



MOUTHWATERING COMMUNITY ENGAGEMENT  
since  
1992

# The Gourmet



SALAD BOWLS · LUNCH BOXES · COLD BUFFETS

# A conscious and delicious choice that makes an impact !

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## 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**

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ORDER HERE

To learn more about our social and environmental impact

WEBSITE





# Eco-friendly Mission

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Gourmet meals,  
zero waste

We are proud to be the first caterer in Montreal to offer Retournzy reusable dishes with all our meal bowls and lunch boxes. Together, let's reduce our use of single-use products!

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# Salad Meals

\$ PER PERSON

## Caesar

Smoked duck, romaine, prosciutto chips, parmesan, croutons, with homemade Caesar dressing with anchovies

\$ 21.00

## Antipasto

Calabrese salami, bocconcini, small shell pasta, peppers, artichokes, capers, onions, olives, with sundried tomato pesto vinaigrette

\$ 21.00

## Niçoise

Smoked salmon, potatoes, green beans, tomatoes, cucumbers, olives, onions, eggs, with homemade vinaigrette



\$ 21.00

## Quinoa

Jackfruit, spinach, Cajun chickpeas, celery, carrots, radishes, tomatoes, onions, with tahini vinaigrette



\$ 21.00

## Korean

Rice vermicelli, red cabbage, cucumbers, peppers, carrots, onions, edamame, cilantro, miso, with asian vinaigrette



\$ 21.00

• Curry Tofu

• Beef tataki



GLUTEN-FREE



VEGETARIAN



VEGAN





# Lunch Boxes

\$ PER PERSON

## SMOKED MEAT

\$ 24.50

- Montreal-style smoked meat sandwich, pretzel bread, pickles, dill, olives, and maple mustard sauce
- Greens salad with kale, citrus fruits, crispy wontons, and maple vinaigrette
- Cheese and grapes
- Dessert, chef's choice



## ROAST BEEF

\$ 23.50

- Roast beef sandwich, rosemary focaccia, grilled red peppers, caramelised onions, arugula, and spicy mayonnaise
- Grilled cauliflower and broccoli salad, radishes, and lemon tahini vinaigrette
- Cheese and grapes
- Dessert, chef's choice



GLUTEN-FREE



VEGETARIAN



VEGAN



# Lunch Boxes

\$ PER PERSON

## SMOKED SALMON

\$ 24.50

- Smoked salmon sandwich, cheese mousse, capers and lime, whole wheat ciabatta, dill, cucumber, and radish
- Greens salad with kale, citrus fruits, crispy wontons, and maple vinaigrette
- Cheese and grapes
- Dessert, chef's choice



## TOFU BAHN MI

🌱 \$ 22.50

- Curry tofu banh mi, baguette, candied carrots, radish, cucumber, cilantro, and veganise
- Melon salad with cucumber, feta, arugula, basil, and lemon vinaigrette
- Olives
- Dessert, chef's choice



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VEGETARIAN



VEGAN





# Lunch Boxes

\$ PER PERSON

## JACKFRUIT



\$ 24.50



- Jackfruit "Philly cheesesteak" sandwich, rosemary focaccia, peppers, and vegan cheese
- Grilled cauliflower and broccoli salad, radishes, and lemon tahini vinaigrette
- Olives
- Dessert, chef's choice

## GRILLED VEGETABLES



\$ 23.50



- Grilled vegetables, brioche bread, roasted peppers, eggplants, artichokes, hummus, sundried tomatoes, and vegan aioli
- Quinoa salad with spinach, Cajun chickpeas, carrots, radishes, tomatoes, onions, and creamy lemon mint vinaigrette
- Olives
- Dessert, chef's choice

## TAILOR-MADE

- 2 half-sandwiches of your choice
- 1 salad of your choice
- 1 side
- 1 dessert

\$ 25.50

For a personalized menu, check out our à la carte sandwiches and salads on page 10



GLUTEN-FREE



VEGETARIAN



VEGAN



# Cold Buffets

\$ PER PERSON

## CHEF'S CHOICE

\$ 18.50

- 1 salad, chef's choice
- 1 sandwich, chef's choice
- 1 dessert, chef's choice

## CLASSIC

\$ 23.50

- Crudités, dips, olives, crackers
- 1 salad of your choosing
- 1 sandwich of your choosing
- 1 dessert of your choosing

## GOURMET

\$ 27.00

- Crudités, dips, olives, crackers
- 1 salad of your choosing
- 1 sandwich of your choosing
- 1 dessert of your choosing
- 1 platter of your choosing



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# Classic Platters

\$ PER PERSON

Crudités, artichoke spread, vegan hummus, and crackers



\$ 4.50

Cheddar and Oka cheeses, grapes, and crackers



\$ 6.00

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

\$ 12.00

Fresh sliced fruits



\$ 6.00



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# Local Products Platters

\$ PER  
PERSON

## Local fine cheeses\*

4 varieties of cheeses selected by our chef, fresh fruit, crackers, and seasonal chutney



\$14.50

## Vegan antipasto

Plant-based cheese, marinated and grilled vegetables, veggie pâté, homemade chutney, and crostinis



\$14.50

## Local charcuterie\*

Assortment of charcuteries, cured sausage, and terrine (may contain nuts) selected by our chef, crackers, and caramelized onions

\$15.00



\*May vary depending on availability



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# Salads à la carte

\$ PER  
PERSON

## Greens salad

Kale, citrus fruits, crispy wontons with maple vinaigrette



\$ 5.00

## Grilled cauliflower and broccoli salad

Radishes with lemon tahini vinaigrette



\$ 5.50

## Melon salad

Cucumber, feta, basil with lemon vinaigrette



\$ 5.75

## Korean salad with rice vermicelli

Red cabbage, cucumbers, peppers, carrots, onions, edamame, cilantro with asian vinaigrette



\$ 5.00

## Quinoa salad

Spinach, Cajun chickpeas, carrots, radishes, tomatoes, onions with tahini vinaigrette



\$ 5.00

## Panzanella-style salad with white beans

Arugula, tomatoes, cucumbers, onions, olives, parmesan with aioli vinaigrette



\$ 5.75

## Pasta salad

Corn, edamame, onions, radishes, parsley with homemade vinaigrette



\$ 5.00



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# Sandwiches à la carte

\$ PER  
PERSON

## Roast beef

Rosemary focaccia,  
grilled red peppers,  
caramelised onions,  
arugula, and spicy  
mayonnaise

\$ 12.50

## Smoked salmon

Cheese mousse, capers,  
and lime, whole wheat  
ciabatta, dill, cucumber,  
and radish

\$ 11.50

## Caprese sandwich

Prosciutto, Calabrese  
salami, olive ciabatta,  
artichoke spread,  
tomatoes, and basil

\$ 11.00

## Curry tofu banh mi

Baguette, candied  
carrots, radish,  
cucumber, cilantro, and  
veganaise



\$ 11.00

## Montreal smoked meat

Pretzel bread,  
pickles, dill, and  
maple mustard sauce

\$ 11.50

## Jackfruit "Philly cheesesteak"

Rosemary focaccia,  
peppers, and vegan  
cheese



\$ 12.00

## Grilled vegetables

Olive ciabatta,  
peppers, eggplants,  
artichokes, hummus,  
sundried tomatoes,  
and vegan aioli



11,00 \$

## Finger sandwiches, 6 wedges

- Ham
- Chicken
- Oeuf
- Veggie-pâté

\$ 11.00



Gluten-free  
bread

+ \$ 2.00



GLUTEN-FREE



VEGETARIAN












VEGAN





# Desserts

\$ PER  
PERSON

Homemade cupcake		\$ 3.50
Lemon and olive oil cake		\$ 3.75
Divine brownie with candied citrus		\$ 3.50
Key lime pie		\$ 3.75
Fruit salad, ginger syrup	 	\$ 3.50
Almond and maple financier	 	\$ 3.75
Cheesecake tart with peach and white balsamic reduction		\$ 3.75



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# Drinks

\$ PER  
PERSON

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Fair trade coffee	\$ 2.50
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Tea and herbal tea	\$ 2.50
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Homemade iced tea	\$ 2.50
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Homemade lemonade	\$ 3.50
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Lemon-cucumber water	\$ 2.00
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Still or sparkling water, small bottle	\$ 3.00
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Still or sparkling water, large bottle	\$ 5.50
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Soft drink or fruit juice	\$ 3.00
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We look forward  
to serving you

ORDER HERE

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