

ENTRÉES

See over for more Entrée selections.

TERIYAKI CHICKEN STIR FRY

Half Order: \$11.00 Full Order: \$13.00

Sautéed vegetables and sliced chicken breast coated with a light Teriyaki sauce and served on a bed of Jasmine rice.

RAVIOLI WITH ROASTED VEGETABLES & OLIVE OIL \$11.95

Oven roasted zucchini, tomatoes, onions, peppers and spinach tossed with cheese filled ravioli's and olive oil. Served with grilled garlic toast.

PESTO CHICKEN RAVIOLI \$13.95

Creamy pesto sauce with sliced marinated chicken breast mixed with cheese filled ravioli. Served with grilled garlic toast.

GRILLED LIVER WITH SAUTÉED ONIONS

Half Order: \$11.00 Full Order: \$14.00

Breaded liver topped with gravy and heaps of sautéed onions. Served with your choice of veggie kabobs or buttered corn with mashed potato, red roast potatoes, Jasmine rice or French fries.

THE PLATTERS LIVE!

Catering for your Meeting or Event.
at your event!

We cater to the needs of the Comox Valley, offering fresh products at reasonable prices. We excel at Meetings, Seminars and Group Functions. Go to www.platescatering.ca to see our Catering Menus



TAKE OUT MENU

Tel. 250-334-8087

Open from 7am daily
Breakfast • Lunch • Dinner
www.platescatering.com

HOME MADE SOUPS

All bowls of soup are served with a fresh multi-grain roll. \$4.95

~ YOUR CHOICE OF ~

SOUP OF THE DAY Home-made soup made fresh daily.

HOUSE SPLIT PEA WITH HAM

Traditionally made hearty split pea soup with chunks of old style ham.

JAMAICAN PEPPER POT

This house soup is made with fresh bell peppers, tomatoes, onions and mushrooms, sautéed with crushed chilli peppers and basil, simmered in chicken stock.

~ LUNCH SPECIAL ~

11am to 2pm daily

SOUP, SALAD & BREAD \$6.95

Choose any soup plus your choice of Caesar, Tossed, Spinach or Mediterranean Salad. Served with a fresh multi-grain roll.

APPETIZERS

To get your engine running!

SPRING ROLLS \$6.95

Deep fried vegetarian spring rolls served on a bed of lettuce with plum dipping sauce.

MINI BURGERS \$6.50

Two mini cheese burgers made fresh from Gunter Brothers beef on Grains Bakery buns. Served with pickles, onions, lettuce and tomato.

PLATES POUTINE \$5.99

Our great fries covered with shredded cheddar and mozzarella, topped with home made gravy.

SAUCY TENDERS \$7.95

Deep fried breaded chicken strips tossed in hot sauce, teriyaki or smoky bbq.

MEXI FRIES \$5.49

Covered with shredded nacho cheese, salsa, sour cream and jalapenös.

ZUCCHINI STICKS \$5.99

Tempura battered zucchini sticks, served on a bed of lettuce with tzatziki dip.

PITA & TZATZIKI \$4.75

Grilled garlic pita served with tzatziki and tomato slices.

FOUR CHEESE TOAST \$4.95

Grilled garlic bread topped with four cheeses and baked to gooey perfection.

ONION RINGS \$4.50

Thin battered onion rings, piled high - served Cajun or not.

SWEET POTATO PLANKS \$5.95

Thick cut sweet potatoes served with chipotle dip.

SAMOSAS \$6.50

Deep fried veggie samosas served on a bed of lettuce with plum sauce dip.



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, hard boiled egg, 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 artichokes, served on a bed of crisp romaine lettuce. Served with grilled garlic toast.

FRESH FRUIT SALAD \$8.50

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



SANDWICHES, WRAPS & QUESADILLAS

MONTE CRISTO \$11.50

French toast filled with slow cooked turkey, old fashioned ham, mozzarella cheese and cranberry mayonnaise.

BLT \$9.25

Crisp bacon, lettuce and tomatoes with mayo served on your choice of toast.

STEAK SANDWICH \$14.00

5 oz AAA New York steak charbroiled to perfection and topped with sautéed mushrooms on grilled garlic toast.

PLATES 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 cheddar.

MUSHROOM MOZZARELLA \$13.00

Gunter burger topped with sautéed mushrooms and lotza 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.

VEGGIE BURGER \$11.00

Grilled vegetarian patty baked with spinach, feta and mozza.

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

TRADITIONAL CLUB \$12.00

Triple decker filled with lettuce, bacon, tomato, fresh roast turkey and cheddar.

THE BEEF DIPPER \$10.00

Plates famous roast beef, thinly sliced and piled high in a fresh kaiser with home-made gravy for dipping. (au jus available).
Double the meat for only \$3.00

ARNOLD'S REUBEN \$13.00

Triple decker Reuben on grilled rye bread. One layer with turkey and Swiss cheese, the other with pastrami, sauerkraut and Dijon mayo.

GRILLED PASTRAMI & SWISS \$11.00

Thinly sliced pastrami, Swiss cheese and Dijon mayo in a grilled swirled rye sandwich.

CHICKEN QUESADILLA \$12.00

Grilled tortilla filled with seasoned sliced chicken breast, tomato, green onion, jalapenos and shredded cheese. Served with salsa and sour cream.

CHICKEN, BACON, MUSHROOM MELT \$12.00

Sliced chicken breast on a garlic panini bun baked with sautéed mushrooms, chopped bacon and shredded cheese.

GRILLED VEGETABLE QUESADILLA \$12.00

Grilled tortilla filled with roasted veggies (zucchini, spinach, tomatoes, peppers and onions), jalapenos and shredded cheese.
Served with salsa and sour cream.

SOUVLAKI CHICKEN WRAP \$12.00

Warm tortilla shell filled with tzatziki sauce, lettuce, tomato, bell peppers, red onion and two grilled souvlaki skewers.

CHICKEN CAESAR WRAP \$11.00

Charbroiled chicken breast with Plate's home-made Caesar dressing, crisp romaine and Parmesan cheese wrapped in a flour tortilla.

TOASTED CHICKEN SANDWICH \$11.00

Sliced chicken breast on your choice of toast with lettuce, tomato and cranberry mayonnaise.

CRISPY BUFFALO CHICKEN WRAP \$11.00

Three crispy chicken strips drizzled in hot sauce, wrapped inside a warm tortilla shell with lettuce, tomato and mayonnaise.

ENTRÉES

All half or full size entrees include your choice of Soup (Jamaican Pepper Pot, Split Pea with Ham or Soup of the Day) or Salad (Tossed, Caesar, Greek or Spinach)

Red roast potatoes available after 4:30 pm

BARBEQUE RIBS \$13.95 1/2 Rack \$18.95 Full Rack

Tender baby back ribs slow cooked with smokey barbeque sauce.
Served with your choice of veggie kabobs or buttered corn with mashed potato, red roast potatoes, Jasmine rice or French fries.

PANKO CRUSTED COD

Half Order: \$9.50 1 piece Full Order: \$12.00 2 pieces
Japanese breaded cod filet. Served with coleslaw, lemon and seasoned fries.

AAA NEW YORK STEAK \$15.00 5 oz. \$21.00 10 oz.

AAA Alberta grain fed beef rubbed with Montreal steak spice.
Cooked to specification and topped with sautéed garlic mushrooms.
Served with your choice of veggie kabobs or buttered corn with mashed potato, red roast potatoes, Jasmine rice or French fries.

HOT BEEF FILLED YORKSHIRE

Half Order: \$11.00 Full Order: \$13.75

Thinly sliced in house roast beef served in a warm Yorkshire pudding topped with home made gravy. Served with your choice of veggie kabobs or buttered corn with mashed potato, red roast potatoes, Jasmine rice or French fries.

CHICKEN STRIPS

Half Order (3 strips): \$10.00 Full Order (5 strips): \$13.00

Tender breaded chicken strips served with your choice of French fries, Caesar salad, tossed salad, cup of soup, mashed or red roast potatoes or Jasmine rice.

SCHNITZEL Half Order: \$12.00 Full Order: \$15.00

Tender breaded pork schnitzel topped with mushroom gravy.
Served with your choice of veggie kabobs or buttered corn with mashed potato, red roast potatoes, Jasmine rice or French fries.

GRILLED VEGETABLE WRAP \$10.00

Warm tortilla shell filled with oven roasted vegetables, lettuce, feta cheese and Greek dressing.

Your choice of side

Fries, Caesar salad, Mixed Greens or a Cup of Soup.

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

ROAST BEEF & YORKSHIRE BUFFET

Thursdays & Sundays



CHICKEN SOUVLAKI

Half Order: \$12.00 Full Order: \$15.00

Greek seasoned marinated chicken breast on bamboo skewers, grilled to perfection on top a bed of Jasmine rice. Served with tzatziki sauce, grilled garlic pita and vegetable kabobs.

HONEY GARLIC SALMON STIRFRY

Half Order: \$11.00 Full Order: \$13.00

Sautéed vegetables coated with honey garlic sauce.
Served on a bed of jasmine rice or steamed egg noodle and topped with grilled honey garlic salmon.

See over for more Entrées