


RESTO
végo
COMPLÈTEMENT VÉGÉ

*Catering menu
100% vegetarian*



RESTOVEGO.CA



Resto Végo is presenting his
catering service

100% vegetarian

Order a hot dishes or salads buffet.
We can deliver at your home
so you can enjoy your Végo
in the comfort of your living room!
Choose between a cheese board,
a sandwich or a canapé platter.
Whether you are vegetarian or vegan,
RESTO VÉGO offers a wide selection of
appetizers, salads, hot dishes and desserts
that can match all your desires!

Don't hesitate to challenge us to elaborate
your perfect menu!



Early bird

ON TRAY OR INDIVIDUALLY
minimum 10 persons

- **Pastries** ✓ (10 pers.) **30.00\$**
 (croissants or chocolate croissants)
- **Muffins** ✓ (10 pers.) **35.00\$**
 (sweetened with dates purée, various flavors)
- **Fresh fruits** ✓ **35.00\$**
 (on tray or salad for 10 pers.)
- **Mango porridge** (per unit) **4.95\$**
- **Chia pouding** ✓ (per unit) **4.95\$**
- **Muesli** ✓ (per unit) **4.95\$**
- **Orange or apple juice** (per glass) **3.50\$**



Lunch box

SANDWICH + CRUDITÉS
 + SALAD + DESSERT

- Végo-pâté ✓
- Tofu spread ✓
- Avocado, chives vegan cream cheese ✓
- Miso tofu ✓
- Red pesto and soy protein ✓
- Végo's vegan creton spread ✓

- Pesto pasta salad ✓
- Beet and apple salad ✓
- Potato salad ✓
- Tabouleh salad ✓

- Today's cookie ✓
- Fruit salad ✓
- Date square ✓
- Walnut square
- Brownie ✓

from 16,^{25\$}

Cold buffet

choose your combo

- #1**
- 2 options of salads
 - 1 option of wrap sandwich
 - 1 option of dessert
- 17,⁹⁵\$ per person**

- #2**
- crudités and dip
 - 2 options of salads
 - 1 option of wrap sandwich
 - 1 option of dessert
- 18,⁹⁵\$ per person**



Hot buffet

choose your combo

- #1**
- 1 option of salad
 - 1 option of a hot dish
 - 1 option of dessert
- 19,⁹⁵\$ per person**

- #2**
- crudités and dip
 - 1 option of salad
 - 2 options of hot dishes
 - 1 option of dessert
- 20,⁹⁵\$ per person**

* rice or semolina included



Salads : quinoa, taboulé, potato, mixed beans, rice vermicelli and kale, basil pesto pasta, beet and apple, greek orzo, seasonal salad.

Wrap sandwiches : végopâté, roasted red pepper pesto and soy protein, avocado and vegan cheese cream, tofu spread, vegan creton.

Hot dishes : lasagna, gratin béchamel, mediterranean sauté, garlic spaghetti, seasonal tempeh, thaï seitan, asparagus pastry, chickpea curry, ginger tofu, chili.

Desserts : maple syrup pie, chocolate cake, lemon and poppy seed cake, carrot cake, queen elizabeth cake, cheesecake, selection of squares and cookies.

Canapés

BY TEN

Bite size appetizers from \$2.00 each*

- **Mediterranean skewer** ✓
(soy protein, sundried tomato and fennel sauce, pepper, zucchini, mushroom)
- **Butternut squash baluchon** ✓
(butternut squash zucchini, carrot, soy protein, phyllo pastry)
- **Stuffed cherry tomato** ✓
(cherry tomato, chives vegan cream cheese)
- **Mini burger** ✓
(BBQ tofu, dijonnaise, tomato, arrugula)
- **Végé-roll** ✓
(végé-pâté rolled in puff pastry)
- **Mini pizza**
(sundried tomato sauce, olive, basil pesto mozzarella cheese or vegan cheese)
- **Zucchini roll** ✓
(vegan chives cream cheese, cranberry, alfalfa sprout)
- **Eggplant roll** ✓
(homemade roasted red pepper hummus, sesame seeds, corn chips)
- **Mexican cone**
(tortilla, guacamole, smashed black beans, letucce, mozzarella cheese)
- **Asparagus twist** ✓
(puff pastry, mustard and maple syrup sauce)
- **Croûton of Végo's creton** ✓
(Végo's creton spread, artichoke, red pepper)
- **Imperial roll bite** ✓
(mushroom, carrot, rice vermicelli, sesame seeds, garlic soy sauce)
- **Spanakopita** ✓
(tofu, spinach, phyllo pastry)
- **Square puff** ✓
(basil pesto, tomato, sesame, puff pastry)
- **Mini quichette**
(cherry tomato, fresh basil, goat cheese or vegan cheese)
- **Croûton of "tuna"-tempeh** ✓
(tuna-tempeh, seaweed, cucumber, fresh dill)
- **Seaweed thaï tempeh** ✓
(tempeh marinated with thaï sauce, seaweed, carrot, cucumber)



Meal in a bowl salad

INDIVIDUAL BOWL

minimum 10 persons

- **Miso tofu bowl** ✓

(rice, miso tofu, spinach, pepper, sesame, miso sauce)

- **Edamame-tahini bowl** ✓

(quinoa, spinach, edamame, shredded vegetables, tahini sauce)

- **Tofu and pearl couscous bowl** ✓

(pearl couscous, sesame tofu, mixed lettuce, mustard and maple syrup sauce, paprika almonds)

- **Cajun bowl** ✓

(lentil, rice, quinoa, cajun soy protein, arugula, pepper, cherry tomato, corn, fresh cilantro, aioli sauce)

- **Spicy thai bowl** ✓

(rice vermicelli, thai tempeh, peppers, green onion, carrot, spicy thai sauce, sesame seeds)



From 12,⁰⁰\$ / bowl

À la carte

BOWLS OR TRAYS

for 10 persons

- **Salads** (bowl for 10 pers.) **\$28.00**
(quinoa, tabouleh, potato, mixed beans, rice vermicelli and kale, spinach salad, pesto pasta, carrot and caper, beet and apple, artichoke, cesar salad)
- **Sandwichs** (tray for 10 pers.) **\$70.00**
(végopâté, tofu spread, roasted red pepper pesto and soy protein, vegan creton, avocado and vegan cream cheese)
- **Crudités and dip** (10 pers.) **\$23.00**
- **Fresh fruits** **\$35.00**
(salad or tray for 10 pers.)
- **Quebec cheese platter** (10 pers.) **\$50.00**
- **Vegan cheese platter** (10 pers.) **\$55.00**
- **Dessert*** (10 pers.) **\$35.00**
(cookies, walnut square, date square, brownie)
- **Cakes*** (10 pers.) **\$50.00**
(chocolate, lemon and poppy seeds, carrot, cheesecake, queen elizabeth, seasonal shortcake)

* *Vegan options available*



Drinks

- **Organic coffee** (12 cups) **\$29.00**
- **Organic tea or herbal tea** **\$2.95**
- **Fresh juice (per glass)** **\$4.50**
carrot-apple-ginger
kale-cucumber-mango
beet-apple-strawberry
fennel-spinach-apple
- **Smoothies (per glass)** **\$5.40**
plant milk-strawberry, fresh basil
plant milk-chaï-banana
plant milk-matcha-mango
- **Organic kombucha** **\$4.50**
- **Water** **\$2.25**
- **Local beer and organic wine**
(different range of prices, ask for a quote)



WWW.RESTOVEGO.CA



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By email : stdenis@restovego.ca