

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

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

Chicken, chouriço, tomatoes confit, São Jorge cheese

Chimichuri chicken and crispy vegetables

Vegetarian wrap : roasted chickpeas, tzatziki, romaine lettuce, olives, tomatoes, red onions



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 \$2,50

Homemade tarts \$5

Lemon

Apple crumble

Nuts & chocolate

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

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

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.

514-286-2688

traiteur@vascodagama.ca

