



The Gourmet

MOUTHWATERING COMMUNITY ENGAGEMENT
since 1992



SALAD BOWLS • LUNCH BOXES • COLD BUFFETS

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](#)



Eco-friendly Mission

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!





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

- Curry Tofu
- Beef tataki



\$ 21.00



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

gf \$22.50

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



GLUTEN-FREE



VEGETARIAN



VEGAN



Lunch Boxes

\$ PER PERSON

JACKFRUIT

leaf icon \$ 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

leaf icon \$ 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

MINIMUM ORDER
10
PEOPLE

Cold Buffets

\$ PER PERSON

CHEF'S CHOICE

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

\$ 18.50



CLASSIC

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

\$ 23.50

GOUPMET

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

\$ 27.00



GLUTEN-FREE



VEGETARIAN



VEGAN

MINIMUM ORDER
10
PEOPLE

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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VEGETARIAN



VEGAN



Local Products Platters

\$ PER PERSON

Local fine cheeses*

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



\$14.50

Local charcuterie*

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

\$15.00

Vegan antipasto

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



\$14.50



*May vary depending on availability



GLUTEN-FREE



VEGETARIAN



VEGAN



Salads à la carte

\$ PER PERSON

Greens salad

Kale, citrus fruits, crispy wontons with maple vinaigrette

leaf icon \$ 5.00

Grilled cauliflower and broccoli salad

Radishes with lemon tahini vinaigrette

leaf icon \$ 5.50

Melon salad

Cucumber, feta, basil with lemon vinaigrette

leaf icon heart icon \$ 5.75

Korean salad with rice vermicelli

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

leaf icon \$ 5.00

Quinoa salad

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

leaf icon \$ 5.00

Panzanella-style salad with white beans

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

leaf icon heart icon \$ 5.75

Pasta salad

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

leaf icon \$ 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

Caprese sandwich

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

\$ 11.00

Montreal smoked meat

Pretzel bread, pickles, dill, and maple mustard sauce

\$ 11.50

Grilled vegetables

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



\$ 11.00

Smoked salmon

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

\$ 11.50

Curry tofu banh mi

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



\$ 11.00

Jackfruit "Philly cheesesteak"

Rosemary focaccia, peppers, and vegan cheese



\$ 12.00

Finger sandwiches, 6 wedges

\$ 11.00

- Ham
- Chicken
- Oeuf
- Veggie-pâté



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



GLUTEN-FREE



VEGETARIAN



VEGAN



Drinks

\$ PER PERSON

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





We look forward
to serving you

ORDER HERE

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