



MOUTHWATERING COMMUNITY ENGAGEMENT
since
1992

The Early Riser



BREAKFAST · SNACKS · PLATTERS

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 2024-2025, WE :

Distributed 90,728 low-cost meals

Supported 93 individuals in their journey towards the job market

Distributed 3,552 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](#)




À la carte

\$ PER PERSON

Healthy bran and berry muffin  \$ 2.50

Muffin, chef's choice  \$ 3.00

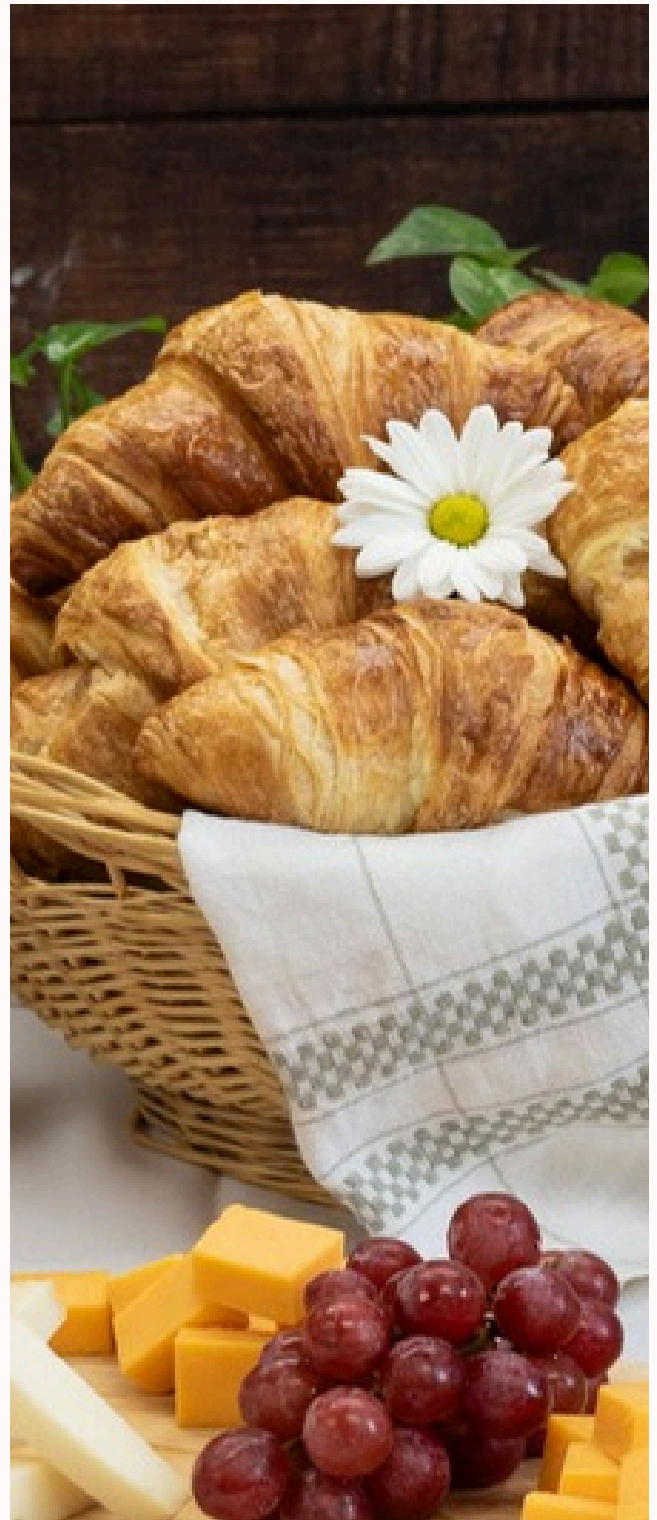
Pastry (croissant, chocolate croissant, and danish)  \$ 2.75

Sweet scone, chef's choice  \$ 3.50

Salty scone, chef's choice \$ 3.50

Whole fresh fruit   \$ 2.50

Fresh fruit salad with ginger syrup   \$ 3.50





À la carte

\$ PER PERSON

Chia pudding, chocolate
and seasonal berries

  \$ 7.00

Homemade jam

  \$ 6.00

Ciambella with green tea,
fennel, and ricotta

  \$ 3.00

Grapefruit cake

 \$ 3.00

Homemade cookie

  \$ 3.00

Vegan and gluten-free
cookie*

  \$ 4.00

**contains nuts and peanuts*



GLUTEN-FREE



VEGETARIAN



VEGAN



Classic Platters

\$ PER PERSON

Smoked salmon, cream cheese, capers, red onions, lemon, and bagels \$12.00

Cheddar and Oka cheeses, grapes, and crackers \$6.00

Crudités, artichoke spread, vegan hummus, and crackers \$4.50

Fresh sliced fruits \$6.00

Sandwiches format canapé (3 morceaux par personne) \$12.00

- Chickpea wrap, curry and cranberries
- Pretzel bun, chicken and sundried tomato pesto
- Ciabatta with seasonal terrine and blueberry mustard
- Ciabatta with brie, homemade compote and wholegrain mustard

Extras

Ciabatta baguette + \$5

Gluten-free crackers (135g) + \$5





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

Extras

Ciabatta baguette + \$5

Gluten-free crackers (135g) + \$5



GLUTEN-FREE



VEGETARIAN



VEGAN



Beverages

\$ PER PERSON

Fair trade coffee

\$2.50

Tea and herbal tea

\$2.50

Homemade iced tea

\$2.50

Fruit juice, large bottle

\$6,00

Homemade lemonade

\$3,50

Lemon-cucumber water

\$2,00





We look forward
to serving you

ORDER HERE

SERVICETRAITEUR@RESTOPLATEAU.COM

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