



***IGA***  
—  
**CATERING**

**2023 - 2024**



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**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.



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# INSPIRATION MENUS

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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.

# 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



**VEGETARIAN MENU** page 8



**COCKTAILS** page 9



**FAMILY GATHERINGS** page 10



**SPECIAL EVENTS** page 11



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



**MENU FOR**

**6 to 8  
PEOPLE**

- 104 - Mini-pastries with fruit
- 106 - 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 - Melon and prosciutto
- 905 - Chocolats Favoris kooky cookies and pretzels

MENU FOR

**10 to 12  
PEOPLE**

- 154 - Fruit salad
- 204 - Green salad  
with fruit and nuts
- 208 - Vitamin Bomb
- 212 - Single specialty salads
- 301 - The Multi-bread
- 304 - Stuffed rolls
- 502 - Must-haves
- 604 - Exquisite cheeses
- 909 - Profiteroles and  
chocolate éclairs



**WORKING LUNCH**



MENU FOR

**6 to 8  
PEOPLE**

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

MENU FOR

**10 to 12  
PEOPLE**

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

- 206 - Caprese salad
- 210 - Specialty salads
- 405 - Devilled eggs



MENU FOR

**10 to 12  
PEOPLE**

- 208 - Vitamin Bomb
- 306 - Wrap bites
- 401 - Mini-skewer duo
- 402 - Salmon bites
- 403 - Mini-skewers  
grapes and cie
- 505 - Italian deli meats
- 752 - Sushi Miyake platter
- 903 - Quartet of brownies

MENU FOR

**15 to 20  
PEOPLE**

**Add these following platters  
to the menu for 10 to 12  
people above:**

- 305 - Mini-croissants
- 307 - Mini-pitas
- 401 - Mini-skewer duo





**MENU FOR**

**10 to 12  
PEOPLE**

- 208 - Vitamin Bomb
- 209 - Picnic salads
- 303 - Soft sandwiches
- 305 - Mini-croissants
- 404 - Pomodoro pizza
- 503 - The Delectable
- 601 - Little cheese cubes
- 901 - Fruit and sweet bites

**MENU FOR**

**15 to 20  
PEOPLE**

**Add these following platters to the menu for 10 to 12 people above:**

- 303 - Soft sandwiches
- 405 - Devilled eggs
- 406 - Cheese ball
- 909 - Profiteroles and chocolate éclairs

**MENU FOR**

**6 to 8  
PEOPLE**

- 203 - Arugula, nuts, and strawberry salad
- 207 - Market finds
- 306 - Wrap bites
- 504 - Prosciutto and melon
- 603 - Local cheeses
- 701 - Pearl of the Sea

**MENU FOR**

**10 to 12  
PEOPLE**

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

- 206 - Caprese salad
- 301 - The Multi-bread
- 501 - Pâtés and deli meats
- 915 - Assortment of Bites





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## WORKING LUNCHES

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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 - Lasagna served with bread
- 14 - Polpette (meatballs) with orzo and vegetables

All served with a dessert.

### WRAP TRIO

#### 4 varieties to choose from:

- 21 - Cajun chicken
- 22 - Smoked salmon
- 23 - Chicken-cranberry spread
- 24 - Vegetarian tofu spread

All served with salad and a dessert.



### SALAD TRIO

#### 2 salads to choose from:

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

All salads are served with green grapes and macarons.



### POKE BOWL

#### 4 varieties to choose from:

- 51 - Shrimp
- 52 - Salmon
- 53 - Tuna
- 54 - Vegetarian

Pictures are for illustration purposes only. The poke bowl ingredients may vary from store to store.



### 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.



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## GOOD MORNINGS!

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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 day!



**101 | 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**



**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**



**103 | ASSORTED MUFFINS**

Always a classic: an assortment of 20 of our *Saveurs du four* oven-baked muffins.

**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**



**105 | TENDER POUND CAKE**

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

**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.

**6 to 8 people**



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## FRUIT FRENZY

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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**



**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**



**153 | TUTTI-FRUTTI**

A full platter of tangy, refreshing fruit: watermelon, oranges, pineapple, blackberries, and raspberries.

**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!

**6 to 8 people**





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## VEGGIES AND SALADS

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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**



**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**



**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**



**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**



**205 | TUSCAN SALAD**

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

**6 to 8 people**



**206 | CAPRESE SALAD**

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

**6 to 8 people**



**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**



**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**



**209 | PICNIC SALADS**

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

**6 to 8 people**



**210 | SPECIALTY SALADS**

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

**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**



**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.

**6 to 8 people**





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# HANDFUL SANDWICHES

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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 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.

**6 to 8 people**



### 302 | WRAPS AND CRUDITÉS

With sides of fresh-cut veg and hummus, our wraps are decadent and original: Cajun chicken with onion confit; smoked salmon with capers; chicken-cranberry spread; tuna and green apple; tofu and red pepper spread.

**6 to 8 people**





**303 | 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**



**304 | 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**



**305 | 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**



**306 | WRAP BITES**

Six original flavours: old-fashioned ham; Cajun chicken with onion confit; smoked salmon and capers; chicken-cranberry spread; tofu-red pepper spread; tuna and green apple spread.

**10 to 12 people**



**307 | 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.

**6 to 8 people or 10 to 12 people**



**308 | KIDS' FAVES**

Everything kids love: tomato pizza, soft sandwiches, little cheese cubes, raw veggies, hummus and some surprise treats!

**6 to 8 children**







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# COCKTAIL HOUR

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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

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**

**OCEAN  
WISE**

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**



**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**



**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**



**406 | THE CHEESE BALL**

Surrounded by crackers and pita chips, our cheese ball is made from ingredients as perfect as they are simple: cream cheese, cheddar, mozzarella, chives, and bacon bits.

**6 to 8 people**



**408 | NACHO-STYLE PLATTER**

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

**6 to 8 people**



404 | Pomodoro pizza  
406 | The Cheese ball



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## DELICIOUS DELI

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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**

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**



**502 | MUST-HAVES**

All laid out on the same platter: salami, mild capicollo, turkey breast, and smoked ham.

**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**



**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**



**505 | ITALIAN DELI**

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

**10 to 12 people**





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# CHEESES

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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 | LOCAL CHEESES**

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

**6 to 8 people**



**604 | 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**



Don't forget your baguette!  
Come in-store to choose from a large selection of freshly baked breads, including organic options.



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## FROM THE SEA

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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**



**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**



**703 | ROYAL PLATTER**

An impressive platter combining lobster, snow crab, maple-smoked salmon nuggets and shrimp, with cocktail sauce and garlic butter.

**6 to 8 people**



**704 | SEAFOOD SALADS**

A quartet of seafood medleys: smoked salmon nugget salad, spicy pollock-crab salad, Nordic shrimp salad, and tropical 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**





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## FRESH SUSHI

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

\*Japanese for "Delicious!"



**751 | KANTO**

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

**2 to 3 people – 30 pieces**



**752 | MIYAKE**

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

**3 to 4 people – 40 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**



**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**



**OCEAN WISE**

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

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



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## HEAT AND SERVE COMFORT FOOD

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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**



**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**

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

- 809** Fusilli
- 810** Fettuccine
- 811** Penne
- 812** Rice
- 813** Basil orzo



**IMPORTANT**

PLASTIC  
CONTAINERS  
ARE NOT  
OVEN SAFE.

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



**803 | BUTTER CHICKEN**

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

**4 to 6 people**



**804 | POLPETTE**

Italian pork and beef meatballs in a perfectly seasoned tomato sauce.

**4 to 6 people**



**805 | SLICED TURKEY**

Thinly sliced turkey served *au jus* (drizzled with its own natural juices).

**4 to 6 people**



**806 | CHICKEN SUPREME WITH MUSHROOM SAUCE**

Boneless, skinless chicken breast cooked in a succulent sauce of cream, butter, garlic, and mushrooms.

**4 to 6 people**



**807 | MEAT LASAGNA**

Three full layers of fresh pasta with classic meat sauce and mozzarella cheese.

**4 to 6 people**

**IMPORTANT**  
ONLY LASAGNA  
CONTAINERS  
ARE OVEN  
SAFE.



**808 | 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.

**4 to 6 people**





804 | Polpette  
813 | Basil orzo



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# SWEET TREATS

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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, macarons, and maple fudge go beautifully with blueberries and strawberries.

**8 to 10 people**



**903 | BROWNIE QUARTET**

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

**20 to 25 people**



**905 | CHOCOLATS FAVORIS KOOKY COOKIES AND PRETZELS**

The perfect mix of sweet and savoury: 6 Ultimate Chocolate and 6 Dulce de Leche Chocolats Favoris Kooky Cookies with savoury pretzels.

**10 to 12 people**



**909 | 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.

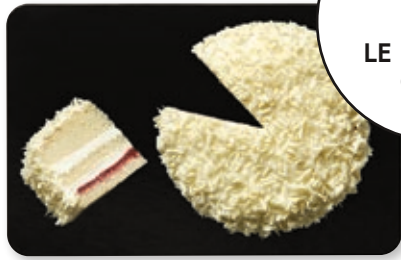
**6 to 8 people**



**910 | 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**



**ALSO  
AVAILABLE**  
**913  
LE ROCHER  
CAKE**

**912 | LE RÊVE CAKE**

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

**10 to 12 people**



**915 | 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**



**917 | 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**





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# THE FINAL TOUCH

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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:

- Water, sparkling water
- Soft drinks
- Coffee box
- Teas, herbal teas
- Wine, beer
- Fruit juice

#### New beverage trends:

- Kombucha
- Loop juice
- Loop smoothies

### BON APPÉTIT!

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

### THE ESSENTIALS!

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

### SET THE MOOD!

- Balloons
- Candles
- 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](https://traiteur.iga.net/en).

**Food is  
everything**

**IGA**



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responsible forestry  
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