

# LA TRICOTERIE

FABRIQUE DE LIENS | CONTACTEN FABRIEK | LINK FACTORY

## OUR AUTUMN/WINTER - CATERING MENU

PRIVATE AND PROFESSIONAL PARTIES | SEMINARS | WEDDINGS |  
TRADE SHOWS | BIRTHDAY PARTIES | TEAMBUILDING | ETC.



**CONTACT US !**

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# OUR AUTUMN/WINTER - CATERING MENU

All our recipes are **homemade**. The few exceptions will be marked with an asterisk (\*).

"Le bon pain", our bread supplier, offers a **100% organic**, wood-oven **baked bread made** of various flours, grains, dried fruits and cereals.

If you wish we can design a **special menu for your wedding** and also offer **special services** such as **live cooking** during your event.

**Enjoy !**

 Possibility of ordering gluten-free dishes  
 Indicate the vegetarian dishes



# SUMMARY

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*\* Our catering service mostly uses **organic, Fair-Trade, local and seasonal** products.*

*However some changes might occur on the day of your event depending on the suppliers and the season.*

# TO ACCOMPANY YOUR APPETIZERS

## ► Some finger food

We can offer you an **assortment** of olives, cheese cubes, organic crisps and organic Taco crisps to dip in various sauces (\*).

## ► Our zakouskis

For a starter followed by a meal, we prepare **8 pieces per person**.

If you would like a **finger food-type of meal**, we suggest you to take **18 pieces per person** or to combine a choice among the zakouskis with our tapas menu.

Number of people	Recommended zakouskis varieties
For minimum 35 people	2
For 35 to 70 people	3
For 70 to 150 people	4
For more than 150 people	5

You can, of course, enlarge your choice at some extra cost.

### Our varieties

- Salmon tartar
- White fish ceviche (marinated fish dish)
- Italian meatballs with veal and 3 types of herbs
- Italian meatballs with pork and veal with spices
- A spoon of homemade terrine with chutney of the day
- Homemade rillettes on toast
- Small sautéed potatoes, cream with herbs, herring
- Duck breast fillet, orange sauce, endive
- Eggshell stuffed with finely chopped mushrooms/ or/ scrambled eggs with Gravlax salmon (+0,50€/ pers.)
- Skewer with salmon and lime zest

### Our vegetarian varieties

- Colourful canapés: mini organic toasts with various tapenades (black olives, green olives, hummus of the day, tarama, and different kinds of pesto sauce, ...)
- Arancini (Italian stuffed rice balls with seasonal vegetables)
- Goat cheese ball, heart of black grapes, pistachio
- 3 colours goat cheese ball
- Cheese "gougères" (choux dough mixed with cheese)
- Eggshell stuffed with finely chopped mushrooms
- Tiropita (triangles of crusty dough, feta cheese, mint, seeds) (-> maximum 100 people)
- 3 kinds of crunchy vegetables marinated in herbs on a skewer

# OUR LUNCH OPTIONS

We have **3 different lunch options** to offer you, perfect for your seminars or conferences. You can choose yours among the « standard », The "quiches and salads", our "lunch gourmand" and also among the "main course and dessert".

All of these options are also available in the evenings.

If you wish to end your lunch on a **sweet note**, think of our «**gourmet coffee**» (tea/coffee at the buffet + cookies, homemade cake and pie\*)

## ► 1. Standard

Sandwiches and mini toasts (**various organic breads**) served with hot and cold side dishes (**homemade** tapenades, grilled vegetables, cheese, salmon etc.), and organic soups of the **season** (two types of soup if more than 50 people attending the event). We offer a varied assortment depending on our deliveries.

### Some examples of our toasts and open sandwiches

- Bresaola, red pesto, arugula
- Meatballs sauce diable, etc.
- Brie cheese, pears and honey, crushed nuts
- Ricotta, marinated fennel and thyme

### Some examples of autumn/winter soups

- Red kuri squash and ginger soup
- C3 lentil soup (coral lentils, curry, coconut)
- Creamy beet and grilled sesame velouté
- Etc.

## ► 2. Quiches and salades

Range of **homemade quiches and savoury tarts with vegetables**, chicken or bacon served with various salads of the season (raw vegetables, green salads or legumes).

This option is suitable for a maximum of **200 people**.

### Some examples of tarts and quiches :

- Leek, bacon, Emmental
- Carrots, parsnip and parsley roots

### Nos propositions végétariennes

- Spinach, fresh goat cheese
- Wild mushrooms tart, parsley, garlic



### ► 3. Gourmet lunch

We offer a **varied buffet** made up of our sandwiches, seasonal soups, quiches and savoury pies with salad. This lunch can be offered for a minimum of **80 guests**.



### ► 4. Main course and dessert

Among the following suggestions, **please choose your main course and your dessert**.

This option is also available for evening meals.

#### Our main course option :

- **Tajine** of the season (served with bulgur), you can choose among:
  - The vegetable tajine 🌿
  - The chicken tajine with lemon and olives
  - The lamb tajine with dried apricots and almonds
- **Curry** (served with a 2 colours rice), you can choose among :
  - The chicken curry
  - The vegetarian curry 🌿
  - The white fish curry
- **Lasagnas** (served with a salad), you can choose among :
  - The spinach and ricotta lasagna 🌿
  - The traditional lasagna (with pork and beef mince meat or without pork)
  - The sun vegetable lasagna (vegetarian available from June to November) 🌿
- The **homemade pot-au-feu** (beef stew) served with stock-cooked rice
- **Dessert**, you can choose among:
  - “Fondant au chocolat” (chocolate cake with crunchy rind and mellow filling)
  - Tiramisu with speculoos
  - Brownies with pecan nuts
  - Crumble with seasonal fruit
  - Panna cotta with peers and paprika or peers and caramel
  - Pie with nuts \*
  - “Crème brûlée” pie \*

<b>Number of people</b>	<b>Choose</b>
Up to 30 people	Choose 1 main course and 1 dessert
Between 30 and 70 people	Choose 1 main course and 2 desserts
From 70 people	Choose 2 main courses and 2 desserts
From 150 people	Choose 3 main courses and 3 desserts
From 200 people	Choose 3 main courses and 4 desserts



# STARTERS, MAIN COURSES & DESSERTS MENU

The following menu is designed for a seated meal with **buffet service** or for a **walking dinner**.

On request, we can also design menus which will be **served at the table**, and offer you more **festive or high-end menus**. We work with several catering partners to accommodate for specific demands, (Halal, Kosher...).

**Do not hesitate to contact us for your specific needs!**

<b>Nombre de personnes</b>	<b>Divers choix</b>
Up to 70 people	2 starters, 1 main course with a side dish, 2 desserts
Between 70 and 140 people	3 starters, 2 main courses with a side dish, 3 desserts
Between 140 and 210 people	4 starters, 3 main courses with a side dish, 4 desserts
Beyond 210 people	5 starters, 4 main courses with a side dish, 5 desserts

With supplement, it is always possible to diversify your menu.



## ► 1. Starters and salads

### Our varieties

- Sardinian cooked meats
- Vietnamese salad with beef
- Mesclun salad of chiselled cabbage with grapefruit and citrus fruit vinaigrette (extra chicken sauté +0,50€/pers.)

### Our vegetarian varieties

- Stroganov mushrooms
- Wild mushrooms "flambé" (from September till November)
- Duo of roasted squashes with spices
- Braised endive with honey
- Cauliflower with Roquefort sauce
- Tiropita (triangles of crusty dough with feta, mint and seeds) -> maximum 100 people
- Homemade Samosa -> maximum 100 people
- Autumnal salad: grated vegetables and hazelnut vinaigrette
- Lentil salad with 5 spices
- Vietnamese salad
- Kartoffelsalat (potato salad with capers)
- Raw and crunchy beetroot salad with peers and feta cheese
- Mesclun salad of chiselled cabbage with grapefruit and citrus fruit vinaigrette
- Quinoa tabouleh
- Lukewarm salad of navy beans, chilli, feta cheese and cilantro







## ► 2. Main courses

Please choose among the following main courses:

### Our varieties

- Lamb tajine with dried apricot and almonds served with roasted potatoes
- French lamb stew, vegetables and roasted potatoes (cooked in the oven) with garlic "en chemise"
- Flemish carbonnade "à la Stouterik" (de la Senne's brewery) served with mashed potatoes and leek or gratin dauphinois
- Filet mignon and a fresh-herbs salad served with braised lentils
- Duck confit parmentier served with a gourmet salad
- Curry (chicken or white fish) served with two-coloured rice

### Our vegetarian varieties

- Tajine with winter vegetables served with bulgur and spices
- Vegetable millefeuille, Parmesan cheese crumble served with a mesclun salad
- Curry (vegetables) served with two-coloured rice.

## ► 3. Desserts

Please choose among the following desserts :

- Chocolate pot
- Eton mess (strawberries, broken meringue and whipped heavy cream)
- Fondant au chocolat (small chocolate cake with crunch rind and mellow filling)
- Coffee and speculoos-tiramisu
- In the oven roasted fruit
- Panna cotta with pears and paprika or pears and caramel (In September and October)
- Autumn crumble: apple-pear or apple-mirabelle plum (In September and October)
- Pecan nut brownies
- Caramel cream
- Charlotte cake with fruits of the market
- Seasonal clafoutis
- Semifreddo
- Nuts pie\*
- Crème brûlée pie\*
- Homemade ice cream on a Nanouk stick\* (Pineapple Mojito, Raspberry Hibiscus, Chocolate coconut, etc.) (+2 €/pers)

### From our pastry chef partner "Frère pâtissier" (+1,5 €/pers.):\*

- Lemon-ginger cheesecake and red fruit coulis
- Apple-caramel-hazelnut pie
- Lemon meringue pie







# TAPAS

The tapas option is the perfect one to combine a starter with a meal and enjoy some quality time. Our tapas are served in « **verrines** », ramekins or small Weck jars.

Please choose 4 tapas among the following ones. We prepare each of your choices for all of your guests. This formula is suitable for a **maximum of 200 people**.

Would you like to end on a **sweet note** as well? Have a look at our dessert menu or our **gourmet coffee** (tea/coffee buffet + biscuits, homemade cake, and tart\*)

## Our varieties :

- Homemade rillettes on toast
- Vietnamese salad
- Baked egg and smoked salmon
- Peers/bresaola/Roquefort tapas
- Polpettes (Italian meatballs)
- Homemade terrine with chutney of the season
- Ceviche (half-cooked fish dish cooked with lemon)
- Gravlax salmon (To be ordered at least 7 days prior to your event)
- Salmon skewer with lime zest (+1€/pers.)

## Our vegetarian varieties :

- Musk squash, pangrattato with seeds and Parmesan cheese
- Grilled cauliflower with Roquefort sauce
- Roasted feta with sundried tomatoes and olives
- Stroganov mushroom or Greek-style mushroom
- Braised endives with honey
- Papas arrugadas, mojo rojo and mojo verde (traditional baked potato dish eaten in the Canary Islands, spicy sauce and cilantro sauce)
- Arancini (Stuffed and breaded Italian rice ball)
- Vegetarian Polpettes (with vegetables of the season)
- Samosa -> maximum 100 people
- Bruschetta with garlic, sundried tomatoes and Sardinian ham
- Grilled and marinated vegetables (cauliflower, carrots and fennel)
- Raw and crunchy beetroot salad with peer and feta cheese
- Lentil salad with 5 spices
- Vietnamese salad

**NB : At an additional cost, it is always possible to enlarge the diversity of your buffet (to add more courses)**



# LA TRICOTERIE - MOBILE & SUSTAINABLE CATERER

Our catering service offers several dishes and menus to **take away** and can also **deliver them for you**. Our team is available to provide its services **at home or during your event** as well.

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