



# LUNCH catering menu

Prices are for 10 people or more, before tax.  
Contact us for events of less than 10 people, or for our custom-designed menus  
if you have something else in mind!

Louche – flexible, delicious and environmentally friendly

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## SANDWICH

*Minimum order of 10 people per choice  
(1.5 sandwiches per person, all sandwiches per choice included)*

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### **Choice #1 – The Classic - \$10.00/person**

#### Egg Salad

- Hard boiled eggs with gherkins, red onions, and mayo on croissant.

#### Tuna Wrap

- Tuna, celery, capers, green onions, shredded mozzarella, and mayo in a tortilla wrap.

#### Black Forest Ham

- Deli sliced black forest ham, sliced Swiss cheese, leaf lettuce, tomato, and honey Dijon mayonnaise on ciabatta.

#### Vegetable Wrap

- Shredded carrots and cucumbers with cherry tomatoes, alfalfa sprouts, baby spinach and hummus in a tortilla wrap.

### **Choice #2 – The Deli - \$13.00/person**

#### Chicken Salad Wrap

- Diced seasoned chicken breast, celery, green onion, mayo, Dijon, honey, granny smith apple.

#### Italian Cold Cut

- Capicola, mortadella, salami, Roma tomato, provolone cheese, thin sliced red onion, sun-dried tomato mayo on focaccia.

#### Roast Beef

- Shaved roast beef, caramelized onion, arugula, white cheddar, and horseradish mayo on sourdough baguette.

#### Roasted vegetable wrap

- Roasted vegetables (peppers, zucchini, onions), goat's cheese, lettuce and balsamic reduction in a tortilla. For a vegan version, without cheese.

### **Choice #3 - Build your own sandwich - \$15.00/person**

- Egg salad with pickles, tuna salad with celery and mozzarella, ham slices, seasoned chicken breast, vegepate, lettuce, alfalfa, tomato, sliced red onion, cheese slices, assorted breads, mayo, Dijon.

Contact us at 514 966-8431 or [info@louche.ca](mailto:info@louche.ca)

## SALADS

*Minimum order of 10 people per choice*

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### **Choice #1 - House Salad \$4.00/pp.**

- Artisan greens, cherry tomatoes, cucumbers, sprouts, green onions and shredded carrots, served with a honey balsamic vinaigrette.

### **Choice #2 - Greek quinoa salad \$5.00/pers.**

- Organic quinoa, kalamata olive, feta cheese, bell pepper, cherry tomato, cucumber and red onion, served in a red wine and citrus vinaigrette.

### **Choice #3 - Spinach salad \$5.00/pers.**

- Baby spinach, shaved red onions, goat cheese, toasted pecans, and mandarin orange segments served with apple cider vinaigrette.

### **Choice #4 - Fattoush salad \$6.00/pers.**

- Romaine lettuce, Roma tomato, English cucumber, red onion, radish, mint leaves, parsley, green onions and pita chips, served with a sumac-lemon vinaigrette.

### **Choice #5 – Caesar salad \$6.00/pers.**

- Romaine lettuce, Parmesan cheese, crisp bacon, sourdough croutons, lemon wedges and homemade Caesar dressing.
- Add grilled chicken breast: \$4.00/person
- Add jumbo shrimp: \$5.00/person

### **Choice #6 - Build your own salad \$7.00/person**

- Artisan greens, spinach, cherry tomatoes, cucumbers, julienned carrots, marinated artichoke hearts, feta cheese, raisins, toasted cashews, sprouts, balsamic vinaigrette, tangy ranch dressing.
- Add marinated tofu: \$3.00/person
- Add grilled chicken breast: \$4.00/person
- Add jumbo shrimp: \$5.00/person

## PLATTERS

*Minimum order of 10 people per item*

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### **Fruit platter \$6.00/pers.**

- A selection of seasonal fruits and berries with maple yogurt dip.

### **Vegetable platter \$6.00/pers.**

- A selection of seasonal market vegetables served with a dill and lemon dip (or chickpea hummus, your choice).

### **Cheese platter \$8.00/pers.**

- A selection of local and imported cheeses accompanied by crackers and bread.

**Grazing board \$12.00 /pers.**

- A selection of cold cuts (prosciutto, salami, capicola), cheeses (hard, creamy, blue), dips (hummus, jam), pickled products (gherkins, artichokes), nuts (pecans, walnuts), crackers and breads.

## **SOUPS**

*Minimum order of 5L per soup, we recommend 500mL per person  
(Each liter of soup comes with 2 yummy brioche rolls)*

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**Vegan and gluten-free soups - \$13.00/L**

**Spicy Sesame Carrot and Red Lentil Soup**

- This spicy, hearty sesame carrot soup contains red lentils and tahini, chillies, whole spices, toasted sesame oil and slow-cooked onions.

**Roasted red bell pepper and tomato cream**

- Flame-roasted red peppers pureed with stewed tomatoes, onions, garlic, basil and soy cream.

**Cream of broccoli**

- Steamed broccoli florets and stalks pureed with yellow onions, celery and Yukon Gold potatoes, then flavored with dill, Dijon mustard and lemon juice.

**Thai carrot and sweet potato**

- Cream of roasted carrots and sweet potatoes with white onions, seasoned with garlic, ginger, coriander, coconut milk and bold Thai-inspired flavours.

**Lentils and kale curry**

- Louche's original classic is back to give you a tasty energy boost! Protein-packed green lentils with onions, carrots, celery, tomatoes and kale seasoned with curry and a vibrant touch of lemon juice.

**Butternut squash, apple and ginger soup**

- Autumn-spiced roasted butternut squash pureed with granny smith apples, carrots, onions and ginger root. Let's keep warm!

**Emerald Isle**

- This purée celebrates self-care exploration, immunity enhancement and health revitalization with the nutritional help of kale, baby spinach, asparagus, green peas, broccoli and onions. Flavored with garlic, ginger, cayenne pepper and a tangy touch of lemon.

**Creamy miso with mushrooms**

- Mashed button mushrooms, cremini, portobello and porcini mushrooms flavored with onions, garlic and white miso, then finished with soy cream and chi.

#### Vegan chili

- Stewed tomatoes, onions, pinto beans, white beans, hot peppers (Habanero, jalapeño, chili), lime juice and cilantro.

#### **Protein soups - \$16.00/L**

##### Scottish Cock-A-Leekie

- Shredded chicken breast with pearl barley, buttered leeks, carrots, celery and prunes in a golden chicken broth flavored with garlic and herbs.

##### Yellow split pea and ham soup

- This comforting Quebec classic will make your soul sing! Smoked pulled ham, yellow split peas, carrots, onions, celery and thyme.

##### Graupensuppe

- Roasted Kielbasa sausage with crispy bacon, leeks, carrots, celery, new potatoes, stewed tomatoes and pearl barley.

##### Italian wedding

- Mini meatballs of ground beef and pork perfectly seasoned with onions, carrots, celery, spinach and ditalini pasta in an aromatic herb chicken broth.

##### Old-fashioned chicken and noodles

- Simple, tasty and satisfying. Chicken breast crumbles with onions, carrots, celery, green peas, noodles and fresh herbs in a golden chicken broth.

##### Chicken Pot Pie

- All the delicious flavors of your favorite classic comfort food.... in one soup! Chicken breast flakes with carrots, onions, celery, potatoes and green peas in a creamy chicken broth with Italian parsley.

##### Lemon turkey and orzo

- Perfectly seasoned turkey breast with carrots, onions, celery, asparagus, chard and orzo pasta in a lemon-garlic turkey broth.

##### Cabane à Sucre

- Slow-cooked piquenique ham, crispy smoked bacon, baked beans, Yukon Gold potatoes and caramelized yellow onions in a creamy pork broth with maple syrup and Dijon sauce.

#### **Stews and chowders - \$19.00/L**

##### Chili Con Carne

- Chili-seasoned ground beef with onions, peppers, chiles, diced tomatoes, cilantro, lime juice and a variety of beans. Served with sides of sour cream, grated cheese and green onions.

#### Scotch broth

- Leg of lamb from New Zealand, served with an assortment of root vegetables, pearl barley and green split peas in a savory herb and lamb broth.

#### Guinness Beef Stew

- Tender pieces of beef striploin with crispy bacon lardons, onions, carrots, celery, turnips and baby potatoes in a Guinness herb sauce.

#### Lemon and rosemary chicken stew

- Lemon-rosemary-marinated chicken breast with chunks of carrot, onion, celery, baby potato and zucchini in a chicken broth zested with garlic and herbs.

#### Nova Scotia seafood chowder

- Jumbo shrimp, haddock, bay scallops, clams and mussels in a creamy garlic seafood broth with onions, carrots, celery and potatoes. Sociable!

#### Manhattan seafood chowder

- Wild Pacific cod with shrimp, scallops, clams, onions, carrots, celery, green peppers and diced potatoes in a seafood broth with herbs and tomato.

#### New England clam and scallop chowder

- Clams, bay scallops, russet potatoes, carrots, onions and diced celery in a creamy seafood broth garnished with fresh herbs and cracked black pepper.

#### Southeast Asian Haddock and Shrimp Stew

- Tender pieces of haddock and shrimp with bok choy, celery, onions, cherry tomatoes, potatoes and thinly sliced red peppers in a creamy ginger-garlic broth.

#### Bombay shrimp and cod stew

- Jumbo shrimp and wild Pacific cod with roasted cauliflower, red peppers, onions, sliced carrots and baby spinach in a creamy garam masala and tomato sauce.

## DESSERTS

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#### **Carrot cake muffins**

4.00 \$/each (minimum order of 10 muffins)

- Our famous carrot cake recipe in a muffin style topped with cream cheese frosting.

#### **Our famous Mason jar cheesecakes**

Regular format 250mL: \$5.00 each (minimum order of 10 per flavor)

MINI 125ml format: \$3.50 each (minimum order of 10 per flavor)

## Flavours

- Blueberry & salted caramel: graham cracker base, blueberry cheesecake filling and homemade salted caramel.
- Strawberry, vanilla & Oreo: Oreo cookie base, vanilla cheesecake filling and homemade strawberry compote.
- Double chocolate & cherry: Oreo cookie base, milk chocolate cheesecake filling and homemade cherry compote on top.
- Maple & pecan: cinnamon and graham cracker base, maple cheesecake filling, salted caramel and roasted pecans.

Subtotal = TBD

Delivery, set-up and post-event pick-up = TBD

Dishware rental (to be determined according to requirements)= TBD

SUBTOTAL = TBD

TPS 5% = TBD

TVQ 9,975% = TBD

**TOTAL = TBD**

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**Note:** as we aim to be a zero-waste company, the equipment provided at your event is on loan (serving dishes, utensils, jars, etc.). In the event of missing or broken items, the corresponding amount will be added to your final invoice. A detailed document with prices for each item will be provided when we come to your event.

**Thank you for trusting Louche! Together, we're helping to preserve the planet!**