



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 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](#)



# Eco-friendly Mission

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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!

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# Salad Meals

\$ PER PERSON

## Caesar

Smoked duck, romaine, prosciutto chips, parmesan, croutons, with homemade Caesar dressing with anchovies

\$ 21.00

## Antipasto

Charlevoix chorizo, 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 homemade vinaigrette



\$ 21.00

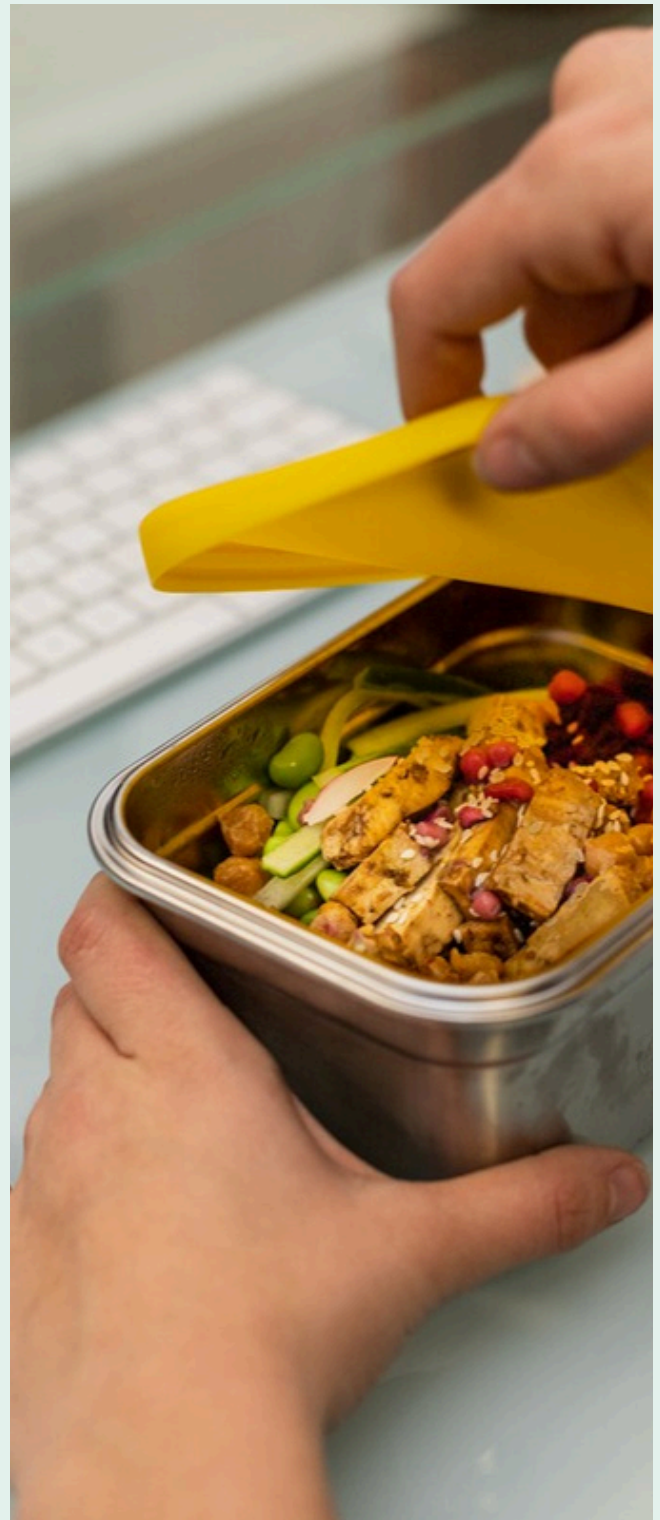
## Korean

Rice vermicelli, red cabbage, cucumbers, peppers, carrots, onions, baby corn, edamame, cilantro, with asian vinaigrette



\$ 21.00

- Curry Tofu
- Beef tataki



GLUTEN-FREE



VEGETARIAN



VEGAN



# Lunch Boxes

\$ PER PERSON

## CHEF'S CHOICE

22,00 \$

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



## THE CLASSIC

23,50 \$

- 1 salad à la carte
- 1 sandwich à la carte
- 1 side
- 1 dessert à la carte



For a personalized menu, check out our à la carte sandwiches and salads on pages 10-11





# Lunch Boxes

\$ PER PERSON

## THE GOURMET

25,50 \$

- o 1 salad à la carte
- o 2 half-sandwiches à la carte
- o 1 side
- o 1 dessert à la carte



## THE ZERO ALLERGY\*

26,50 \$

- o Kale and carrot salad with citrus fruit and maple vinaigrette
- o Chickpea spread, grape, and arugula sandwich
- o Olive mix
- o Fresh fruit salad with ginger

\*Does not contain : eggs, milk, gluten, meat, mustard, peanuts, sesame, soy, sulfite, nuts, molluscs, shellfish, fish, garlic or onion. Since we work in an environment with allergens, we cannot guarantee the absence of allergen traces.



For a personalized menu, check out our à la carte sandwiches and salads on pages 10-11





# 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 à la carte
- 1 sandwich à la carte
- 1 dessert à la carte

## GOURMET

\$ 27.00

- Crudités, dips, olives, crackers
- 1 salad à la carte
- 1 sandwich à la carte
- 1 dessert à la carte
- 1 platter à la carte



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GLUTEN-FREE



VEGETARIAN



VEGAN



# 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



GLUTEN-FREE



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

## Extras

Ciabatta baguette + \$5

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



\*May vary depending on availability



GLUTEN-FREE



VEGETARIAN



VEGAN



# Salads à la carte

\$ PER  
PERSON

## Kale salad

Citrus fruits with homemade vinaigrette



## Grilled vegetables salad

Fennel with goat cheese vinaigrette



## Golden beet salad

Pomegranate with raspberry vinaigrette



## Heirloom tomato salad

Cucumber, feta with bergamot vinaigrette



## Pasta salad

Corn, edamame with lemongrass vinaigrette



## Bean salad with grilled seasonal fruit

Sunflower seeds with maple and lemon vinaigrette



## Zero allergy salad



GLUTEN-FREE



VEGETARIAN



VEGAN



# Sandwiches à la carte

\$ PER  
PERSON

## Beef shawarma pita

## Montréal smoked meat

Pretzel bun, coleslaw and pickles

## Chicken ciabatta au poulet

Sundried tomato pesto

## Muffaletta

Ham, mortadella, capicollo, provolone and marinated vegetables

## Buffalo wrap buffalo

Tarragon ranch dressing



## Grilled vegetables focaccia

Artichoke and olive tapenade, grilled halloumi



## Zero allergy sandwich



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 cake



\$ 3.75

Seaberry and jasmin meringue tartlet



\$ 3.50

Fruit salad, ginger syrup



\$ 3.50





# Drinks

\$ PER PERSON

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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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Saint-Justin sparkling water, large bottle \$ 5.50

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Soft drink or fruit juice \$ 3.00





We look forward  
to serving you

ORDER HERE

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