

PLATES

SALADS

SIDE STARTER SALAD \$3.99

A perfect way to begin any meal, Caesar or tossed, (Mediterranean or spinach add \$2)

HOUSE GREEN SALAD \$5.99

Fresh greens with lots of veggies. Served with Plates honey lime dressing and grilled garlic toast.

CAESAR GONE GREEK \$12.50

Our great Caesar tossed with bell peppers, tomatoes, cucumbers, onions, olives and feta cheese. Topped with grilled Greek seasoned chicken breast. Served with grilled garlic toast.

PLATES SPINACH SALAD \$9.75

Spinach leaves with red cabbage, shredded carrots, toasted pecans, and sliced mushrooms. Tossed with Plates honey lime dressing and topped with shredded parmesan. Served with grilled garlic toast.

CAESAR SALAD \$8.00

Crisp romaine lettuce with home-made croutons and our own Caesar dressing. Served with grilled garlic toast.

CAJUN CHICKEN CAESAR \$12.50

Marinated boneless chicken breast seasoned with Cajun spices on our house Caesar salad. Served with grilled garlic toast.

PLATES MEDITERRANEAN SALAD \$10.00

Traditional Greek salad (red onion, cucumbers, tomatoes, sweet bell pepper, olives and feta) mixed with Greek dressing and served on a bed of crisp romaine lettuce. Served with grilled garlic toast.

FRESH FRUIT SALAD \$8.75

"Real" fruit salad (actually cut by hand from fresh fruit right here at Plates)! Served with cottage cheese or yogurt and your choice of toast, muffin or scone.

PLATES CLASSIC BURGERS

All burgers served on a fresh Kaiser bun with lettuce, onion, tomato, pickle and mayonnaise.

GUNTER BURGER \$11.00 with cheddar: \$12.00

Charbroiled 5 oz. burger made from 100% Comox Valley beef from Gunter Brothers Meats, topped with smoky barbecue sauce.

MBC \$13.00

Gunter burger topped with sautéed mushrooms, crisp bacon and real cheddar.

MUSHROOM MOZZARELLA \$13.00

Gunter burger topped with sautéed mushrooms and lotza mozza.

VEGGIE BURGER \$12.00

Grilled vegetarian patty baked with spinach, feta and mozza.

BBQ CHICKEN GRILL \$12.00

Charbroiled chicken breast covered with Plates barbeque sauce.

TERIYAKI CHICKEN GRILL \$12.00

Charbroiled chicken breast, brushed with sweet teriyaki sauce.

YOUR CHOICE OF SIDE:

Fries, Caesar salad, mixed greens or cup of soup. **Want to customize?** Extra toppings are available.

UPGRADE YOUR SIDE: Poutine, Mexi Fries, Sweet Potato Fries or Onion Rings may be substituted for \$2.25 extra. Mediterranean or Spinach Salad add \$2

