

LUNCH BOX MENU

2026 - 2027

Additional Fees: Taxes | Delivery | Allergies / Food Restrictions
Served in biodegradable and compostable tray by BIOGO | Biodegradable ustensils and napkin

Minimum 4 boxes of your choice

Breakfast in a Box

The Starting Point 13.95

Croissant
Fresh fruit skewer (pineapple, melon, strawberry)
Cheese , fresh grapes et bread 50 g
Yogurt (chef’s choice)
Jam and butter

The Boost 15.95

Mini muffin (chef’s choice)
Muffin omelette with aged cheddar and fine herbs (2)
Vanilla yogurt, granola and fresh fruit parfait
Fresh fruit salad
Energy ball (nut free)

The Unavoidable 17.95

Everything bagel of your choice (1) :

- Smoked salmon and cream cheese
- Ham and cheese
- BLT (bacon, lettuce, tomato)

Cheese , fresh grapes et bread 50 g
Fresh fruit salad
Mini madeleine (2)

100% Vegan | Gluten & Lactose Free

Freedom 18.95

Muffin (chef’s choice) (2)
Coconut milk, chia, granola and fresh fruit parfait (vegan)
Fresh fruit salad
Energy ball (nut free)
Jam

Minimum 5 Per Selection | 75\$ min.

Breakfast à la carte

Served on porcelaine or biodegradable compostable platters
Additional fees for serving utensils

Fresh Fruits & Yogurt

2.75 Fresh fruit skewer (pineapple, melon, strawberry)
5.50 Fresh fruit platter pealed and sliced 1 portion
5.50 Fresh fruit salad (1 portion)
4.95 Coconut milk, chia, granola and fresh fruit parfait (vegan)
4.95 Vanilla yogurt, granola and fresh fruit parfait
2.50 Yogurt 100 g.

Eggs

3.00 Mimosa egg (2)
3.75 Muffin omelette with aged cheddar and fine herbs

Half Everything Bagel

6.00 BLT (bacon, lettuce, tomato)
6.00 Ham and cheese
6.00 Smoked salmon with cream cheese

Québec Cheese

6.75 Cheese, fresh grapes and bread (50 g.)

Pastries

3.75 Mini-muffin with cheese and fruit on skewer
2.50 Cannelé bordelais with exotic passion fruit caramel sauce
2.50 Jam and butter
2.75 Chocolatine, croissant or danish
1.25 Mini-muffin (chef’s choice)
1.50 Mini madeleine with clementine marmelad (2)
1.75 Mini maple custard donuts
2.75 Sweet bread slice (chef’s choice)
3.00 Cookies: oats-cranberries-orange, oats-raisins, chocolate-pecans

Pastries Gluten & Lactose Free

2.00 Energy ball (nut free)
2.75 Almond and orange financier
2.75 Muffin (chef’s choice)
3.00 Vegan muffin (chef’s choice)

Minimum 8 Per Selection

Hot Breakfast

Additional fees for serving utensils

Proteins & Accompaniements

3.95 Bacon (2)
3.95 Ham (2)
3.95 Chicken sausage (2)
5.00 Scrambled eggs (3)
3.50 Sauteed diced potatoes (1 portion)
3.50 Waffle with maple syrup
3.50 Thin crêpe with maple syrup

Cold & Hot Beverages

Beverages | 3.00 per unit

V-8 | Vegetable cocktail
Oasis juice (apple, cranberry, orange)
Pepsi | Coke | 7 Up | Ginger Ale (regular & diet)
Fuze ice tea 355 ml
Kando canned spring water 355 ml
Bubly flavored sparkling water 355 ml
Perrier sparkling water | 330 ml

6.25 Perrier sparkling water | 750 ml
5.25 Spring water | 1.5 L

We are proud to sponser and serve Café Union coffee, roasted in Montreal with passion and expertize for over a century.

Coffee Thermos | Regular

Includes: Milk, cream, sugar, compostable cups, wooden coffee sticks

29.95 Coffe thermos | 10 cups
62.95 Coffe thermos | 24 cups
115.95 Coffe thermos | 50 cups
38.95 Compostable coffee thermos | 12 cups

Hot Water Thermos & Tea

2.75 Tea assortment Including: milk, sugar, compostable cups, wooden coffee sticks
7.50 Hot water thermos | 10 cups
10.00 Hot water thermos | 24 cups
36.85 Compostable hot water thermos | 12 cups
Includes: 12 tea bags, milk, sugar, compostable cups, wooden coffee sticks