



# The Early Riser

since  
1992

MOUTHWATERING COMMUNITY ENGAGEMENT



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

gf \$ 9.00

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



## THE BRUNCH

\$ 16.00

Smoked salmon platter,  
fruit salad, deviled eggs



## THE GOURMET

gf \$ 12.50

Waffles, chocolate sauce/fruit  
coulis, sliced fruits



GLUTEN-FREE



VEGETARIAN



VEGAN

MINIMUM ORDER  
10  
PEOPLE

# À la carte

\$ PER PERSON

**Healthy bran muffin**

leaf icon \$ 2.50

**Muffin, chef's choice**

\$ 3.00

**Pastry (croissant, chocolate croissant, and danish)**

leaf icon \$ 2.75

**Whole fresh fruit**

leaf icon \$ 2.50

**Fresh fruit salad with ginger syrup**

leaf icon \$ 3.50

**Chia pudding, coconut milk, passion fruit, kiwi, and organic goji berries**

leaf icon \$ 7.00

**Peach pannacotta with maple and almond**

leaf icon \$ 7.00

**Ciambella with green tea, fennel, and ricotta**

leaf icon \$ 3.00

**Grapefruit cake**

leaf icon \$ 3.00

**Homemade cookie**

leaf icon \$ 3.00



GLUTEN-FREE



VEGETARIAN



VEGAN

MINIMUM ORDER  
10  
PEOPLE

# 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

MINIMUM ORDER  
10  
PEOPLE

# Beverages

\$ PER PERSON

Fair trade coffee \$ 2,50

Tea and herbal tea \$ 2,50

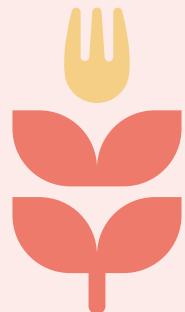
Homemade iced tea \$ 2,50

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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