



# The Early Riser



BREAKFAST · SNACKS · PLATTERS

# A conscious and delicious choice that makes an impact !



## Indulge while supporting the community

By choosing Resto Plateau, you're doing much more than just placing an order. You're supporting a social economy enterprise whose mission is food security and access to employment.

### IN 2023-2024, WE :

Distributed 94,680 low-cost meals

Supported 154 individuals in their journey towards the job market

Distributed 4,150 free meals to people in precarious situations



## Opt for a responsible caterer

With as many vegetarian and vegan options as omnivorous ones, Retournzy reusable containers, real dishware, and local products, Resto Plateau allows you to delight your guests while minimizing your environmental impact!

### RESTO PLATEAU PERKS :

#### Turnkey packages

- Service staff
- Liquor license
- Venue rental
- Delivery

#### Quebec artisanal products

Vegetarian, vegan, and gluten-free options

Tax-exempt

[ORDER HERE](#)

To learn more about our social and environmental impact

[WEBSITE](#)



# Our formulas

\$ PER PERSON

## THE CLASSIC

👩👧 \$9.00

Croissant, cheddar and Oka cheeses, whole fruits, homemade jam



## THE BRUNCH

\$16.00

Smoked salmon platter, fruit salad, deviled eggs



## THE GOURMET

👩👧 \$12.50

Waffles, chocolate sauce/fruit coulis, sliced fruits



GLUTEN-FREE



VEGETARIAN



VEGAN





# À la carte

\$ PER PERSON



Healthy bran muffin  \$ 2.50

Muffin, chef's choice \$ 3.00

Pastry (croissant, chocolate croissant, and danish)  \$ 2.75

Whole fresh fruit   \$ 2.50

Fresh fruit salad with ginger syrup   \$ 3.50

Chia pudding, coconut milk, passion fruit, kiwi, and organic goji berries   \$ 7.00

Peach pannacotta with maple and almond   \$ 7.00

Ciambella with green tea, fennel, and ricotta  \$ 3.00

Grapefruit cake  \$ 3.00

Homemade cookie  \$ 3.00





# Platters

\$ PER  
PERSON

Smoked salmon, cream  
cheese, capers, red  
onions, lemon,  
and bagels

\$12.00

Fresh sliced fruits



\$6.00

Cheddar and Oka  
cheeses, grapes, and  
crackers



\$6.00

Crudités, artichoke  
spread, vegan hummus,  
and crackers



\$4.50



GLUTEN-FREE



VEGETARIAN



VEGAN





# Beverages

\$ PER  
PERSON

Fair trade coffee

\$ 2.50

Tea and herbal tea

\$ 2.50

Homemade iced tea

\$ 2.50

Fruit juice, large bottle

\$ 6,00

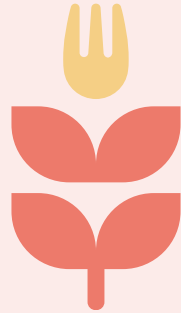
Homemade lemonade

\$ 3,50

Lemon-cucumber water

\$ 2,00





We look forward  
to serving you

ORDER HERE

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