



# Banquet menu 2018

- subject to change without prior notice

3004, chemin de la Chapelle • Mont-Tremblant • Québec • J8E 1E1 • 1 866 425 3400  
hotelQuintessence.com

# Banquet menu

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# Breakfasts

**\$28 per person** (service and taxes are extra)

American buffet formula: with omelet station and chef, sausages, ham, crepes,  
French toast & Continental Buffet \*

\*During low season a continental buffet and a choice of a hot plate à la carte will be served

## **YOUR CHOICE OF MAIN DISH:**

If continental breakfast chosen\*

**Buckwheat crepes**, with hazelnut Nutella \$17

**French toast**, with pistachio caramel topping \$17

**Eggs your way** \$18

Over easy, scrambled, poached, sunny-side up, with choice of bacon piglet,  
sausage or pulled ham

**Eggs Benedict** \$22

Hollandaise sauce on English muffin: choice of smoked salmon,  
pulled ham or asparagus and Swiss cheese

**The Loaded Omelette** \$18

Choice of onions, sweet peppers, mushrooms, spinach, cheese, ham, tomatoes

**The Granola** \$15

Greek yogurt, honey and berries

**The Smoked Salmon Club** \$25

House-smoked salmon, rosemary bread, avocado, tomatoes, lettuce,  
goat cheese, capers and chives

**B.L.T. Mr. O'** \$20

Multigrain bagel, cream cheese, bacon piglet, tomatoes and lettuce

**The Bagel** \$14

Bagel multigrain, cream cheese, fresh fruit of the day

**\*THE CONTINENTAL BUFFET:** \$22 per person

Selection of cereals, granola, yogurt, cottage cheese, berries and fruits, croissants,  
chocolate rolls, bagels, cheeses, nuts, house jams Qu'essence

Regular coffee, decaf and orange juice included (freshly squeezed juices and special coffees are extra)

*N.B. B&B Package, note that there is a \$5 extra per person for meeting room service*

# Coffee Breaks

Price per person / minimum 10 people (service and taxes are extra)

## Nespresso station

\$4.25 per cup, per consumption

## Hot Chocolate station and a fantasy of garnishes \$8

Marshmallows, dark & white chocolate pearls, cinnamon sticks, whipped cream, mint, shaved almonds and coconut, maple sugar, popcorn

## Keep it Simple \$6

Coffee, tea, herbal infusions, fruit juices, soft drinks

## Grab'n Go \$8

Coffee, tea, herbal infusions, assorted cookies, bottled water, fruit juices

## The Parisian \$10

Coffee, tea, herbal infusions, fruit juices, croissants, chocolate rolls

## The Continental \$12

Coffee, tea, herbal infusions, fruit juices, fresh fruit plate, croissants, banana nut bread

## Mad for Macaroons \$12

Coffee, tea, herbal infusions, fruit juices, soft drinks, 3 macaroons (Chef's choice!)

## The Health Nut \$15

Coffee, tea, herbal infusions, fruit juices, bottled water Sliced fresh fruit, granola bars, plain yogurt, nuts/dried fruits mix

## The Sweet Tooth \$16

Selection of chocolates, small cake and macaroons (*\$2 extra for each additional chocolate/cookie pair*)

## Candy craving \$12 upon request

Assorted candy bars, licorice, old-fashioned candies

## Smoothies \$12

(Your choice of fruits must be made in advance)

Milk (soy, cow, almond lactose free), plain yogurt, freshly grated ginger, and your choice of: pineapple, honeydew melon, strawberries, bananas, blueberries, blackberries, raspberries

# Coffee Breaks... à la carte

Price per person / minimum 10 people (service and taxes are extra)

Sliced fresh fruit	\$2,95		
Fat-free yogurt or 1% cottage cheese	\$2,95		
Cheddar cheese and crackers	\$4,95		
Banana bread	\$2,50		
Croissants – small	\$7,00 /6	\$13,50 /12	
Chocolate rolls - small	\$8,00 /6	\$15,50 /12	
Q-baked cookies	\$2,85 /6	\$5,50 /12	
French pastries	\$15,00 /6	\$28,00 /12	
Chocolate strawberries	\$3,75 /3		
Granola bars	\$3,75		
Dried fruit/nut trail mix	\$3,00 /50g		
Salted mixed nuts	\$4,00 /50g		
Chips individual pack	\$9 /6	\$18 /12	\$27 /18

## LATE AFTERNOON/evening SNACKS

Veggie plate with dips (Yogurt & blue cheese; creamy garlic; chive)	\$5,00		
Fine Quebec cheeses & garnishes	\$19,00 (60gr/pers.)		
French fries	\$8,00		
Platter of assorted sandwiches	\$16,00		
Poutine with confit duck	\$9,00		
Cold cut platter	\$12,00		
Nachos with tomato-vegetable salsa , guacamole & sour cream	\$8,00		
Candy Bar (30 pers. minimum)	Selon la sélection		
Mini Tarlets	\$16,00		

## BEVERAGES

Drip coffee	\$3,75		
Nespresso	\$4,25		
Drip coffee – 10 cups	\$24,00		
Tea / Infusion	\$3,75		
Hot chocolate	\$3,75		
Hot chocolate – 10 cups	\$24,00		
Soft drinks	\$4,25		
Eska spring water 500 ml	\$3,75		
Fruit juice	\$4,25		
Lemonade station with fruit (seasonal)	\$8,00		
Add alcohol	As per selection (See p. 15)		

# 3-service Lunch Menu

Served in Restaurant La Quintessence

\$35 per person / minimum 25 people (service and taxes are extra)

\$10 extra per person for a second choice of appetizer and dessert

*Group of 10 to 25 people ask for our 3-course menu based on our 'À la carte' menu of the moment*

## APPETIZERS (1 choice)

Parmentier sweet potatoes and baby carrots with salted herbs

Grilled tomato soup, basilica feta mousseline

Squash soup, tomato salsa maple

Layered fresh tomato and bocconcini with basil – *extra \$4*

The Q Caesar Salad – *extra \$5*

Fennel salad, orange and pink pepper – *extra \$3*

## MAIN DISHES (2 choices)

Farmed chicken saltimbocca with sage reduction

Salted (4oz) salmon in basil crust, sun-dried tomato polenta

Duck confit, herb mashed potatoes, leek & pistachio tuile

Giganti ricotta and asparagus, with creamy tomato sauce, parmesan and pesto – *extra \$6*

Smoked house duck lardoon risotto – *extra \$12*

Braised beef tarte fine, warm tomato salad with shallot oil – *extra \$5*

## DESSERTS (1 choice)

Sorbet trio, flavors of the moment

American cheese cake

Vanilla crème brûlée

Seasonal berry salad, honey & mint – *extra \$2*

Dark chocolate lava cake & vanilla ice cream – *extra \$4*

Coffee, tea, infusion

# Working lunch

## COMBO PLATE

\$18 per person / Served in the conference room only

Soup of the day

Half Club sandwich on ciabatta or multigrain bread

Mixed baby greens, house dressing

Butter shortbread and chocolate chip cookies, served with coffee

## OUTDOOR LUNCH BOX

\$23 per person / Also available plated or buffet style

Sandwich

Raw vegetables with dip (if buffet)

One Packet trail mix

One apple

Two chocolate chips cookies

Bottle of water

## SANDWICHES (2 choices)

On Ciabatta or multigrain bread / *Extra choice + \$4*

Ham, brie, Dijon mustard, lettuce

Ham, cheddar, butter, Dijon mustard

Smoked roast beef, Swiss cheese, Dijon mustard

Club: bacon, chicken, tomatoes, lettuce and mayonnaise

Grilled vegetables, olive tapenade, sun-dried tomatoes

(Service and taxes are extra)

# Cold Lunch Buffet

\$35 per person / minimum 20 people (service and taxes are extra)

Soup of the day

Fresh vegetables, curried yogurt dip

Salad trio, house dressing, assorted oils

## MIXED SALADS (2 choice)

Old-fashioned roasted potato and lardoons, remoulade dressing

Quinoa and prawns with coriander oil

Grilled tomato and aged cheddar in basil marinade

Fresh beets with almonds, Dijon dressing

Fennel and orange salad with pink pepper

## BUILD YOUR OWN SANDWICH (3 choices)

Multigrain bread, baguette, fresh-baked round loaf, rosemary bread

Ham, brie, Dijon mustard, lettuce

Ham, cheddar, butter, Dijon mustard

Rôti de bœuf fumé et fromage suisse, moutarde de Dijon

Club: bacon, chicken, tomatoes, lettuce and mayonnaise

Grilled vegetables, olive tapenade, sun-dried tomatoes

Sliced cheddar, condiments, regular and old-fashioned Dijon, mayonnaise

## DESSERTS

Fruits salad & mish-mash of sweet bites

Coffee, tea, infusion



# Hot Buffet - Lunch

\$35 per person / minimum 20 people (service and taxes are extra)

Soup of the day

Fresh vegetables, curried yogurt dip

Salad trio, house dressing, assorted oils

## MIXED SALADS (2 choice)

Old-fashioned roasted potato and lardoons, remoulade dressing

Quinoa and prawns with coriander oil

Grilled tomato and aged cheddar in basil marinade

Fresh beets with almonds, Dijon dressing

Fennel and orange salad with pink pepper

## MAIN DISHES (2 choice)

Crispy tilapia, virgin sesame oil

Manicottini with grilled eggplant and spicy red bell pepper

Asparagus giganti ricotta, rosé sauce, parmesan shavings & pesto

Herb marinated salmon & tender leeks

Supreme chicken, forestière sauce

Beef filet shoulder with wild mushrooms

Herb marinated pork loin and two mustard sauce

## SIDES (1 choice)

Wild rice with herbs

Buttery sweet potato purée

Red quinoa with citrus fruit

## DESSERTS

Fruits salad, mish-mash of sweet bites

Coffee, tea, infusion

# Dinner

Minimum 10 people (service and taxes are extra)

Please ask for our seasonal Table D'hôte options

# Canapés

CANAPÉS – \$32 / dozen, 3 dozen minimum (service and taxes are extra)

## COLD

Salt-cured natural beef with parmesan flakes, balsamic caramel and arugula

Lime and cumbava lobster salsa

Fresh smoked duck breast tartare with dry fruit and foie gras royale

Smoked salmon roll with sour cream on blinis and mullet roe

Creamy mascarpone avocado on wonton chips

## HOT

Cod acra and mayonnaise

Mushroom tartlet au gratin with Isle-aux-Grues cheddar cheese

Black rice, dried tomato and herb arancini with mozzarella di buffala heart

Lightly seared lamb with masala spice and roasted garlic cream

Teriyaki shrimp with soya caramel

« SIGNATURES » CANAPÉS – \$43 / dozen, 3 dozen minimum (service and taxes are extra)

## COLD

Pan-fried foie gras on gingerbread, homemade jam

Oysters in yuzu jelly

Half-cooked salmon with citrus, Espelette pepper and mullet egg

Vegetable spring roll, sesame and creamy coriander

Gougère stuffed with mushroom and truffle

## HOT

Sturgeon tataki with kaffir lime

Princess butter scallop with candied lemon

Samosa with spicy sweet potato chutney and maple syrup

Fried ravioli with duck confit and dried fruit

Poached quail egg and gorgonzola mousse

# Cocktail reception

\$55 per person / Minimum of 20 persons, *Service and taxes extra*  
Served on platters during your reception

TBA

# Q Food Stations

...Marvellous complements to your cocktail buffet, *Service and taxes extra*  
**Minimum 10 people**

TBA

# Bar Quintessence

(Service et taxes en sus)

## BEERS

Corona	\$9
Budlight	\$8
Budweiser	\$8
Keith Red's	\$8
Microbrewery beer	\$10
<i>Sentinelle – Rosé d'hibiscus – Aphrodisiaque</i>	

## APÉRITIFS

Campari	\$13
Ricard	\$12
White martini	\$8
Red martini	\$8

## PUNCH (25 GLASSES)

Basic alcohol & juice	\$9/ person
No alcohol & juice	\$6/ person
Red or white Sangria	\$12/ person

## BY THE GLASS

Sparkling	\$15
Champagne	\$36

## WATER

Eska (750ml) « Québec »	\$8
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## SPARKLING WATER

Eska (750ml) « Québec »	\$8
San Pellegrino (1l) « Italie »	\$9

## WINE

A selection of red wine and white wine available for groups from \$55 / bottle

## DIGESTIVE

Amaretto	\$8
Bailey's	\$10
Crème de menthe	\$10
Brandy	\$10
Grand Marnier	\$12

## LIQUORS

SKYY Vodka	\$8
Beefeater Gin	\$8
Bacardi Rum	\$8

## OPEN BAR – Cocktail hour/Evening

Per consumption  
Basic or Premium bar to be determined

## SOFT DRINKS & JUICE

Coke / Sprite	\$4.25
Juice	\$4.25
Ice tea	\$4.25

## BAR SETUP

\$75

3 dozen of glasses  
Salt and pepper  
Tabasco  
Worcestershire sauce  
Bottle opener  
Napkins  
Ice bucket

## ADDITIONAL GLASSES

\$10/ dozen

# BAR OPTIONS

Available for cocktail hour and/or evening

## BASIC BAR SELECTION

### Liquors

SKYY vodka  
Beafeater gin  
Bacardi rhum  
Scotch Dewar's / J & B  
Sauza tequila

### Apéritifs

Kir  
Campari  
Ricard

### Digestive

Amaretto  
Bailey's  
Mint cream liquor  
Brandy

### Beers

Alexander Keiths  
Keiths red  
Budlight  
Budweiser

## PREMIUM BAR SELECTION

### Liquors

Greygoose vodka  
Bombay / Hendricks gin  
Scotch Johnny Walker Black  
Appleton rhum  
Patron tequila

### Apéritifs

Cosmopolitan  
Martinis

### Digestive

Grappa Moscato Jacopoli  
Scotch Macalla Gold  
Cognac VSOP Rémi Martin  
Grand Marnier

### Beers

Corona  
Stella Artois  
Microbrewery