LUNCH & DINNER

A GOOD START

Appetizers

Mozza Sticks (6) $10.45

Deep Fried Pickles (6) $10.45

Perogies (8) $9.75

Buffalo Cauliflower Bites $10.95

1 Pound of Wings $11.25
• Mild, Medium, Hot, Honey Garlic, or Bundy.

Quesadilla $16.95
• Chicken, cheese, onions, and peppers.

Celery Bread $7.65

Garlic Bread $6.95
• Add cheese for $1.50.

Starter Sampler $17.55
• Four wings, three pickles, three mozza sticks, three pieces of garlic bread, and onion rings.

Soup

French Onion Soup $8.25

Soup of the Day $4.75

Salads

Comes with your choice of dressing (Ranch, House, Raspberry, French, Caesar, and Blue Cheese).

Garden Small: $8.75 Large: $10.95
• Mixed greens, cucumber, tomato, onion.

Classic Caesar Small: $9.25 Large: $11.45
• Romaine lettuce, parmesan cheese, bacon, and croutons.

Chicken Caesar Large: $16.95
• Romaine lettuce, parmesan cheese, chicken, bacon, and croutons.

Greek Small: $10.25 Large: $13.25
• Romaine lettuce, feta cheese, tomato, cucumber, red onion, and kalamata olives.

Full Plate Large: $16.95
• Mixed greens, ham, bacon, mixed blend of cheese, tomato, cucumber, onion, carrots, and croutons.

* Add chicken to any salad for $5.50.

ITALIAN MEETS COUNTRY

Pasta

Spaghetti $16.50
• Served with a tomato sauce. Add two meatballs for $4.00.

Lasagna $19.45
• Layers of pasta, ground beef, and cheese.

Chicken Parmesan $20.95
• Breaded chicken covered in cheese and tomato sauce, served on a bed of pasta.

Baked Mac and Cheese $18.25
• Mixed three-cheese blend for a gooey delight.

Alfredo (add chicken +$5.00) $16.50

* Served with 1 slice of garlic bread – add cheese for $2.00.

HANDHELDS

All handhelds are served with fries or coleslaw and a pickle.

Sandwiches

Philly Steak $17.95
• Cheese, mushrooms, onions, and peppers, served on a toasted hoagie bun.

Grilled Chicken $16.75
• Cheese, bacon, lettuce, and tomato, served on a toasted kaiser bun.

Roast Beef Melt $17.25
• Cheese, mushrooms, and onion, served on a toasted kaiser bun.

Chicken Parmesan $17.95
• Breaded chicken topped with cheese and tomato sauce, served on a toasted kaiser bun.

Club House $17.75
• Chicken, bacon, lettuce, and tomato. Served on your choice of bread with mayo on the side.

Reuben $17.75
• Smoked meat, swiss cheese, and sauerkraut, served on grilled rye bread.

Smoked Meat $15.45
• Topped with mustard and served on your choice of bread.

Cheeseburger Club $17.95
• Topped with lettuc, tomato & bacon.

Wraps

Chicken Caesar $17.45
• Chicken (crispy or grilled), bacon, romaine lettuce, and caesar dressing.

Philly $17.25
• Roast beef, swiss cheese, mushrooms, onions, peppers, and garlic mayo.

Club $17.45
• Chicken, bacon, lettuce, tomato, and ranch dressing.

Smoked Meat $17.65
• Swiss cheese and sauerkraut.

Veggie $14.95
• Tomato, cucumber, green pepper, mushrooms, lettuce, and ranch dressing.

Burgers

Each burger is garnished with lettuce, onion, and tomato. Comes with your choice of a side.

Hamburger $13.65
• Add cheese for $1.50. Add bacon for $1.50.

The Farmer $16.50
• Bacon, peameal, and cheddar cheese.

The Wake Up $15.95
• One egg, bacon, and cheddar cheese.

The Paradise $15.95
• A slice of grilled pineapple, a slice of ham, and feta cheese.

The Full Plate $15.95
• Swiss cheese, mushroom, and onion.

Patty Melt $15.95
• Grilled onions and swiss cheese

* Upgrade any side for $2.95 (House Salad, Caesar Salad, Onion Rings or Sweet Potato Fries).

GREAT FINISH

Full Plate Favourites

Chicken or Pork Souvlaki $22.95
• Two skewers, rice, home fries, greek salad, pita, and tzatziki sauce.

Sheppard's Pie $18.25
• Ground beef, peas, and corn, topped with mashed potatoes.

Chicken Stir-fry $17.25

Vegetable Stir-fry $15.50

Entrees

Served with your choice of two sides.

8 oz. Steak $22.95
• New York strip loin, grilled to your liking.

Liver and Onions $17.45
• Drizzled with our made-in-house gravy. Add bacon for $2.50.

Fish Dinner $17.50
• Two pieces of lightly battered haddock, served with tartar sauce.

Hot Hamburger $17.45
• Our homemade burger between two slices of bread, topped with gravy.

Hot Beef $17.45
• Slow-roasted beef between two pieces of bread, topped with gravy.

Chop Steak $17.25
• Half-pound homemade burger, topped with gravy and fried onions.

Pork Schnitzel $18.95
• Topped with a mushroom and wine gravy.

Pork Chops $18.95
• Two 4 oz. grilled chops.

Chicken Fingers $17.45
• Four pieces of breaded chicken, served with plum sauce.

California Chicken $19.50
• Grilled chicken breast, goat cheese, peppers, and a Cali sauce drizzle.

* Choice of sides include fries, mashed, rice, veggies, coleslaw or beans.

SIDE ORDERS

• Fries	$5.75	• Coleslaw	$3.45
• Gravy	$1.25	• Rice	$3.75
• Onion Rings	$6.75	• Chicken Breast	$5.95
• Sweet Potato Fries	$7.25	• Chicken Skewer	$5.95
• Beans	$3.25	• Pork Skewer	$5.95

THIRST QUENCHERS

Pop (free refill) $3.75

Iced Tea $3.50

Milk Small: $2.35 Large: $3.10

Chocolate Milk Small: $2.50 Large: $3.45

Juice Small: $2.50 Large: $3.30
• Choice of apple, orange, cranberry, or grapefruit.

Coffee and Tea (free refill) $2.60

Bottled Water $1.50

Breakfast • Lunch • Dinner

The Full Plate

Open

8 A.M. – 2 P.M.
Mondays

8 A.M. – 8 P.M.
Tuesday to Sunday

30 Paris Road
Paris ON, N3L 3H8

(519) 302-0150

www.TheFullPlateRestaurant.ca

BREAKFAST

GET CRACKING

Laying Eggs

Each meal comes with a choice of home fries or famous fried mashed potatoes and toast.

2 Eggs (any style) — $8.55

2 Eggs (any style) — $11.45
• With choice of bacon, ham, or sausage.

Hungry Farmer Meal — $15.75
• 3 Eggs with bacon, ham, and sausage.

Eggs Under Cover — $13.45
• 3 eggs covered in cheese, with choice of bacon, ham, or sausage.

8 oz Steak and Eggs — $22.25
* Upgrade any meat to peameal or smoked meat for $3.00.

3 Egg Omelettes

Served with home fries or famous fried mashed potatoes and toast.

Cheese — $12.95
• mixed blend of cheddar and mozzarella.

Western — $14.25
• Green peppers, ham, and onion.

Greek — $14.65
• Spinach, tomato, and feta.

Canadian — $15.25
• Mushroom, bacon, and cheddar.

Full Plate — $16.95
• Cheese, mushroom, green pepper, bacon, sausage, and onions.

Veggie — $13.25
• Mushroom, green pepper, onions and tomato.

* Add any extra topping for $2.00 each.

3 Eggs: Benedict and Sauté Bowls

Served with home fries or famous fried mashed potatoes and choice of fruit or toast.

Classic Benedict — $15.95
• Ham

Bacon, Bacon Benedict — $17.25
• Peameal and classic bacon

The Lox Benedict — $17.50
• Smoked salmon

Smoked Meat and Swiss Benedict — $17.50

The Florentine Benedict — $16.45
• Spinach, cream cheese and friend onions

Poutine Bowl — $16.25
• Bacon, gravy, and hollandaise sauce, cheese

Bacon Lovers Bowl — $17.95
• Peameal, classic bacon, mushrooms, onion, green peppers, topped with cheese

Full Plate Bowl — $18.25
• Bacon, ham, sausage, green peppers, mushrooms, onions, topped with cheese

Benedict Bowl — $17.95
• Ham, mushrooms, green peppers, onions, and topped with hollandaise sauce.

Veggie Bowl — $15.25
• Sautéed mushrooms, onions, and green peppers, topped with cheese

Pancakes, French Toast and Waffles

3 Buttermilk Pancakes — $11.25

Pancake Platter — $16.50
• 2 pancakes, 2 eggs, bacon or sausage, potato, and toast.

Cinnamon French Toast (3 slices) — $10.95

Cinnamon French Toast Platter — $16.50
• 2 slices of French toast, 2 eggs, bacon or sausage, potato, and toast.

Belgium Waffle (single) — $11.45

Belgium Waffle Platter — $16.95
• 1 waffles, 2 eggs, bacon or sausage, potato, and toast.

* Add any toppings for $2.50 (banana, chocolate chips, or strawberries)

Sandwiches

Western — $9.25
• 2 eggs, green peppers, onion, and ham.

BLT — $8.50
• Bacon, lettuce, and tomato.

PLT — $9.25
• Peameal, lettuce, and tomato.

Lox Bagel — $12.95
• Smoked salmon on a plain bagel.

Monte Crisco — $9.50
• French toast, ham, and Swiss cheese.

Fried Egg — $8.75
• 2 eggs, bacon, and cheese.

Grilled Cheese — $6.50

* Add home fries or famous fried mashed, fruit or yogurt for $2.50

On the Lighter Side

1 Egg, Toast, and Mixed Fruit — $7.25

Toast and Fruit — $6.25

Fruit and Yogurt — $6.25

Lox Plate — $14.95
• Smoked salmon, capers, tomatoes, cucumbers, red onion, and a bagel with cream cheese.

Cup of Fruit — $6.25
• A variety of seasonal fruits.

Sides

• **Bacon** (4 slices)	$4.45	• **Bagel**	$3.00
• **Sausage** (3)	$4.45	• **Toast**	$3.00
• **Ham** (3)	$4.45	• **Baked Beans**	$3.40
• **Peameal** (3)	$4.95	• **Home Fries**	$4.25
• **Smoked Meat**	$4.95	• **Fried Mashed Potatoes**	$3.45
• **English Muffin**	$2.65	• **Single Pancake or French Toast**	$3.75