



Avec Plaisirs
— traiteur —

FEBRUARY 2012

AN ALLURING menu...

Artichoke heart, pineapple and red pepper bouquet
Asian salad with daikon, carrot and papaya
The delicious mesclun salad with pear and dried cranberry, sprinkled with blue cheese **(Buffet Selection Only)**

Chicken and Brie sandwich with Porto and cardamom flavoured fig jam
The veggie sandwich with apple, basil and swiss cheese, honey and rosemary mayonnaise

Triple chocolate dome

\$15,95 / GUEST

LUNCH BOX - No Guest Minimum
BUFFET - Min. 5 Guests



Chocolate

It's no surprise that chocolate is among the most popular Valentine's Day gifts. Containing properties that stimulate the nervous system, it is associated with love, in addition to acting as an antidepressant. And, although few scientific studies have proven it, it's permitted to believe that chocolate is an aphrodisiac!

LA CABANE^{MC}

LA CABANE CONTEST

In February, fill out the survey available in your confirmation e-mail and run the chance of winning a meal for you and 3 of your friends at La Cabane. An approximate value of \$230 each. For more informations, visit lacabane.ca.

HEALTH TIPS WITH ISABELLE, DOCTOR IN NUTRITION

Integrate alcohol in a healthy menu...

Yes, alcohol does in fact benefit our health. When consumed moderately, wine constitutes a source of antioxidants that contributes to good cardiovascular health, and even beer and spirits increase "good" HDL cholesterol levels. However, such health benefits can only be achieved by limiting daily consumption to 1 glass for women and 2 glasses for men.



Photo by Jimmy Hamelin