



MOUTHWATERING COMMUNITY ENGAGEMENT
since
1992

The Gourmet



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, carrots, radishes, tomatoes, onions, with vegan yogurt, lemon, and mint vinaigrette



\$ 21.00

Korean

Rice vermicelli, red cabbage, cucumbers, peppers, carrots, onions, edamame, cilantro, miso, with lemongrass 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, seaweed bacon, cucumber, radish, and microgreens
- 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 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



\$ 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



GLUTEN-FREE



VEGETARIAN



VEGAN



Classic Platters

\$ PER PERSON

Crudités, olives, 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*

Triple crème de
Laliberté, Clos-des-
roches, Fleur des monts
and Bleu d'Elizabeth,
fresh fruits, seasonal
chutney, and spiced nuts



\$14.50

Local charcuterie*

Organic Charlevoix
coppa, prosciutto
and pancetta, rabbit
terrine from Maison
du gibier and
farmhouse sausage
from La ferme des
Quatres-Temps,
olives, crackers,
homemade jam and
caramelised onions

\$15.00

Vegan antipasto

Vegan cheese mousse,
marinated vegetables,
homemade vegan foie
gras, veggie pâté, and
seasonal chutney



\$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



\$ 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 miso lemongrass vinaigrette



\$ 5.00

Quinoa salad

Spinach, Cajun chickpeas, carrots, radishes, tomatoes, onions with creamy lemon mint 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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VEGETARIAN



VEGAN



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, seaweed
bacon, cucumber, radish,
and microgreens

\$ 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

Brioche bread,
roasted 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



GLUTEN-FREE



VEGETARIAN



VEGAN



Drinks

\$ PER
PERSON

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

SERVICETRAITEUR@RESTOPLATEAU.COM

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