

Traiteur Piccola Gioia Catering

1700 Saint Elzear, suite 101

Laval, Qc H7L 3N2

450-973-3212 • info@piccolagioia.com • www.piccolagioia.com

Business Lunch Box

SANDWICHES

- **Grilled Chicken Sandwich with Aged Provolone Cheese**
 - Grilled chicken, purple coleslaw, aged provolone cheese, avocado on nine grain bread
- **Italian Style Club Sandwich**
 - Turkey, provolone, lettuce and sun-dried tomato on herbed focaccia pizza
- **Tomato Bocconcini Pesto Sandwich**
 - Bocconcini, tomato, arugula, pesto on ciabatta bread
- **Chicken & Double Brie**
 - Grilled chicken, spinach, cranberry mayo on nine grain bread
- **Classic Italian Veal Cutlet Sandwich**
 - Veal cutlet, roasted red pepper, sun-dried tomato mayonnaise on ciabatta bread
- **Classic Italian Chicken Cutlet Sandwich**
 - Chicken cutlet, marinated eggplants, sun-dried tomato mayonnaise on ciabatta bread
- **Classic Italian Sausage Sandwich & Grilled Vegetables**
 - Italian sausage, onions, peppers, zucchini, roasted garlic on baguette bread
- **Steak Sandwich**
 - Thinly sliced grilled roast beef steak, honey Dijon, romaine lettuce, tomato, Swiss cheese on baguette bread
- **Smoked Salmon**
 - Smoked salmon, dill cream cheese, red onion on pumpernickel bread
- **Tuna Salad Sandwich**
 - Tuna, mayonnaise, lettuce, dill and cucumber, sliced loaf bread
- **Avocado BLT**
 - Bacon, avocado, lettuce, tomato on St. Viateur sesame bagel

Lunch Box (\$16 to \$20)

Choice of 1 sandwich
1 salad (Chef's choice)
Grapes, crackers and cheese
Dessert (Chef's choice)

Salad Meals (\$16 to \$20)

Choice of Salad
Grapes, crackers and cheese
Dessert (Chef's choice)

Buffet (\$16 to 20\$)

Choice of 4 sandwiches
2 salads
Dessert (Chef's choice)



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Wraps for Lunch Boxes

- **Spicy Grilled Chicken Thai Wrap**
 - Grilled chicken, red cabbage, shredded carrots with seasoned spicy chili sauce
- **Sweet Potato Wrap**
 - Sweet potato, grilled vegetables and Swiss cheese
- **Grilled Mediterranean Vegetable Wrap**
 - Chickpea spread, lettuce, tomato, cucumbers and black olives

All Lunch Boxes include a dessert and choice of salad.

All sandwiches are grill pressed for extra flavor.

Gluten free bread available with some sandwiches and vegan options.

Salads for Lunch Boxes or Salad Meal

- **Classic Caesar Salad**
 - Romaine, homemade croutons and shaved parmesan cheese tossed with Caesar dressing
- **Baby Spinach Salad**
 - Baby spinach, orange segments, walnuts, cranberries tossed with orange dressing
- **Mixed Greens Salad**
 - Field mix, cherry tomatoes, cucumber tossed with balsamic vinaigrette
- **Arugula Salad**
 - Arugula, parmesan shavings, sunflower seeds tossed with roasted onion vinaigrette
- **Greek Salad**
 - Lettuce, tomatoes, cucumber, feta cheese tossed with balsamic vinaigrette
- **Kale & Quinoa Salad**
 - Kale, quinoa, celery, sun-dried tomato tossed with citrus vinaigrette



Add the following protein to any Salad Meal (Chicken, Tuna, Tofu or Tempeh)

Dessert

Assortment of mini Danishes

- Butter croissants

- Mini chocolatines

Assorted homemade cookies

- Cheesecake squares

- Gluten free brownies

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Salad Bowls

- **Chicken Salad Bowl** **\$13**
 - Roasted chicken, romaine , cherry tomatoes, Cucumbers green onion, avocado tossed with house dressing
- **Chicken Caesar Salad Bowl** **\$13**
 - Grilled chicken, romaine, baked pita chips, shaved parmesan tossed with Caesar dressing
- **Seared Tuna Salad Bowl** **\$20**
 - Seared tuna, mixed greens, shaved carrots, red onions tossed with citrus vinaigrette
- **Salmon or Chicken and Mango Salad Bowl** **\$16**
 - Grilled salmon or chicken, red onions, peppers and cilantro, tossed with citrus vinaigrette
- **Tuscan Salad Bowl** **\$14**
 - Romaine, mixed greens, basil, broccoli, cherry tomatoes, Kalamata olives, red onions, baked pita chips tossed with basil parmesan dressing
- **Tofu and Cucumber Salad Bowl** **\$11**
 - Grilled tofu, cucumbers, radish sprouts, sliced avocado



- Vegan substitutions are available. Please advise upon ordering.
- We have a large selection, so let us know what appeals to you and we create something special for your event.

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Breakfast - A Perfect Way to Start Your Day

Early Morning on the Run Breakfast

Choice # 1 **\$8.99**

- Mini Danishes
- Mini muffin
- Fresh fruit salad
- Fruit scones with jam

Minimum of 10 people

Choice # 2 **\$12.50**

- Plain Greek yogurt
- Granola
- Assorted berries
- Fruit scones with jam

Minimum of 20 people

Choice # 3 **\$17.50**

Full Breakfast

- Pancake or Belgium waffle
- French toast
- Cubed potatoes
- Bacon
- Veal breakfast Sausage
- Egg omelette with cheddar

Minimum of 10 people

Choice # 4 **\$17.00**

Full breakfast

- Assortment of Viennese pastries
- Egg stuffed croissant
- Smoked salmon and cream cheese bagel
- Mini vegetarian quiche
- Yogurt & granola parfait
- Cheddar and grape skewer

Breakfast sides

- Assorted squares \$ 1.50 each
- Gourmet cookies \$ 1.50 each
- Individual fresh fruit cups \$ 3.00 each
- Scones \$ 2.50 each
- Assorted muffin \$ 1.75 each
- Assorted mini pastries \$ 2.25 each

❖ Breakfast Sandwiches

- English Muffin or Croissant \$ 3.50 each
 - Egg, cheddar, sausage or ham
- Bagel \$ 4.50 each
 - Cream cheese or with salmon & onion
- BLT or BELT \$ 4.00 each
 - Bacon or egg, lettuce & tomato
- Egg Wrap \$ 4.75 each
 - Egg, crispy bacon and aged cheddar

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Mains

- **Roasted Chicken**
 - Slow roasted chicken with garlic confit, fresh herbs, and root vegetables served with light white wine sauce
- **Roast Beef**
 - AAA quality roast cooked to perfection served in a rosemary infused red wine sauce
- **Veal Roast**
 - Veal roast cooked with roasted garlic lime confit in a rosemary butter sauce
- **Stuffed Pork**
 - Pork loin stuffed with caramelized pears, sausage, fresh herbs served with raisins and cream sauce
- **Grilled Salmon**
 - Fresh salmon grilled to perfection in a citrus butter sauce
- **Chicken or Sausage Campagnola**
 - Sliced Sausage or Chicken tossed with roasted potato, red and yellow peppers, onions, carrots & mushrooms
- **New Zealand or Quebec Lamb**
 - Grilled Lamb Marinated slowly cooked in a savoury Dijon sauce accompanied with Gerlot potatoes and asparagus

COMBO MEAL

2 PASTAS
2 SALADS
2 MEATS
\$25 to \$28
PER GUEST

Pasta

- **Lasagna Casalinga**
 - Fresh pasta with beef served with fresh San Marzano tomato sauce infused with basil
- **Eggplant Parmigiana**
 - Thinly sliced eggplants served with Fresh San Marzano tomato sauce, fresh ricotta parmesan and mozzarella
- **Cannelloni or Fazzoletti**
 - Meat or ricotta and spinach filled cannelloni/fazzoletti of your choice, served with fresh tomato or rosé sauce
- **Cavatelli with Sausage and Rapini**
 - Fresh cavatelli with Italian sausage and rapini served with light cream sauce
- **Fusilli with Pork Ragu**
 - Fresh fusilli with pork ragu spinach and cherry tomatoes
- **Rotini with Roasted Vegetables**
 - Rotini, roasted seasonal vegetables served with saffron cream sauce or curry tomato sauce

Salads

- **Classic Caesar Salad**
 - Homemade croutons and shaved parmesan cheese tossed with Caesar dressing
- **Baby Spinach Salad**
 - Baby spinach, mandarin oranges, walnuts, cranberries tossed with orange dressing
- **Mixed Greens Salad**
 - Field mix, cherry tomatoes, cucumber tossed with balsamic vinaigrette
- **Arugula Salad**
 - Arugula, parmesan shavings, sunflower seeds tossed with roasted onion vinaigrette
- **Greek Salad**
 - Lettuce, tomatoes, cucumber, feta cheese tossed with balsamic vinaigrette
- **Beet Salad**
 - Roasted beets, walnuts, goat cheese balsamic vinaigrette
- **Kale & Quinoa Salad**
 - Kale, quinoa, celery, sun-dried tomato tossed with citrus vinaigrette

Chafing dishes
are available at a
fee of \$20.00
each.
Delivery is
included.