



**Resto Plateau**  
CATERING SERVICE

# Menu



Supporting the  
community has  
never tasted better!

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**-10%**  
NPO discount

# Breakfast

Minimum order of 10 units per menu selection  
Menu modifications possible upon request (equal or lesser value)

 Vegetarian  Vegan  Gluten-free

## À LA CARTE

- + Healthy muffin • \$2.50 
- + Pastry • \$2.50   
(croissant, chocolate croissant, Danish)
- + Fresh fruit (1 piece) • \$2.50  
- + Fresh fruit salad  
with ginger syrup • \$3.50  
- + Chia pudding with coconut milk  
and fruit coulis • \$7  
- + Chocolate or cinnamon-nutmeg  
swirled brioche • \$20   
(serves 10 people)

For even more delectable treats,  
take a look at our sharing platters  
on the next page and our drinks on page 11 !

Chia pudding



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# Share the Love

For 5-10 people.

Please contact us for an estimate of the quantities required for your event.

 Vegetarian  Vegan  Gluten-free

## MOUTHWATERING PLATTERS

- + Crudité and zaatar pitas with dip • \$35  
- + Fresh sliced fruit platter • \$60  
- + Cheddar and grapes • \$50  
- + Assortment of sandwiches from our à la carte menu • \$120    
*(30 full-size units or 60 bite-size units)*
- + Local Fine Cheese Platter, fresh fruits, crackers, seasonal chutney • \$120 
- + Marinated Grilled Vegetable Platter, olives, vegan foie gras, seasonal spread, crostinis, seasonal chutney • \$120 
- + Smoked salmon with bagels, cream cheese, hardboiled eggs, fresh fruits and vegetables, pickled red onions, olivers, capers and lemon • \$95
- + Local Charcuterie Platter, terrine, crackers, olives, homemade compote, caramelized onions • \$120

Charcuterie platter



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# Mains

Minimum order of 10 units per menu selection  
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## LUNCH BOXES AND BOWLS

### Buddha Bowl • \$17.50

- + Quinoa, roasted chickpeas, BBQ jackfruit, edamame, braised beets and carrots, radish, cucumber, tomatoes, microgreens, pomegranate, sesame seeds, house Asian dressing

*Add a protein:*

- *Beef tataki* +\$5
- *Pulled duck* +\$5
- *Hardboiled eggs* +\$2.50
- *Marinated tofu* +\$2.50

### Poké Bowl • \$17.50

- + Rice noodles, edamame, braised beets and carrots, bell pepper, red cabbage, green onion, microgreens, pickled ginger, house Asian dressing

- + Includes your choice of dessert from our à la carte menu

### Essentiel • \$16

- + Crudités and dip
- + Chef's gourmet salad
- + Classic finger sandwiches  
Choice of chicken salad, egg salad, ham salad or veggie pâté  
(6 units, up to 3 choices)
- + Chef's homemade cookies

### Gourmet • \$24

- + Olive assortment or cheddar and grapes
- + Choice of 2 options from our salad menu
- + Choice of 2 options from our sandwich menu
- + Choice of 1 option from our dessert menu

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## COLD BUFFET

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### Classic • \$18.50

- + Crudité and zaatar pitas with dip
- + Choice of 1 option from our salad menu
- + Choice of 1 option from our sandwich menu
- + Choice of 1 option from our dessert menu

### Gourmet • \$25.50

- + Crudité and zaatar pitas with dip
- + Choice of 2 options from our salad menu
- + Choice of 2 options from our sandwich menu
- + Choice of 1 option from our dessert menu



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## SALAD MENU

*\$4.50/portion (excluding combos), minimum order of 10 units per menu selection*



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### Caesar Salad

Prosciutto, Parmesan, croutons and our Caesar dressing with anchovies



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### Fattoush Salad

Quinoa, tomato, cucumber, bell pepper, onions, mint, sumac, parsley and our lemon dressing  

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### Hearts of Palm and Artichoke Salad

with Kalamata olives, bell pepper, red onion and our maple-lemon dressing  


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### Asian Salad

Rice noodles, julienned vegetables, sesame and our soy-lime dressing  



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### Greek Salad

Penne, tomato, cucumber, red onion, bell pepper, black olives, feta and our Mediterranean dressing 


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### Green Salad

Thinly sliced root vegetables, sunflower seeds and our Québec blueberry-maple dressing  

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### Pearl Couscous Salad

With carrots, green onion, cranberries, parsley and our lemon dressing 

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*Fattoush Salad*



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## SANDWICH MENU

\$5.50/portion (excluding combos), minimum order of 10 units per menu selection



Gluten-free bread + \$2

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### Finger Sandwiches

Chicken salad, egg salad, ham salad  
or veggie pâté  
*(4 units per person, up to 2 choices)*

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### Ham and Brie

On a baguette with Québec apple  
chutney and Meaux mustard mayo

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### Roast Beef

On rosemary focaccia with  
roasted red peppers, onion confit  
and Meaux mustard mayo

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### Pulled Duck Confit

On ciabatta, with goat cheese spread,  
Grand Marnier peach jam, toasted pine  
nuts, microgreens

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### Pesto Marinated Chicken

On black olives ciabatta, with fresh  
goat cheese, and green salad

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### Smoked Salmon Club

On multigrain bread with horseradish  
sauce, pickled red onions, radish,  
cucumber and mesclun

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### Artichoke Spread

On a croissant, with braised carrots,  
radish and mesclun

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### Bánh Mì with Lemongrass Tofu

With braised carrots, pickled vegetables,  
cucumbers and cilantro

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### Veggie Pâté Kaiser

With cucumbers and mesclun



*Pulled Duck Confit*



Raspberry meringue tartlet

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## DESSERTS • \$3.50 / unit

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- + Exquisite blueberry-hibiscus cheesecake
- + Raspberry meringue tartlet
- + Lemon olive oil cake with a sweet glaze ♡
- + Almond and buckwheat financier 🌿
- + Divine dark chocolate brownie with candied citrus 🌿
- + Marscapone Canolli with citrus zest
- + Assorted macaroons
- + Decadent choco-coconut fudge ♡ 🌿
- + Fresh fruit salad with ginger syrup ♡ 🌿



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# Cocktail

Minimum order of 10 units per menu selection  
Menu modifications possible upon request (equal or lesser value)

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## 5 hors d'oeuvres • \$16.50

**+** Choice of 5 options from  
our hors d'œuvres menu

## 8 hors d'oeuvres • \$24

**+** Choice of 8 options from  
our hors d'œuvres menu

### The more the merrier!

Why not add a sharing platter?  
Turn to page 3 for the full list.

Will you be needing any material,  
beverages or service staff?

We've got you covered!

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## HORS D'OEUVRES • \$3.50 / unit

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- + Smoked duck, grilled halloumi with herbs, cantaloupe or squash 🌿 (seasonal)
- + Pulled pork with Oka cheese and Québec apple chutney
- + Beef tataki with chimichuri and pickled black radish 🌿
- + Lamb, caramelised onions, truffle oil, homemade mild chili harissa
- + Peruvian-style ceviche with pineapple, cilantro and lime 🌿
- + Smoked salmon with horseradish sauce and caviar
- + Shrimp tempura with Thai chili sauce
- + Pulled jackfruit with Oka cheese and Québec apple chutney 🌿
- + Toast with goat cheese, and Grand Marinier peach jam 🌿
- + Mushrooms, caramelised onions, truffle oil, homemade mild chili harissa 🍷
- + Falafel, fried cauliflower, and roasted red pepper sauce 🍷 🌿
- + Herb-tomato compote with silken tofu mousse, lemon and maple syrup 🍷 🌿
- + Eggplant caviar, beet tartare and pomegranate 🍷 🌿

Smoked salmon



Beef tataki



# Beverages

Minimum order of 10 units per menu selection  
Menu modifications possible upon request (equal or lesser value)

- + Fair-trade coffee, dairy and/or soy milk, sugar and stir stick • \$2.50
- + Four o'Clock tea and La Courtisane herbal tea, dairy and/or soy milk, sugar and stir stick • \$2.50
- + Mineral water, small bottle • \$3
- + Mineral water, large bottle • \$5.50
- + Sparkling mineral water, small bottle • \$3
- + Sparkling mineral water, large bottle • \$5.50
- + Chef's assortment of soft drinks, 355 mL can • \$3
- + Chef's assortment of Oasis juices, small bottle • \$3
- + Chef's assortment of Oasis juices, large bottle • \$6
- + For groups of 20 or more, our homemade lemonade (Chef's choice of flavour) • \$3
- + Chef's assortment of organic Fous de l'île kombucha, large bottle • \$15
- + Montréal craft beer, 473 ml • \$7.50
- + White, red, or rosé wine of our selection, 750 ml • \$36

# We look forward to serving you!



*We centre the environment in our reflections and actions as an organization. Our supply chain prioritizes local and seasonal products. Our packaging was selected following a comparative analysis to ensure that it could be appropriately processed by the existing waste-treatment infrastructure in Greater Montréal.*