## IGA

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## CATERING



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**OCEAN** 

Ocean Wise recommended sustainable seafood Look for the Ocean Wise symbol and do your part for the health of the oceans and the well-being of our planet. Its presence is an assurance of an ocean-friendly choice.



Because life is so much simpler when there's a service that can adapt to any occasion, IGA Catering is the perfect solution for all your large and small gatherings, for business or pleasure, or just to make every day a bit more special.

Because we select our best and freshest ingredients to prepare all sorts of dishes, every event is guaranteed to be a success.

Because the good life so often happens around a table, with a full glass and heaping plate, IGA Catering is always your ideal event partner, so you can focus on what matters and truly enjoy every moment in the company of colleagues, friends, and family.

Because every reason is a good reason.

Here's to bringing people together. Here's to IGA Catering. Food is everything.



#### **INSPIRATION MENUS**

On the following pages you'll find 6 menus that were carefully created by our experts to suit all kinds of events.

BRUNCH page 6

#### WORKING LUNCH page 7



COCKTAILS page 9



Quantities are for information purposes only. Platters are subject to change without notice.

# INSPIRATION MENUS

With IGA, planning your special occasion is half the fun! Choose any one of the options or customize your event by selecting from the many platters on offer.



VEGETARIAN MENU page 8



FAMILY GATHERINGS page 10



SPECIAL EVENTS page 11







- 104 Mini-pastries with fruit106 Bagels and smoked salmon
- 153 Tutti-frutti
- 601 Little cheese cubes

MENU FOR 10 to 12 PEOPLE

Add these following platters to the menu for 6 to 8 people above:

- 106 Bagels and smoked salmon
- 405 Devilled eggs
- 504 Prosciutto and melon
- 905 Le rêve cake



- 154 Fruit salad
- 204 Green salad with fruit and nuts
- 208 Vitamin bomb
- 212 Single specialty salads
- 302 The Multi-bread
- 305 Stuffed rolls 502 - Must-haves
- 603 Exquisite cheeses
- 903 Profiteroles and
- chocolate éclairs



# **WORKING LUNCH**





152 - Fruit with chocolate dip 205 - Tuscan salad 207 - Market finds



Add these following platters to the menu for 6 to 8 people above: 206 - Caprese salad 210 - Specialty salads 405 - Devilled eggs





Add these following platters to the menu for 10 to 12 people above: 306 - Mini-croissants 308 - Mini-pitas 401 - Mini-skewer duo



# COCKTAILS





- 208 Vitamin bomb 209 - Picnic salads
- 304 Soft sandwiches
- 306 Mini-croissants
- 404 Pomodoro pizza
- 503 The Delectable
- 601 Little cheese cubes901 Fruit and sweet bites



Add these following platters to the menu for 10 to 12 people above: 304 - Soft sandwiches

- 405 Devilled eggs
- 406 Nacho-style platter
- 903 Profiteroles and chocolate éclairs



- Add these following platters to the menu for 6 to 8 people above:
- 206 Caprese salad 302 - The Multi-bread
- 501 Pâtés and deli meats
- 906 Assortment of bites



SPECIAL EVENTS



Need to prepare an office lunch? Do you think your presentation will go beyond noon? Our working lunches are delicious, balanced, individual meals that make for successful meetings across the board.







#### HEAT AND SERVE MEALS TRIO

#### 4 meals to choose from:

- 11 Almond-crusted salmon fillet with basmati rice and vegetables
- 12 Maple-chipotle salmon fillet with basmati rice and vegetables
- 13 General Tao Chicken with basmati rice, and Asian vegetable mix
- 14 Polpette (meatballs) with orzo and vegetables



#### SALAD TRIO

- 2 salads to choose from:





POKE BOWL 4 varieties to choose from: 51 - Shrimp

52 - Salmon 53 - Tuna 54 - Vegetarian The tuna used in the poke bowl is an Ocean Wise recommended seafood.

**OCEAN** 

WISE

Pictures are for illustration purposes only.

The poke bowl ingredients may vary from store to store.



#### LUNCH BOX

#### 5 varieties of lunch boxes:

- 21 Cajun Chicken Wrap
- 22 Ceasar Chicken Wrap
- 23 Chicken Spread Sandwich
- 24 Ham Spread Sandwich
- 25 Egg Spread Sandwich

All served with vegetables, mild cheddar, a side salad, and a beverage.

31 - Asian chicken salad on a bed of spinach 32 - Chicken Caesar salad

All served with green grapes and macarons.



#### 61 ASSORTED SUSHI

Business lunch, Japanese-style, with 12 sushi pieces including the chef's choice of 8 futomaki and 4 nigiri.

Photos for illustrative purposes only. Platter composition may vary by store.



#### IOI | COFFEE BOX

Our coffee box brings you quality and convenience and includes everything you need: coffee cups, lids, milk, cream, sugar, and stir sticks.

10 to 12 people



IO3 | ASSORTED MUFFINS
 Always a classic: an assortment of 20 of our Saveurs du four oven-baked muffins.
 I0 to 12 people



105 | TENDER POUND CAKE

10 to 12 people

An assortment of deliciously tender pound cake: banana, carrot, pineapple, and our famous marbled chocolate, served with fresh strawberries. A first-bite delight!

GOOD MORNINGS!

We came up with tasty platters with no skimping on any ingredients, so that your guests can treat themselves to a delectable breakfast selection. Just add fresh fruit and you've got the best way to start the <u>day!</u>



#### 102 | DONUT TRIO

King of the coffee break: an assortment of 12 old-fashioned donuts paired with small donuts filled with a delicious raspberry and chocolate-hazelnut filling.

10 to 12 people



#### 104 | MINI-PASTRIES WITH FRUIT

A truly tempting breakfast of fresh fruit alongside mini-pastries: mini-croissants, mini-chocolatines, and mini-raisin rolls.

#### 10 to 12 people



#### 106 | BAGELS AND SMOKED SALMON

Signature of a high-end brunch: fresh bagels with smoked salmon, cream cheese, capers, red onions, lemon and lettuce.

## FRUIT FRENZY

Our vibrant, fresh-cut fruit platters bring a special zing to the table. Enjoy the simple pleasure of biting into a juicy strawberry or refreshing melon.





151 | FRUIT EXPLOSION

An abundance of honeydew melon, cantaloupe, red and green grapes, strawberries, raspberries, and oranges.

10 to 12 people



153 | TUTTI-FRUTTI

A full platter of tangy, refreshing fruit: watermelon, oranges, pineapple, blackberries, and raspberries. **10 to 12 people** 



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#### 152 | FRUIT AND CHOCOLATE DIP

A sure-fire hit: a chocolate dip with a platter overflowing with the goodness of blueberries, clementines, red and green grapes, cantaloupe, honeydew melon, pineapple, and strawberries.

10 to 12 people



#### 154 | FRUIT SALAD

So welcome in the morning, or at any other time, our salad of perfectly ripened fruit is as delicious as it is colourful!





# **VEGGIES AND SALADS**

Generous and beautifully presented, our veggie platters and salads are prepared with our best super-fresh ingredients. Such a smart and tasty way to add a nutritional option to your meal while leaving the prep time to us!



201 | CHEF'S SALAD

A satisfyingly crunchy salad of red pepper, cucumber, tomatoes, carrots, and red onion, served with vinaigrette.

6 to 8 people



203 | ARUGULA, NUT, AND STRAWBERRY SALAD

> In this perfect blend of sweet and salty, tangy arugula is topped with strawberries, chopped pecans, parmesan shavings, and vinaigrette. 6 to 8 people

205 | TUSCAN SALAD

A salad that tastes like Italian sunshine, full of fresh vegetables: cherry tomatoes, mini cucumbers, red peppers, artichokes, and red onion, and vinaigrette.

6 to 8 people



#### 202 | CAESAR SALAD

Everyone loves this classic, delicious salad of crispy romaine lettuce, parmesan, and bacon, drizzled with tangy, creamy Caesar dressing.

#### 6 to 8 people



#### 204 | GREEN SALAD WITH FRUIT AND NUTS

A fresh, delicious green salad topped with mandarin segments, nuts, and dried fruit, served with vinaigrette.

#### 6 to 8 people



#### 206 | CAPRESE SALAD

Our take on the traditional salad from the Isle of Capri, made with our fresh ingredients: mozzarina cheese, Italian tomatoes, arugula, and mixed olives. Simple, summery, and delicious!



#### 207 | MARKET FINDS

Growers' best market-fresh produce: mini cucumbers, red and yellow peppers, tomatoes and Nantes carrots, with a delicious roasted beet hummus.

#### 10 to 12 people



#### 209 | PICNIC SALADS

Classic childhood salads for every age and every buffet: carrot salad, potato salad, creamy coleslaw, and macaroni.

#### 6 to 8 people



#### 211 | SINGLE PICNIC SALADS

Your choice in 2.5 kg formats of potato, creamy coleslaw, or macaroni salad. **10 to 12 people** 



#### 208 | VITAMIN BOMB

The classic vegetable platter: baby carrots, cucumbers, cherry tomatoes, broccoli, cauliflower, peppers, and celery with a savoury dip.

#### 10 to 12 people



#### 210 | SPECIALTY SALADS

Forkfuls of sunshine with pesto penne, citrus and cranberry couscous, Greek salad, carrots and celeriac.

6 to 8 people



#### 212 | SINGLE SPECIALTY SALADS

You can choose salads for your event in 1 kg formats: penne salad with pesto; citrus and cranberry couscous; Greek salad; carrots and celeriac; Bombay orzo; or shell pasta with bacon, quinoa, and mung beans.



## HANDFUL SANDWICHES

Discover our selection of homestyle sandwiches, always freshly prepared, made with carefully selected ingredients and so generously layered we call them the Handfuls!



#### 301 | THE DAGWOOD FEAST

A 14-inch sandwich, prepared in-store, containing 1 pound of deli meats composed of ham, mock chicken and salami with mozzarella and cheddar cheese, garnished with tomatoes and lettuce, served in small bites.

6 to 8 people



303 | WRAPS AND CRUDITÉS

With sides of fresh-cut veggies and hummus, our wraps are decadent and original: Cajun chicken and onion confit; Caesar chicken; tofu spread, and red pepper; chicken spread and cranberries; smoked ham.

6 to 8 people



302 | The Multi-bread



#### 302 | THE MULTI-BREAD

Three sandwich varieties, three different breads: chicken, brie, garden pesto, and arugula on naan bread; Old-fashioned ham, Swiss cheese and arugula on tasty multigrain; and baguette filled with pork roast, provolone cheese, and arugula.







#### 304 | SOFT SANDWICHES

These always popular, soft "tea" sandwiches are made with egg, chicken, and ham spreads on white bread or half white/whole wheat.

6 to 8 people or 10 to 12 people



#### 306 | MINI-CROISSANTS

Only the best ingredients for these buttery little sandwiches: smoked ham, Swiss cheese, and baby spinach; Turkey with sundried tomatoes, brie and arugula; chicken-cranberry spread.

#### 6 to 8 people or 10 to 12 people



#### 308 | MINI-PITAS

Delicious mini-pitas with their pockets stuffed with our delicious spreads: chicken and cranberry; tuna and green apple; chicken and sun-dried tomatoes.



#### 305 | STUFFED ROLLS

Big taste comes in small packages with these dinner rolls stuffed with egg, chicken, and ham fillings. An all-around party favourite!

6 to 8 people or 10 to 12 people



#### 307 | WRAP BITES

Six original flavours: smoked ham; Cajun chicken and onion confit; chicken spread and cranberries; tofu spread and red pepper; Caesar chicken; roast beef and arugula.

10 to 12 people



#### **309** | EVERYONE'S FAVOURITE

Everything we love: tomato pizza, soft sandwiches, cheese cubes, raw veggies and hummus.



## COCKTAIL HOUR

The hors d'oeuvres are all done, all you have to do now is take a bow! Each platter offers a perfect array of tempting colours and textures.







401 | Mini-skewers duo 402 | Salmon bites



#### 401 | MINI-SKEWERS DUO

Lots of mini-skewers offering two colourful and tasty line-ups: cherry tomatoes and cocktail bocconcini; Lyon cured sausage and stuffed olives.

#### 6 to 8 people



#### 402 | SALMON BITES

An original platter with an exotic touch: sliced English cucumber topped with smoked salmon nuggets, spicy mayonnaise, and masago (roe).

#### 6 to 8 people



The masago (roe) used in this platter is an Ocean Wise recommended seafood.



#### 403 | MINI-SKEWERS GRAPES AND CIE

A duo of yummy bites: Swiss cheese and green grapes; cheddar, red grapes, and cubes of white ham.

6 to 8 people



#### 405 | DEVILLED EGGS

What would be a buffet without its devilled eggs! Just the way we like them; with Dijon mustard, fresh parsley, and chives. All of it placed on a bed of lettuce and sprinkled with paprika.

10 to 12 people



#### 404 | POMODORO PIZZA

This indispensable, soft, and succulent tomato pizza is served in individual portions with olives on the side for guaranteed success!

#### 10 to 12 people



#### 406 | NACHO-STYLE PLATTER

One that's sure to please people of all ages: a ring of crunchy corn chips served with tangy, delicious salsa.



## DELICIOUS DELI

You can never get tired of top-quality deli products, from authentic, traditional meats to new foodie favourites. These classics from IGA have something for everyone, sliced and presented perfectly by our deli masters.

> 501 | Pâtés and deli meats 504 | Prosciutto and melon



#### 501 | PÂTÉS AND DELI MEATS

A taste of Europe! An assortment of pâtés, hot Calabrese salami, Genoa salami, and crackers that go perfectly with our delicious condiment of caramelized onions.

10 to 12 people



503 | THE DELECTABLE

A presentation of Genoa salami, old-fashioned capicollo, turkey breast with sundried tomatoes, traditional smoked ham, and roast pork.

10 to 12 people



505 | ITALIAN DELI

*Delizioso!* A mix of spicy capicollo, mortadella, prosciutto, Calabrese sausage, and mini-gherkins.

10 to 12 people



#### 502 | MUST-HAVES

All laid out on the same platter: salami, mild capicollo, turkey breast, and smoked ham. **10 to 12 people** 



#### 504 | PROSCIUTTO AND MELON

The mild sweetness of melon marries perfectly with the saltiness of prosciutto for a taste that delights with every bite.

#### 10 to 12 people



## CHEESES

This is the extra touch that's a sure sign of a truly attentive host. All our cheese platters add something special, so choose one that's perfect for your event.



601 | LITTLE CHEESE CUBES

A platter of nice, mild nibbles: Canadian Swiss, white cheddar, marbled cheddar, yellow cheddar, and mozzarella, served with grapes. **10 to 12 people or 20 to 25 people** 



603 | EXQUISITE CHEESES

You'll love all the flavours and textures in this mix: garlic and herb Boursin, Oka, Perron 2-year cheddar, and Caprice des Dieux, served with crackers, grapes and condiment.

6 to 8 people



#### 602 | LOCAL CHEESES

Some of our own beloved cheeses: Sir Laurier d'Arthabaska, camembert, St-Paulin, and Bergeron Classique, served with crackers, grapes and condiment.



# FROM THE SEA

We can thank the seas for so many culinary treasures—we've chosen some of the very best to offer you a wide selection of beautiful flavours and presentations.



701 | PEARL OF THE SEA

Seafood favourites gathered together on one platter: shrimp ring with cocktail sauce, surimi, and smoked salmon nuggets.

6 to 8 people



703 | SEAFOOD SALADS

A quartet of marine delights: smoked salmon salad, spicy imitation crab salad, orzo, shrimp and feta salad, and pollock and Nordic shrimp salad.

6 to 8 people



705 | SHRIMP, SURIMI, AND DIP PLATTER Three tastes of the sea on one platter: crab-flavoured surimi, shrimp, and lobster dip. 6 to 8 people



#### 702 | OCEAN TREASURES

A bounty of flavours to explore: salmon gravlax with dill, smoked salmon, salmon tartare, maple-smoked salmon nuggets and Nordic shrimp.

#### 6 to 8 people



#### 704 | SMOKED DELIGHT

A platter that lives up to its name, combining a multitude of flavours, including an exclusive Warrior's smoked salmon from Grizzly. Other delightful products will awaken your taste buds with cold-smoked salmon with gin and blueberry, dill and lemon, as well as hot-smoked salmon with honey, ending with smoked cream cheese bites.





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# FRESH SUSHI

Always prepared with our fresh arrivals and top-quality ingredients, our sushi adds a sophisticated Japanese touch to your entertaining. Umaï!\*

\*Japanese for "Delicious!"



751 | KANTO

- Futomaki: spicy shrimp, vegetarian - Maki: kamikaze salmon - Hosomaki: cucumber - Nigiri: salmon, shrimp

2 to 3 people - 30 pieces



753 | OKINAWA

- Futomaki: vegetarian, spicy shrimp, Boston, Dragon's Eye - Hosomaki: mandarin, cucumber - Maki: surimi - Nigiri: salmon - Masago Gunkan

4 to 5 people - 50 pieces

752 | Miyake



#### 752 | MIYAKE

- Futomaki: Fuji, vegetarian Hosomaki: mandarin, avocado
- Nigiri: salmon Green Dragon Masago Gunkan

#### 3 to 4 people -40 pieces



#### 754 | HOKKAIDO

- Futomaki: spicy shrimp, vegetarian, Fuji, spicy salmon Hosomaki: salmon, avocado, lychee

- Maki: surimi
  Nigiri: Chef's choice, shrimp or salmon
- Red Dragon Masago Gunkan

#### 6 to 8 people – 75 pieces





The tuna used in the sushi platters is an Ocean Wise recommended seafood.



### HEAT AND SERVE COMFORT FOOD

Too busy to simmer a dish yourself? We've done it for you! Simply reheat one of our tasty dishes and fill the room with the warm, comforting aromas of home cooking.



#### 801 | BEEF BOURGUIGNON

A classic! Cubed beef, pearl onions, Parisian potatoes, and carrots, slowly simmered in a delectable wine sauce.

4 to 6 people



803 | TOURTIÈREThe classic meat pie that we never get tired of.4 people

#### COMBINE YOUR MAIN DISH with the side dish of your choice among:

- 821 Green beans with roasted garlic
- **822** Sliced carrots with herbs
- 823 Seasoned Parisian potatoes

824 Rice

825 Basil orzo



Suggested presentation

801 | Beef bourguignon



#### 802 | HEARTY MEATBALLS

Homestyle pork and beef meatballs the way you like them: in an unctuous brown sauce, served with potatoes.

#### 4 to 6 people



#### 804 | CHICKEN POT PIE

A savoury chicken pot pie for all occasions.

#### 4 people



To make this line of meals even easier to serve, warming trays are available. Details in participating stores.



#### 805 | BUTTER CHICKEN

Tender chicken in a creamy, flavourful sauce. A true classic of Indian cuisine.

4 to 6 people



#### 806 | POTATO GRATIN WITH PAPRIKA

Sliced potatoes, layered in a creamy sauce made with cream, butter, Parmesan cheese, aged sharp cheddar, seasoned with garlic and a hint of nutmeg. An accompaniment that is sure to please!

6 to 8 people



#### 807 | CHICKEN KORMA

Chicken korma is a flavourful, creamy, and slightly spicy curry dish that originated in traditional Indian cuisine. Tender cubes of chicken breast in a creamy sauce made with cream, coconut milk, garam masala spices, turmeric, ginger, cilantro and cayenne pepper.

#### 4 to 6 people



#### 808 | POLPETTE

IMPORTANT ONLY LASAGNA CONTAINERS ARE OVEN SAFE. Italian pork and beef meatballs in a perfectly seasoned tomato sauce. **4 to 6 people** 



#### 809 | MEAT LASAGNA

Three full layers of fresh pasta with classic meat sauce and mozzarella cheese. **4 to 6 people** 



#### 810 | 3-CHEESE LASAGNA

Layers of fresh pasta, rosé sauce made with real 35% cream, parmesan, butter, mozzarella cheese and a ricotta cheese and spinach stuffing.





Our customers love our desserts because there are so many, they can try a new one every time! Macaroons, brownies, profiteroles, fruit and chocolate... you're sure to fall for one (or several) of our sweet treats!





#### 901 | FRUIT AND SWEET BITES

Fruit and sweet little bites served together what a perfect idea. Bite-sized brownies, macaroons, and maple fudge go beautifully with blueberries and strawberries.

8 to 10 people



903 | PROFITEROLES AND CHOCOLATE ÉCLAIRS

> A platter of mini-pastries guarantees a beautiful finish! 13 mini-éclairs made with 35 % whipped cream and 7 little cream puffs made with custard, 35 % chocolate whipped cream and 35 % coffee whipped cream.

6 to 8 people



#### 902 | BROWNIE QUARTET

Decadent chocolate in brownie form: Tiger (marbled brownie), coconut-chocolate, Deep Dutch, and Triple Chocolate.

20 to 25 people



#### 904 | MINI-MOUSSES AND PROFITEROLES

A tray that will surely seduce you! Profiteroles and mini-mousses that will satisfy even the most greedy!

#### 10 to 12 people





#### 905 | LE RÊVE CAKE

Flavours blend beautifully in this vanilla cake topped with homestyle raspberry jam and Chantilly cream swirled with spirals of white chocolate.

10 to 12 people



#### 906 | ASSORTMENT OF BITES

An assortment of bites for dessert or to enjoy with your coffee or tea! 8 brownie, 8 lemon pie, 8 seven-layer coconut cake.

14 to 16 people



#### 907 | L'INDÉCIS CAKE

This cake is sure to satisfy all your guests' tastes: raspberry mousse, chocolate, pear caramel or caramel chocolate. It caters to all palettes!

8 to 10 people







## **THE FINAL TOUCH**

As the saying goes, "the devil's in the details", so we've put together a handy checklist to help guarantee no detail is overlooked and your event's a big success! And be creative! Sometimes just a few little extra snacks can be the big difference that makes every single one of your guests happy!

#### CHECKLIST

CHEERS!
The classics:
<ul> <li>Water, sparkling water</li> <li>Soft drinks</li> <li>Coffee box</li> <li>Teas, herbal teas</li> <li>Wine, beer</li> <li>Fruit juice</li> </ul>
New beverage trends:
<ul> <li>○ Kombucha</li> <li>○ Loop juice</li> <li>○ Loop smoothies</li> <li>○ Non alcoholic beverages</li> </ul>

#### **BON APPÉTIT!**

O Bite-size snacks O Chips  $\bigcirc$  Pretzels O Nuts, peanuts ○ Crackers  $\bigcirc$  Sides and condiments (pickles, olives) O Jams and jellies for cheese O French baguette

#### THE ESSENTIALS!

- Plates/dishes
- O Cutlery
- $\bigcirc$  Serving utensils
- $\bigcirc$  Tablecloths
- $\bigcirc$  Table napkins
- $\bigcirc$  Wine and beverage glasses
- $\bigcirc$  Bags of ice
- $\bigcirc$  Toothpicks

#### SET THE MOOD!

- $\bigcirc$  Balloons
- $\bigcirc$  Candles
- $\bigcirc$  Flowers



## TO ORDER YOUR BUFFET

Go in person to the ready-to-eat counter at your IGA grocery or order online at **traiteur.iga.net/en**.



Food is everything

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