

LA TRICOTERIE SUSTAINABLE CATERING





ENVIRONMENTAL VALUE

home-made!

At La Tricoterie, we've decided to offer an **in-house catering** service in line with our eco-responsible philosophy. As event organisers, we feel it's essential to take **social responsibility** into account. We are also working towards zero waste and limiting food wastage.

impact HEALTH AND SUSTAINABILITY

For your public, your staff or your customers, it's now important to offer healthy, tasty, sustainable meals : **local, quality, sustainable and Fairtrade products, cooked with passion and using traditional methods.**

CONVIVIALITY

link factory

Our team will provide you with a service that combines **conviviality and efficiency** for your walking dinners, gala dinners or company lunches. We are committed to bringing the "**link factory**" spirit to your event.

*All our prices are exclusive of VAT. The suggestions are given as examples only, and we rework them according to the seasonal products.
If you require service, furniture or crockery, don't hesitate to ask us for a quotation.*

BREAKFAST & coffee break

COFFEE BREAK — 7€

- Assortment of biscuits
- Seasonal fruit baskets
- Fairtrade coffee
- Teas
- Still and sparkling water
- Assortment of juices

BREAKFAST — 10€

- Assorted pastries
- Seasonal fruit baskets
- Fairtrade coffee
- Teas
- Still and sparkling water
- Assortment of juices

VITALITY BREAKFAST — 13€

- Assorted pastries
- Yoghurt, homemade granola, seasonal fruit and roasted dried fruit
- Seasonal fruit baskets
- Fairtrade coffee
- Teas
- Still and sparkling water
- Assortment of juices



APERITIF *& canapé*



SIMPLE APERO

Chips (truffle, salt, smoked paprika, pepper), olives – 4,5€

Optional: seasonal vegetables & homemade dips – + 3€

VERRINES OR SPOONS

- Parmesan panna cotta, grilled vegetables with rosemary **VG** – 3€
- Caviar of seasonal vegetables, ricotta and coppa chips – 3,5€
- Seasonal vegetable cream and croutons with arugula pesto and walnuts **VG ou vegan** – 3€

SKEWER

- Chicken with satay sauce – 3,5€
- Tofu teriyaki **VG** – 3€

EDIBLE SPOONS

- Sweet potato, feta and coriander spread **VG ou vegan** – 3€

SERVED ON TRAYS

- Samossas with vegetable curry and herbed yoghurt sauce **VG ou vegan** or chicken – 3€
- Seasonal vegetable tempura **VG** – 3€

OUR LUNCH PACKAGES

BREAD FESTIVAL — 11€

4 pieces per person, 4 different breads and 4 different fillings. You can choose between meat, fish, **vegetarian and vegan**

OUR VITALITY SALADS — 18€

3 different salads to choose from, with assorted bread and butter

GOURMET FORMULA — 19€

2 different breads with 2 different fillings
+ a choice of 2 vitality salads
+ 2 sweet touches

SEASONAL VEGETABLE SOUP +3€

OUR COLD BUFFETS — 21€

Le Paysan

- Mini quiche with seasonal vegetables
- Meatloaf, old-fashioned mustard, vegetable pickles, VEGAN option available
- Platter of Belgian cheeses, fresh and dried fruit
- Home-made veggie spreads
- Seasonal mixed salad
- Assortment of breads and butter

Le Méditerranéen

- Perled Couscous, spread of seasonal vegetables, mozzarella, sun-dried tomatoes, mixed greens
- Home-made falafels
- Chickpea hummus, roasted seasonal vegetables, tamari seeds
- Marinated and grilled chicken with lemons and thyme
- Eggplant caviar
- Mesclun salad, assortment of breads and butter



OUR BREAD FESTIVAL

our sandwiches are available as wraps, baguettes, rolls or tartines.

THE FARMER

Chicken, crispy onion & fresh herbs

THE FISHER

Trout rillettes, lemon zest, fresh herbs, roasted seasonal vegetables with fennel seeds and arugula

THE COUNTRYMAN

Old-fashioned mustard, meatloaf, vegetable pickles & salad

THE CHEESEMAKER **VG**

Goat's cream, caramelised apples, roasted hazelnuts and arugula

THE LEBANESE **Vegan**

Falafels, chickpea hummus, roasted seasonal vegetables, tamari seeds

THE ITALIAN **VG**

Seasonal vegetables spread, mozzarella, homemade marinated olives, mesclun, fresh herbs





OUR SALADS

vitality - 18€

Our vitality salads can be served as a buffet or in individual weck jars*

LEBAN BOWL Vegan

Bulgour, homemade falafels, seasonal roasted vegetables, roasted almonds, mesclun & homemade sauce

CLEOPATRA

Couscous, chicken, assorted grilled seasonal vegetables, homemade vinaigrette

FOLLOW THE RIVER

Quinoa, trout rillettes, lemon zest, fresh herbs, roasted seasonal vegetables with fennel seeds and arugula salad

THE MEDITERANEAN VG

Pearled couscous, spread of seasonal vegetables, mozzarella, sun-dried tomatoes, mesclun salad

THE VEGAN Vegan

Quinoa, chickpeas, roasted seasonal vegetables, tamari seeds, mesclun and red vinaigrette

** We ask for a supplement of 1,5€ for the service in individual weck jars*

WARM BUFFET

26€

< 100 people : 2 choices
> 100 people : 3 choices
+4€ per extra choice

Meatballs with Liège sauce

Roasted potatoes with rosemary, caramelised apples

Red scampi curry, seasonal vegetables VG or vegan on demand

Herbed quinoa, crisp sesame vegetable salad

Chicken Tajine, lemon and olives

Roasted carrots and bulgur salad with herbs

Black season beef carbonnade (local beer from Brasserie de l'Annexe)

Pan-fried seasonal vegetables and potatoes browned in thyme

Polpettes and tomato coulis with basil

Gratin of seasonal vegetables

Chili sin carne VG, vegan

Rice with saffron and fresh herbs

Courgettes stuffed with ricotta VG

Ratatouille with lemon zest, olives & sun-dried tomatoes

Trout with lemon butter and shallots in white wine

Potato purée and homemade tartar sauce

Meatloaf with mustard sauce

Pan-fried potatoes with red onions and seasonal cabbage

Couscous VG, vegan or meat

Marinated and grilled chicken drumsticks, semolina with fresh herbs



All our buffets are served with salad and an assortment of bread & butter.

WALKING DINNER 32€

We offer 5* variations per person, with the option of adding a sweet touch. Here are a few examples:

- Pad thai VG, chicken or scampi
- Potato bombas with a heart of VG melted cheese
- Sweet potato gratin with coconut milk, curry & seasonal vegetables **vegan**
- Potato surprise, onions, cumin and Reblochon cheese **VG**
- Chicken tajine, lemon and olives
- Homemade spring rolls **VG**, chicken or scampi
- Polpettes (Italian meatballs) with tomato and basil coulis and focaccia
- Frittata with pumpkin, maple syrup, goat's cheese and roasted hazelnuts **VG**

** From these different suggestions, we invite you to choose two, which we will complete with three other preparations from this list depending on the season and product availability.*



MENUS

3 course

Because every event is different, we offer a tailor-made 3-course menu. Whether it's for a wedding, a business meeting or a private party our team of chefs will create dishes that will delight your guests.

After a personalised conversation to understand your preferences and dietary restrictions, our chefs will design a menu especially for you, taking into account your needs and the theme of your event.

SAMPLE MENU — 55€

- Homemade ricotta gnocchi flavoured with truffles VG
- Nikkei shrimp ceviche (Peruvian-Japanese fusion)

- Low-temperature lamb mice, roasted sweet potatoes
 - Cod fillet au gratin with Parmesan cheese
 - Crispy lentil pie, indian style

- 3 Belgian cheeses, bread, dried fruit, butter, apple and pear syrup

- Intense chocolate mousse, almond tuile
 - Bailey's crème brûlée



LIVE COOKING

over thematic stalls min 100 people



3 stalls : €36 and €5 for every additional stall

Souvláki / Greece (vg option available)

Greek bread with a skewer of grilled chicken marinated in lemon and herbs, tomato confit, kalamata olives, caramelised red onions and mint yoghurt sauce, served with baked potatoes and htipiti (feta and pepper sauce).

Bò bún / Vietnam (vg option available)

Bowl of cold rice vermicelli, sweet and sour sauce with vegetarian nem and marinated beef cooked a la plancha, raw and cooked seasonal vegetables, coriander, mint, mango pickles with sweet chilli and roasted peanuts.

Frittatine di pasta / Italy (vg option available)

Short pasta croquettes with scamorza, red onions, mushrooms and parsley, served with a small cream of pumpkin with mascarpone, truffle oil and pancetta crisps.

Quesadillas / Mexico (vg option available)

Tortilla cooked a la plancha with cheddar, beef tomato, kidney beans, sweet potatoes, grilled peppers and coriander, served with a little jalapenos sour cream and a crunchy salad.

Dibi / Senegal (vg option available)

Lamb with marinated and grilled onions, caramelised plantains, sweet potato fries and a lightly spiced sauce.

Bibimbap / Korea (vg option available)

Bowl of rice with shiitake mushrooms, marinated seasonal vegetables, caramelised pork, kimchi, soy, roasted sesame seeds, honey and rice vinegar sauce and grilled egg.

Naan / India (vg option available)

Naan with tandoori chicken grilled a la plancha, ginger pumpkin and spinach, red onion raita, crisp salad accompanied by a lentil dahl with lime and coconut.

Po'boy / New Orleans (vg option available)

Crispy bread with shrimps marinated in Cajun spices and cooked a la plancha, bacon, horseradish mayonnaise, cucumber pickles, fried onions and baby greens, served with a warm salad of okra, carrots and tomatoes.

German burger / USA

Bun with beef burger, raclette cheese, smoked ham chips, cucumber pickles, pan-fried onions in red wine, arugula and homemade herb sauce, served with thyme-roasted potatoes.

DESSERTS

& midnight snacks



OUR DESSERTS — 9€

- Chocolate fondant
- Seasonal fruit with honey and crumble
- Chocolate and salted butter caramel tartlet
- Lemon meringue tartlet
- White chocolate and vanilla praline tartlet

OUR SWEET TOUCHES (2 touches) — 5,5€

- Walnut tart
- Brownie
- Crème brûlée tart
- Seasonal crumble
- Jam square

FRUIT BASKET — 3€

MIDNIGHT SNACK

- Polpettes with tomato and basil coulis and ciabatta — 8€
- Onion soup, Gruyère cheese and croutons — 6€
- Grilled chicken drumsticks with barbecue sauce and coleslaw — 8€
- Homemade potatoes with two homemade dips — 6€

DRINKS

TO ACCOMPANY EVERY MOMENT CHOOSE FROM OUR OPEN BAR FORMULAS OR OUR SELECTION OF LOCAL OR FAIRTRADE DRINKS



	FORMULA 1	FORMULA 2	FORMULA 3	FORMULA 4	FORMULA 5
JUICES	Pajottenlander	Pajottenlander	Pajottenlander	Pajottenlander	Pajottenlander
WATER	Still & sparkling water	Still & sparkling water	Still & sparkling water	Still & sparkling water	Still & sparkling water
SODA	Fritz Kola	Fritz Kola	Fritz Kola	Fritz Kola	Fritz Kola
LOCAL BEERS	x	Silly · Kriek · Trottinette	Silly · Kriek · Trottinette	Silly · Kriek · Trottinette	Silly · Kriek · Trottinette · Théorème
RED WINE	x	Nero d'Avola	Veneto Rosso IGT	Veneto Rosso IGT	Veneto Rosso IGT
WHITE WINE	x	Pablo Claro	Margalh	Margalh	Margalh
CAVA	x	x	x	Cava LaSiDo	Cava LaSiDo + Pizzolato rosé
PRICES	6€/h 10€/2h 13€/3h + 2€/h	8€/h 13€/2h 17€/3h + 3€/h	9€/h 14€/2h 18€/3h + 3€/h	11€/h 16€/2h 20€/3h + 3€/h	14€/h 18€/2h 22€/3h + 3€/h



Add champagne and/or pre-ordered cocktails to the package of your choice !

OUR WINES

Santa Tresa - Purato (Nero d'Avola)

Lovely bouquet of **red berries**, plums, fresh figs and aromatic herbs. Well-balanced and suave on the palate with abundant fruit, this cuvée reveals a fine texture with **velvety**, supple tannins.

Veneto Rosso IGT - Wild Nature (Corvina & Raboso)

Dominated by the Corvina grape variety, the wine distils a **fresh, lively juice** with notes of red berries, toast and **sweet spices**. A very flattering register, the structure is just right, with crisp fruit. A savoury, greedy, silky wine.

Pablo Claro - Dominio de Punctum (Chardonnay)

A lovely bouquet of peach, apricot and exotic fruit, with a hint of citrus and white flowers. **A fresh, fruity Chardonnay** with a fine, pure texture, very pleasant and accessible.

Margalh - Domaine Bassac (Chardonnay)

Fresh, aromatic bouquet of citrus fruit, apricot, peach and **floral notes**. Limpid, fruity and pure on the palate, with a lovely freshness.

& OUR CAVAS

Cava Lasido Brut Bio

An elegant cava with great depth on the nose and palate. **Freshness, liveliness, purity** and richness come together in this beautifully balanced cuvée. A bubble of superior quality!

Rosé Spumante Extra Dry - Pizzolato

Pizzolato Rosé captivates with its juicy, fruity flavour. Despite its opulence, this Italian wine captivates with its delicate balance. On the palate, the texture of this light sparkling wine is **wonderfully crisp**.



but also:

TAILOR-MADE, COCKTAILS & ENTERTAINMENT

Our catering service can also offer you tailor-made solutions:

- Cocktail bar
- Live cooking
- Barbecue
- And all kinds of other indoor and outdoor entertainment.

Don't hesitate to contact us, we'll help you with all your projects!





By choosing La Tricoterie for your event, you're not just placing an order with a service provider. You're contributing to the development of a socially responsible organisation and encouraging initiatives that promote social, socio-cultural and ecological cohesion.

La Tricoterie dreams of being a "link factory" and has positioned itself as a "sustainable events venue". **Cultural programming** (concerts, shows, exhibitions, etc.) runs alongside **community programming** (screenings, conferences, repair cafés, neighbourhood meetings, etc.) where different audiences and disciplines come together.

At the same time, our rooms are available for hire and dedicated to **the organisation of events**. The sustainable positioning of our approach includes **sustainable food** (organic, fairtrade, seasonal and/or local food and drink, traditional and homemade cooking, etc.) and **thinking and acting on the ecological impact of our events** (reducing waste, recycling unsold products, using green cleaning products, optimising energy consumption, etc.).

The profits generated by your order will enable us to part-finance our cultural and civic activities and ensure the long-term future of our project. Thank you for your support!

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