

Gourmet CATERING

FRESHLY PREPARED. NATURALLY DELICIOUS.

2021-2022

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.

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BUSINESS LUNCHES

WORK-LIFE BALANCE MADE DELICIOUS





100 MITO POKE BOWL

Treat your guests to one of our poke bowls generously garnished with fresh vegetables and traditional ingredients.

Choice of 3 varieties:
• Salmon • Tuna • Shrimp
See availability in store.



102 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



101 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 3 varieties:
• Thai • Dragon • Buddha



103 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





104 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



105 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 3 varieties offered.

- Lemon & Almond
- Double chocolate
- Five-grain apricot

6 to 8 people

106 MADAME LABRISKI'S SWEET BASICS

With no added sugar and sweetened with date purée, these are popular essentials at trendy brunches everywhere.

Platter of 8 muffins and 4 assorted baked treats

Muffins:

2 selections of 4 muffins each, choice of 3 varieties

- Double chocolate
- Morning muesli
- Chocolate chip

Baked treats:

1 selection of 4 treats each, choice of 2 varieties

- Brownie
- Oat, cranberries and chocolate

6 to 8 people



107 MINI PASTRIES WITH FRUIT

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

10 to 12 people



108 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





109 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





110 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



111 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



112 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



113 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



114 SPECIALTY SALADS

Beet salad, Mediterranean penne, carrot salad, tabbouleh, and more! Choose 4 varieties from the 12 offered in-store.

6 to 8 people



Crunchy **VEGETABLES**

FRESHNESS, FRESHLY SERVED





115 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





116 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



117 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



118 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



119 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





120 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



121 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



122 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



123 MIMOSA EGGS

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

10 to 12 people



124 QUEBEC COLD CUTS

This platter features delectable Quebec-made deli meats from DuBreton 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



125 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





126 SEAFOOD PLATTER

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.

6 to 8 people



127 SHRIMP RING

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

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 *Atkin & Frères*, a family business located in Mont-Louis, in Gaspésie.

Must-have **CHEESES**

WE LOVE EVERY KIND THERE IS





128 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.

10 to 12 people



129 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.

6 to 8 people



130 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*.

6 to 8 people

Decadent **DESSERTS**

BE TEMPTED BY ONE OF OUR SINFUL SWEETS





131 DECADENT COOKIES

Indulge in our tray of 18 locally made cookies. Choose from the following 3 varieties:

- Double chocolate • Chocolate chip
- Chocolate and cranberry

6 to 8 people



132 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



133 VEGAN BROWNIES

You won't be able to resist them! The hardest part is choosing just 2 out of the 3 varieties available: double chocolate, coconut and chocolate, chocolate and peanut butter.

6 to 8 people



134 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.





Inspired Menus

On the following pages you'll find all our menus, carefully put together by our experts to suit just about any event. These great ideas will save you a lot of time, which you can instead devote to what's really important: spending quality time with your guests.

Feeling creative? Put together your own selection of your favourite dishes. It's an original way of adding a personal touch to your buffet.

Inspired Menus



BRUNCH

6 to 8
PEOPLE

105 Gourmet Muffins

108 Smoked Salmon Bagels

109 Fruit Explosion

128 Mini Cubes

10 to 12
PEOPLE

Add the following platters
to your menu for 6 to 8 people:

107 Mini Pastries with Fruit

108 Smoked Salmon Bagels

123 Mimosa Eggs

132 Mini Tarts

BUSINESS LUNCHES


**6 to 8
PEOPLE**

- 109 Fruit Explosion

- 111 Chef's Salad

- 115 The Market Bag

- 117 Rustic-style Sandwiches

- 129 Fine Quebec Cheese

- 132 Mini Tarts


**10 to 12
PEOPLE**

**Add the following platters
to your menu for 6 to 8 people:**

- 110 Greek Salad

- 118 Wraps and Crudités

- 124 Quebec Cold Cuts

- 134 Mini Vegan-eesecakes



Inspired Menus



VEGETARIAN MENUS



**6 to 8
PEOPLE**

109 Fruit Explosion

111 Chef's Salad

115 The Market Bag

129 Fine Quebec Cheese

134 Mini Vegan-eesecakes



**10 to 12
PEOPLE**

**Add the following platters
to your menu for 6 to 8 people:**

113 Caprese Salad

120 Vegan Platter

123 Mimosa Eggs

131 Decadent Cookies

VEGAN MENU



6 to 8
PEOPLE

109 Fruit Explosion

110 Greek Salad
(vegan feta option)

120 Vegan Platter

130 Vegan-eese

133 Vegan Brownies



Inspired Menus



COCKTAIL HOUR



**6 to 8
PEOPLE**

- 115 The Market Bag

- 124 Quebec Cold Cuts

- 125 Seafood Platter

- 129 Fine Quebec Cheese

- 131 Decadent Cookies



**10 to 12
PEOPLE**

**Add the following platters
to your menu for 6 to 8 people:**

- 120 Vegan Platter

- 121 Tortilla Chips and Dip

- 122 Pomodoro Pizza

- 132 Mini Tarts

FAMILY GATHERINGS



10 to 12
PEOPLE

112 Caesar Salad

114 Specialty Salads

115 The Market Bag

116 Succulent Sandwiches

117 Rustic-style Sandwiches

122 Pomodoro Pizza

123 Mimosa Eggs

126 Shrimp Ring

128 Mini Cubes

131 Decadent Cookies

132 Mini Tarts



Inspired Menus



SPECIAL OCCASIONS



**6 to 8
PEOPLE**

113 Caprese Salad

117 Rustic-style Sandwiches

124 Quebec Cold Cuts

129 Fine Quebec Cheese

132 Mini Tarts



**10 to 12
PEOPLE**

**Add the following platters
to your menu for 6 to 8 people:**

117 Rustic-style Sandwiches

125 Seafood Platter

129 Vegan-eese

134 Mini Vegan-eesecakes

CHILDREN'S BIRTHDAYS


**6 to 8
PEOPLE**

109 Fruit Explosion

119 The Whole Nine Yards

121 Tortilla Chips and Dip

131 Decadent Cookies



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

