

# LA TRICOTERIE SUSTAINABLE CATERING







*home made !*  
**ENVIRONMENTAL  
VALUE**

At La Tricoterie, we have decided to offer an **in-house catering service** to stay true to our eco-responsible philosophy. It seems essential for us to integrate this societal responsibility as an event organizer. We also strive to aim for **zero waste and limit food waste.**

*impact*  
**HEALTH AND  
SUSTAINABILITY**

For your audience, staff or clients, it is now important to offer healthy, gourmet meals that align with a sustainable approach: **local and quality products, fair-trade and thoughtfully sourced, prepared with passion and craftsmanship.**

**CONVIVIALITY**  
*link factory*

Our team will ensure a service that combines **conviviality and efficiency** for your walking dinners, gala dinners, or corporate lunches. We are committed to exporting the spirit of the "**Link Factory**" within your event.

*Here you will find menu proposals, to be adapted according to your desires and seasonal products. All our prices are excluding VAT. Meat and fish versions may include a supplement, reflecting our commitment to sourcing from quality circuits.*

# OUR LUNCH FORMULAS

## NOUR VITALITY SALADS — €18

3 different salads of your choice, with an assortment of bread and butter (see next page)

## FORMULA GOURMAND — 19€

2 different filled breads  
2 vitality salads of your choice  
2 sweet touches

## SEASONAL VEGETABLE SOUP +€3

## BREAD FESTIVAL — 11€

3 pieces per person, 3 breads, and 3 different fillings, of your choice:

### THE FARMER +€1

Chicken, crispy onions & fresh herbs

### THE FISHERMAN +€1

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

### THE COUNTRYMAN +€1

Whole-grain mustard, meatloaf, pickled vegetables, and salad

### THE MEDITERRANEAN VG

Seasonal vegetable spread, mozzarella, grilled vegetables, homemade marinated olives, mesclun, and fresh herbs

### THE MEXICAN VEGAN

Seasonal vegetable guacamole, falafels, grilled vegetables, and mesclun

### THE ITALIAN VG

Seasonal vegetable spread, mozzarella, homemade marinated olives, mesclun, and fresh herbs







# OUR SALADS

*vitality* - 18€

*Our vitality salads are served as a buffet.*

## **LEBAN BOWL** VEGAN

Quinoa, chickpeas, fresh herbs, lemon, roasted seasonal vegetables, falafels, roasted almonds, and vegetable caviar

## **CLEOPATRA +€1** (VEGAN OPTION)

Bulgur, shredded roasted chicken, crunchy seasonal vegetables, lemon vinaigrette

## **THE ITALIAN** VG

Pearl couscous, pesto rosso, mozzarella, grilled vegetables, olives, and arugula

## **THE MEDITERRANEAN** VG

Lentils, lemon, grilled seasonal vegetables, feta, parsley, and roasted seeds

## **CHEFS' POKE** (VEGAN OPTION)

Rice, marinated tofu, crunchy vegetables, bean sprouts, sweet soy sauce, young onions, and fried onions

OR marinated chicken or marinated salmon (+€1)



# PITA BAR

Durums and pita breads  
Yogurt sauce with fresh herbs and lemon  
Homemade spicy sauce  
Seasonal salad and mustard vinaigrette  
Shredded white cabbage and carrots  
Grilled seasonal vegetables  
Marinated and grilled beef and/or chicken (+€2)  
Corn  
Falafels  
Olives  
Feta

13,5€



15€

# PHO BAR

Vegan broth  
Ramen noodles  
Rice noodles  
Sliced beef (+€2)  
Marinated shrimp (+€2)  
Tamari marinated tofu  
Bean sprouts  
Roasted seasonal vegetables  
Spring onions  
Mushrooms  
Coriander  
Hoisin sauce  
Sriracha sauce



*\*Up to 100 people maximum.*



# OUR COLD BUFFETS

21€

- Assortment of spreads, veggie caviars, tapenades, rillettes, and hummus (vegan)
- Vitality salad (choose 2 from the salads listed above)
- Selection of cured meats, pickled vegetables, and whole grain mustard OR individual meatloafs, pickled vegetables, and whole grain mustard OR bacon and Comté cheese quiches
- Cheese platter with dried fruits and Liège syrup OR seasonal vegetable and feta quiches OR individual **vegan** meatloafs, pickled vegetables, and fresh herb yogurt sauce
- Assortment of bread and butter

## QUICHE & SALAD BUFFET — 15€

- 2 varieties of quiches (feta & grilled vegetables / bacon & Comté cheese)
- 1 seasonal vegetable frittata (oven-baked omelet)
- 2 varieties of vitality salads (see above)
- Assortment of bread and butter







# stewpan HOT BUFFETS 26€

**Chef's couscous with 7 vegetables and semolina (vegan)**

Chicken and/or Merguez supplement: +€1

**Tofu tajine with olives and preserved lemon, served with bulgur (vegan)**

Chicken tajine supplement: +€1

**Red curry with coconut milk, seasonal vegetables, and rice (vegan)**

Shrimp supplement: +€1

**Marmitako (Spanish stew) with seasonal vegetables, tomatoes, and Parisian potatoes (vegan)**

Salmon supplement: +€1

**Chili sin carne with textured soy protein and rice (vegan)**

Beef chili con carne: +€1

**Cider-braised seasonal vegetables with chestnuts and sautéed potatoes (vegetarian, can be made vegan)**

Chicken supplement: +€1

**Beetroot balls in Liège sauce, caramelized apple halves, and sautéed potatoes (vegan)**

Beef meatballs supplement: +€1

**Vegetarian chickpea stew with carrots, coriander, and marinated feta, served with herbed bulgur (vegetarian, can be made vegan)**

Beef kefta supplement: +€1

< 100 ppl : 2 choices > 100 ppl : 3 choices  
+4€ per additional choice



# WALKING DINNER €32

We offer 5 mini dishes per person, including a few sweet touches.

Choose 2 options from the list below, and we will complete the selection with 3 additional dishes based on seasonality and product availability.

**Chef's couscous** with 7 vegetables and semolina (vegan)

Chicken and/or Merguez supplement: +€1

**Tofu tajine** with olives and preserved lemon, served with bulgur (vegan)

Chicken tajine supplement: +€1

**Red curry** with coconut milk, seasonal vegetables, and rice (vegan)

Shrimp supplement: +€1

**Marmitako** (Spanish stew) with seasonal vegetables, tomatoes, and Parisian potatoes (vegan) – Salmon supplement: +€1

**Chili sin carne** with textured soy protein and rice (vegan)

Beef chili con carne: +€1

**Cider-braised seasonal vegetables** with chestnuts and sautéed potatoes (vegetarian, can be made vegan) – Chicken supplement: +€1

**Beetroot balls in Liège sauce**, caramelized apple halves, and sautéed potatoes (vegan) – Beef meatballs supplement: +€1

**Vegetarian chickpea stew** with carrots, coriander, and marinated feta, served with herbed bulgur (vegetarian, can be made vegan)

Beef kefta supplement: +€1

**Paris mushroom croquette** (vegetarian) – Chicken supplement: +€1

**Salmon and spinach croquette** (+€1)

**Crispy Suppli** with peas and a melting mozzarella center (vegetarian)

**Potato bombas** with melted cheese center (vegetarian)

Seasonal vegetable and feta **quiche** (vegetarian)

Bacon and Comté cheese **quiche** (+€1)





# OUR RECEPTIONS

## & cocktails



### FRIENDSHIP DRINK — 14€ (2h)

- Red wine Purato Nero d'Avola , white wine Pablo Claro (Chardonnay)  
- Water, assorted Pajottenlander juices, Fritz-kola
- Olives and crisps (truffle, salt, smoked paprika, pepper), vegetables & homemade sauce

### OPENING NIGHT — 19€ (2h)

- Red wine Purato Nero d'Avola , white wine Pablo Claro (Chardonnay)  
- Water, assorted Pajottenlander juices, Fritz-kola
- Olives and crisps (truffle, salt, smoked paprika, pepper), vegetables & homemade sauce
- 3 appetizers (see our examples)

### FABRIK APERO— 24€ (2h)

- MiSolFa Cava
- Red wine Purato Nero d'Avola , white wine Pablo Claro (Chardonnay)  
- Water, assorted Pajottenlander juices, Fritz-kola
- Olives and crisps (truffle, salt, smoked paprika, pepper), vegetables & homemade sauce
- 6 appetizers (see our examples)

### VERRINES — €3

- Shrimp tartare with lemon, ginger, and wasabi (+€1)
- Artichoke caviar with tartufata (vegan)
- Chickpea hummus, coriander, and black sesame (vegan)
- Seasonal vegetable spread, pink berries, and feta VG
- Green olive tapenade and mozzarella VG

### SKEWERS — 3€

- Thai-style beef meatball skewer (+€1)
- Lemon and chili marinated chicken skewer (+€1)
- Veggie beetroot ball with a small yogurt sauce with fresh herbs and lemon (vegan except for the sauce)

### ON PLATTER — 3€

- Mini Moroccan pastilla with chicken and almonds (+€1)
- Chicken and Paris mushroom croquette (+€1)
- Vegetable curry samosas VG
- Crispy pea Suppli with a melting mozzarella heart VG
- Paris mushroom croquette VG
- Mini quiches with seasonal vegetables and feta VG
- Potato tortilla VG
- Crispy galette with seasonal vegetables (vegan)



# OUR DESSERTS *& midnight snacks*

## DESSERTS — 9€

- Chocolate brownie with dried fruits
- Vegan & gluten-free chocolate brownie
- Pecan blondie
- Lemon meringue tartlet
- Thin apple tart
- White chocolate & praline tartlet
- Seasonal fruit salad with mint and ginger syrup
- Crêpe buffet with jams, chocolate spreads, speculoos, sugar, sprinkles, and honey

## SWEET TREATS (2 choices) — €5.50

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

## FRUIT BASKET — €3

## MIDNIGHT SNACKS

- Tomato & basil meatballs with ciabatta — €8
- Onion soup with Gruyère and croutons — €6
- Grilled chicken drumsticks with BBQ sauce and coleslaw — €8
- Homemade potato wedges with two artisan sauces — €6





# BREAKFAST & coffee break

**COFFEE BREAK — €7**

- Assortment of artisanal biscuits
- Baskets of seasonal fruits
- Fair-trade coffee
- Teas
- Still and sparkling water
- Assortment of juices

**Quality Nao chocolate tasting (+€1)**

**BREAKFAST — 10€**

- Assortment of pastries
- Baskets of seasonal fruits
- Fair-trade coffee
- Teas
- Still and sparkling water
- Assortment of juices

**Quality Nao chocolate tasting (+€1)**

## VITALITY BREAKFAST — 13€

- Assortment of pastries
- Yogurt, homemade granola, seasonal fruits, and roasted dried fruits
- Baskets of seasonal fruits
- Fair-trade coffee
- Teas
- Still and sparkling water
- Assortment of juices

**Quality Nao chocolate tasting (+€1)**





# LIVE COOKING

*our thematic stalls* min 100 people

**3 stalls : €38 and €6 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.



# MENU

*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





# 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
<b>JUICES</b>	Pajottenlander bio	Pajottenlander bio	Pajottenlander bio	Pajottenlander bio	Pajottenlander bio
<b>WATER</b>	Still and sparkling water	Still and sparkling water	Still and sparkling water	Still and sparkling water	Still and sparkling water
<b>SODA</b>	Fritz Kola and assorted organic lemonades (Ginger, Lemon, Elderberry), Isis	Fritz Kola and assorted organic lemonades (Ginger, Lemon, Elderberry), Isis	Fritz Kola and assorted organic lemonades (Ginger, Lemon, Elderberry), Isis	Fritz Kola and assorted organic lemonades (Ginger, Lemon, Elderberry), Isis	Fritz Kola and assorted organic lemonades (Ginger, Lemon, Elderberry), Isis
<b>LOCAL BEERS</b>	x	x	x	Silly · Kriek · Grisette blanche · Trottinette	Silly · Kriek · Trottinette · Delta IPA · Grisette blanche
<b>RED WINE</b>	x	Nero d'Avola	Veneto Rosso IGT	Veneto Rosso IGT	Veneto Rosso IGT
<b>WHITE WINE</b>	x	Pablo Claro	Margalh	Margalh	Margalh
<b>CAVA</b>	x	x	x	Cava LaSiDo	Cava LaSiDo + Pizzolato rosé
<b>PRICES</b>	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**.





# *also:* CUSTOM EVENTS, COCKTAILS & ENTERTAINMENT

We also offer tailor-made solutions for your event:

- Cocktail bar
- Live cooking
- BBQ
- Indoor & outdoor entertainment

**Feel free to contact us - we'll be happy to help you with all your projects!**





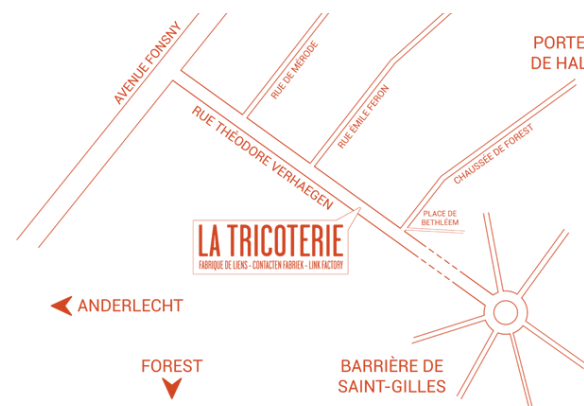


By choosing La Tricoterie for your event, you are supporting a community-driven initiative.

We are a **cultural and sustainable event space**, hosting concerts, exhibitions, and social projects.

Our **eco-friendly philosophy** includes seasonal, fair-trade, and artisanal cuisine, as well as waste reduction, energy efficiency, and food donation programs in collaboration with Îlot ASBL, an organization fighting homelessness.

**Your order helps finance our cultural and social initiatives. Thank you!**



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