Sour Acorn Squash**

## **Sauteed Mushrooms**

## **Killer Nacho Bar**

*Fresh Tortilla Chips, Guacamole, Shredded Cheese, Sour Cream and Pico De Galo, Lettuce, and Tomato*

## **Warm White Bean and Spinach Salad**

*Tomatoes, Corn and Red Onions*

## **Maple Glazed Heirloom Carrots**

## **Hot Buffet Only Salads and Side Dishes**

### **House Gnocchi**

*Choice of Pesto, Brown Butter and Sage or Mushroom and Cream Sauce*

### **Cauliflower And Broccoli Gratin**

*Creamy Cheese Sauce*

### **Buttery Corn on the Cobb**

### **Mashed Potatoes**

*Vegan Gravy*

## **Desserts Menu:**

*Mini Chocolate Silk Pies*

*Mini Lemon Cream Tarts*

*Opera Cake*

*Baklava*

*Cookie Tower*

*Mini Cannolis Cones*

*Carrot Cake*

*Chocolate fudge cake*

*Assorted Petit Fours*

## **Drinks:**

**Bottled Water**



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-or-

Coffee/Tea

-or-

Natural Sodas (add \$1 per person)

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## Platters

**Simple Pleasures Platter (Small) \$39.99 Serves 10-15 people (large) \$59.99 20-25 people**

*Choice of Gourmet Cheese or Vegan Cheeses Spread, Fresh Baguette Red and White Grapes, Strawberries and Mixed Berries, Assorted Nuts and Dried Fruits*

**Farmers Market (Small) \$39.99 Serves 10-15 people (large) \$59.99 20-25 people**

*Sweet Cherry Tomatoes, Broccoli and Cauliflower Florets, Celery and Carrot Spears, Cucumber Batons, Bell Pepper. Served Choice of Ranch Dip or House Hummus for Dipping. GF*

**Middle East Feast (Small) \$39.99 Serves 10-15 people (large) \$59.99 20-25 people**

*Pine Nut Hummus, Red Pepper Muhammara, Pita Chips, Felafels, Kalamata Olives, Pickled Green Peppers, Pickled Turnips V*

**Spice Trade Platter (Small) \$44.99 Serves 10-15 people (large) \$64.99 20-25 people**

*Mini Samosas, Mini Egg Rolls Sweet Chili Sauce, Thai Curry Seitan Satays, Vegetable Dumplings Sweet Soy Sauce, Onigiri Rice Balls V*

**Vegan Sushi Platter (Small) \$49.99 Serves 10-15 people (Large) \$69.99 Serves 20-25**

*Avocado, Tofu Vegetable and Pickled Radish Maki rolls, Glazed Tempeh and Asparagus Nigiri and Stuffed Inari V, GF*

**Deluxe Fruit Platter (Small) \$34.99 Serves 10-15 people (large) \$54.99 20-25 people**

*Watermelon, Pineapple, Strawberries, Cantaloupe, Mellon, Red Grapes, Apple, Mango V, GF*

**Mediterranean Platter (Small) \$39.99 Serves 10-15 people (large) \$59.99 20-25 people**

*Red focaccia pizza squares, herbed bocconcini, Cherry Tomatoes with Antipasto Vegetables and Olives.*

**South of the Border Platter (Small) \$39.99 Serves 10-15 people (large) \$59.99 20-25 people**

*Fresh Nachos, Guacamole, Pico De Galo, Spicy Black Bean, Cheddar or Daiya Cheese*

**Savory Tea Service Platter (Small) \$45.99 Serves 10-15 people (large) \$59.99 20-25 people**

*Mini Quiches, Egg or Tofu Scramble Mini Sandwiches, Cucumber Sandwiches with Pumpernickel Bread and Jalapeno Cream Cheese*

**Sandwich Platter \$4.95 per person**

*Choice of any two of our gourmet vegetarian sandwiches*

*\*Add \$1 per person for an additional sandwich choice*

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## Hors d'oeuvre

### **Pan Seared Portobello Mushroom Crostini**

*Roasted Peppers with Cashew Aioli and Micro Greens V*

### **Glazed Tofu Crostini**

*Caramelized Onions, Apple Jam V*

### **Tomato Mozzarella and Basil Skewer**

### **Spinach or Tomato Arancini**

*Risotto Rice Balls with Basil Cream Sauce V*

- Can be gluten free upon request

### **Cabbage Cups with Spicy Peanut Sauce**

*Mixed Peppers, Glass Noodles, Tofu, Green Onions V*

- Contains Peanuts

### **Tofu Satay Skewers**

*Spicy Peanut Sauce V, GF*

### **Ginger Sesame Noodle Salad**

*Blue Lake Green Bean, Cabbage V*

### **Mediterranean Crostini**

*Olive Tapenade, Roasted Red Peppers, Crumbled Feta*

### **Pan Fried Dumplings with Ginger Soy Sauce**

*Carrots, Cabbage, Tofu V*

### **Caramelized onion Mini Quiche**

*Cheddar Cheese, Salsa Verdi*

### **Sweet and Tart Crostini**

*Strawberry, chèvre and a Balsamic Glaze*

### **Stuffed Mushrooms**

*Celery Root and Parsnip Puree, Thyme and Melted Shallots V, GF*

*-Or-*

*Stuffed with Bursin Cheese, Artichokes and Parsley GF*

### **Cucumber Cups**

*Tomato, Red Onion, Kalamata Olives, and Lemon marinated Chickpeas V, GF*

### **Tomato Bruschetta**

*Basil, Red Onion and Balsamic Glazed Tempeh V*

### **Marinated Portobello mushroom sliders**

*Sprouts and Caramelized Onions V*

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- *More than 1 Bite*

## Hors d'oeuvre

### **Mini Vegetables Kabobs**

*Assorted Seasonal vegetables grilled and marinated in herbs with a Piquillo Pepper Sauce V, GF*

### **Potato and Leek Tartlet**

*Rosemary and Cream Sauce V*

### **Sun Dried Tomato Beggar's Purses**

*Goat Cheese, Thyme, Roast Garlic*

### **Tofu Wellington Bites**

*Mushroom Cream, Micro Basil V*

### **Fig and Gorgonzola Crostini**

*Marsala Wine Sauce*

### **Persian Endive Salad**

*Orange Yogurt, Barberry, Pistachio Dust V, GF*

### **Walnut Neatballs in Flat Bread**

*Cucumber Tzatziki, Cilantro, Pomegranate Seeds*

### **Pumpkin Ravioli Bite**

*Brown Butter Sage Sauce, Crumbled Amaretto Cookie*