

Menu

Supporting the community has never tasted better!

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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 Ø
 (croissant, chocolate croissant, Danish)
- 🕂 🛛 Fresh fruit (1 piece) 🔹 \$2.50 🕸
- Fresh fruit salad
 with ginger syrup \$3.50 ♥ ⁽²⁾
- Chia pudding with coconut milk and fruit coulis ● \$7 ♥
- Grapefruit cake \$30 ⊗
 (serves 12 people)
- Ciambella with green tea, fennel, and ricotta • \$30 Ø (serves 12 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



Share the Love

For 5-10 people. Please contact us for an estimate of the quantities required for your event

🕽 Vegetarian 🛛 🛇 Veg

in 🛞 Gli

MOUTHWATERING PLATTERS

- ← Crudité and zaatar pitas
 with dip \$35 Ø ♥
- 🕂 🛛 Fresh sliced fruit platter 🔹 \$60 🛞
- 🕂 Cheddar and grapes 🔹 \$50 💋 🏵
- Assortment of sandwiches from our à la carte menu ● \$150 Ø ⊗ (30 full-size units or 60 bite-size units)
- Local Fine Cheese Platter, fresh fruits, crackers, seasonal chutney
 \$120 Ø

- 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







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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

Poké Bowl • \$17.50 ⊗ ③

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

Add a protein:

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

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

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)



COLD BUFFET

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



SALAD MENU

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

Caesar Salad

Prosciutto, Parmesan, croutons and our Caesar dressing with anchovies

Hearts of Palm and Artichoke Salad

with Kalamata olives, bell pepper, red onion and our maple-lemon dressing & (*)

Fattoush Salad

Quinoa, tomato, cucumber, bell pepper, onions, mint, sumac, parsley and our lemon dressing \bigotimes (j)

Asian Salad

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

 \otimes

Greek Salad

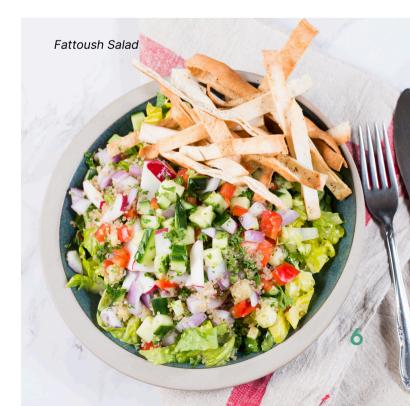
Penne, tomato, cucumber, red onion, bell pepper, black olives, feta and our Mediterranean dressing \bigcirc

Pearl Couscous Salad

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

Green Salad

Thinly sliced root vegetables, sunflower seeds and our Québec blueberry-maple dressing \bigotimes (j)



SANDWICH MENU

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

(i) Gluten-free bread + \$2

Finger Sandwiches

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

Smoked Salmon Club

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

Ham and Brie

On a baguette with Québec apple chutney and Meaux mustard mayo

Roast Beef

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

Pulled Duck Confit

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

Pesto Marinated Chicken

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

Artichoke Spread

On a croissant, with braised carrots, radish and mesclun \mathcal{O}

Bánh Mì with Lemongrass Tofu

With braised carrots, pickled vegetables, cucumbers and cilantro \bigotimes

Veggie Pâté Kaiser

With cucumbers and mesclun $\,\,$





DESSERTS • \$3.50 / unit

- + Exquisite blueberry-hibiscus cheesecake
- **+** Raspberry meringue tartlet
- + Lemon olive oil cake with a sweet glaze ♥
- + Almond and buckwheat financier ③
- Divine dark chocolate brownie with candied citrus (2)

- Harscapone Canolli with citrus zest
- + Assorted macaroons
- ← Chocolate, almond, and coconut truffles





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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!

HORS D'OEUVRES • \$3.50 / unit

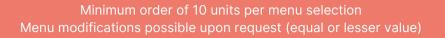
- Smoked duck, grilled halloumi with herbs, cantaloupe or squash (g) (seasonal)
- Pulled pork with Oka cheese and Québec apple chutney
- Beef tataki with chimichuri and pickled black radish (3)
- Lamb, caramelised onions, truffle oil, homemade mild chili harissa
- Peruvian-style ceviche with pineapple, 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 Ø
- Toast with goat cheese, and Grand Marinier peach jam Ø
- ➡ 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 ♥ ⁽¹⁾ ⁽²⁾
- Eggplant caviar, beet tartare and pomegranate Image (Section 2)









- 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.