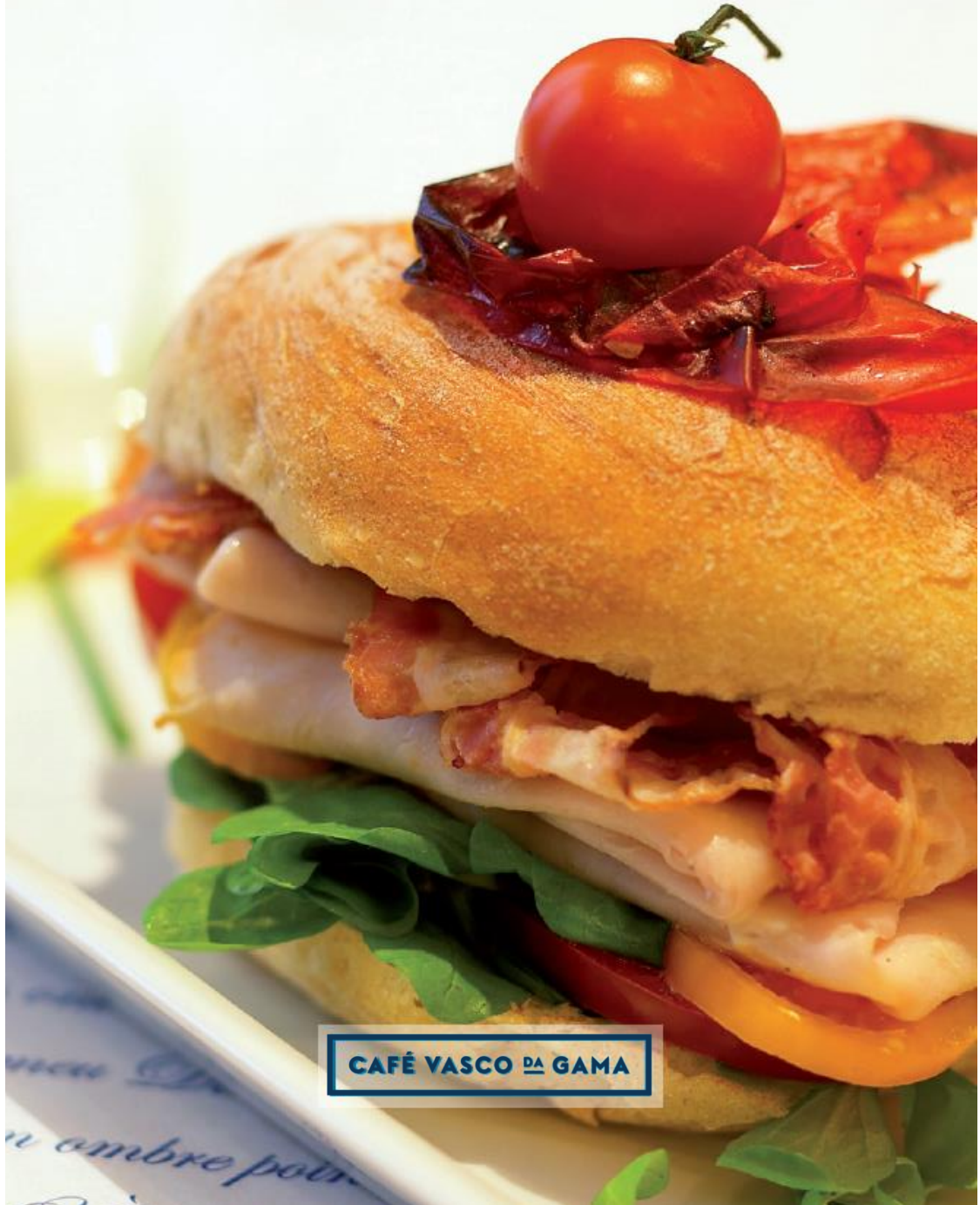


CATERING EXPERTS

for your breakfast & business lunches



CAFÉ VASCO DA GAMA

BREAKFAST

THE GOVERNOR

Pastry platter

Sliced season fruits

Fresh squeezed juice – orange, grapefruit or mixed fruits

\$12,50 per person



THE NAVIGATOR

Smoked salmon bagels, cream cheese

Sliced season fruits

Fresh squeezed juice – orange, grapefruit or mixed fruits

\$15 per person

THE CARTOGRAPHER

Assorted platter of breakfast wraps :

Ferreira : egg - turkey - bacon - spinach - tomato

Vasco da Gama : egg- chouriço - cheese - spinach

Fisherman : egg - smoked trout - capers - spinach

Sliced season fruits

Fresh squeezed juice – orange, grapefruit or mixed fruits

\$14 per person

THE EXPLORER

Goat cheese yogurt with fruits and granola

Berries + \$1

Fresh squeezed juice – orange, grapefruit or mixed fruits

\$12,50 per person

LUNCH & DINNER

BUFFET

Assorted sandwich platters
Equivalent of 1 sandwich per person
Gourmet salad bowls (2 choices)

\$16 per person



LUNCH BOX

One choice of sandwich
One choice of salad
Dessert & drinks (with extra cost)

\$17 per person

HEARTY MEAL SALAD

Protein of your choice on a bed of lettuce, tomatoes, peppers, red onions and our F olive oil vinaigrette:

- Chicken
- Salmon
- Shrimp
- Vegetarian-Vegan (inspiration of the day)
- Seared tuna +1\$

\$19 per person



SANDWICH CHOICES

Prosciutto & São Jorge cheese baguette

Club Ferreira : Smoked turkey, bacon, tomatoes, mayo Cajun, Portuguese bread

Smoked salmon bagel

Vegetarian sandwich : Grilled vegetables, goat cheese, olive bread

Duck & Fig sandwich : Confit duck, figs, São Jorge cheese, mango, fine herb bread

Lamb sandwich Shredded lamb, marinated cabbage, citrus mayo, rosemary bread

Pan bagna: Marinated tuna, egg, anchovies, tomatoes, lettuce

Shrimp, avocac and mango wrap

Chicken, chouriço, tomatoes confit, São Jorge cheese

Wrap of the day

Sandwich of the day



SALAD CHOICES

Orzo, chouriço, sundried tomatoes and basil

Penne, chicken, sundried tomatoes and basil

Potato, tuna, mayonnaise, pesto and parsley **GF**

Brocoli, cauliflower, bacon, corn, cherry tomatoes **GF**

Farfalle, salmon, bell peppers, dill and lemon

Green bean, tuna niçoise style **GF**

GF : Gluten Free

V : Vegan

VEGETARIAN SALADS

Greek **GF**

Beets, goat cheese and mango **GF**

Celeri root, pistachio and dried cranberries **GF**

Artichoke hearts, bocconcini cheese, pepper and Kalamata olives **GF**

Apple, celery, raisins, walnuts **GF**

Israeli couscous, pesto, parmegianno, grilled veggies and basil

Quinoa, red cabbage, walnuts, cranberries and goat cheese **GF**

Hearts of palm, avocado and cherry tomatoes **GF + V**

Lentils and grilled vegetables **GF + V**

Cabbage, carrots, raisins and almonds **GF + V**

Corn, black beans, avocado, cherry tomatoes, coriander **GF + V**

Sweet potato, quinoa, pumpkin seeds, dried cranberries, cumin and cinnamon **GF + V**

Chickpeas, apples, celeri, onions, beans, bell peppers **GF + V**

Green bean, artichoke hearts, corn, cheery tomatoes **GF + V**



PLATTERS

PORTUGUESE & CANADIAN CHEESES

Small : 8-10 people \$60

Big : 15-20 people \$120

CHARCUTERIE

Small : 8-10 people \$60

Big : 15-20 people \$120



FRESH FRUITS

Small : 6-8 people \$25

Big : 10-15 people \$45

CRUDITÉS

Small : 6-8 people \$25

Big : 10-15 people \$45



PROTEINS

Salmon filet

Cod filet

Chicken breast

Pork scallops

\$9 per person



DESSERTS

Nata \$2,30

Homemade tarts \$5

- Lemon
- Apple crumble
- Nuts & chocolate
- Berry & almond

Stéfanie Cookies Gluten Free \$3

- Nuts & maple
- Chocolate & maple

Mini homemade F cookies \$2,50

- Double chocolate
- Dark & white chocolate

Homemade F cookies \$4,25

- Double chocolate
- Dark & white chocolate

Brownie \$3,75

Pecan squares \$3,75

Granola bar \$3,50

HEALTHY

Mixed fruit bowl \$4.95

Berries \$5,95



BOISSONS

Water bottle \$2,50

Sparkling water bottle \$2,50

Fresh fruit juice \$5

V8 \$3

Fruit nectar Compal \$3

Sumol (orange, pineapple, passion fruit) \$2,75

Jus de pommes \$3

Thé glacé \$3

Dose juice, organic, raw, cold pressed \$7

Soft drinks \$2,50

Coke

Coke diet

7up

7up diet

Lemoncoco \$3

Coffee pot Illy (8-10 people) 22\$

Mighty Leaf tea pot(15 bags) 30\$

CAFÉ VASCO DA GAMA

Orders for Vasco da Gama's catering service need to be ordered no later than 4pm the day before.

Price of delivery according to mileage.

Catering Coordinator

Cynthia Ferreira

514-286-2688

traiteur@vascodagama.ca

