

# ENTRÉES

- 🌾 SMOOTHIE BOWL** 12

Raw rolled oats soaked in apple cider & cinnamon, covered in fruit smoothie, fruit salad & granola.
- 🌾 SPANISH OMELETTE** 14

A Spanish-style omelette made with spinach, chickpea flour, potato, onion & sweet pepper. Served with tempeh bacon & fresh greens.
- PMK WAFFLES** 12

Three fluffy & crispy waffles, topped with butter, organic maple syrup, sweet coconut cream & fruit coulis.
- 🌱 DAILY BREAKFAST BURRITO** 15

Freshly baked tortilla stuffed with a daily filling, topped with tomato sauce & sour cream. Served with butter-fried potatoes. Ask your server about this morning's burrito filling!
- 🌱 HANGRY BURRITO DELUXE** 18

Roasted veggies, dirty beans, Spanish rice & scrambled tofu wrapped in a freshly baked tortilla with spicy tomato sauce, house-made cheese sauce & sour cream. Served with salsa, avocado & butter-fried potatoes.
- 🌾 HUEVOS RANCHEROS** 12

Scrambled tofu with refried beans, salsa, guacamole, sour cream & cheese sauce. Served with corn chips.
- 🌾 LOADED POTATO BOWL** 14

Roasted potatoes, sweet potatoes, seasonal veggies, onions & garlic. Sprinkled with nooch & hemp hearts. Served with salsa.
- 🌾 MEGA BOWL** 15

Our two most ordered breakfast items: the Huevos Rancheros & Loaded Potato Bowl, combined into one mega bowl of breakfast goodness!
- TOFU SCRAMBLE SANDWICH** 12

Scrambled tofu patty topped with Chao Cheese & smoky tempeh strips on a sprouted grain English muffin with tomato & avocado mayo. Served with a side salad, PMK pickles & kimchi.
- 🌾 FARMERS PLATE** 15

Three slices of smoky tempeh strips with a generous helping of scrambled tofu, sliced fresh tomato, butter-fried potatoes, toast, avocado & salsa.
- SHARE PLATE** 32

Can't decide? You don't have to! A great sampling of our breakfast favourites, for two.

# SIDE DISHES

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| <ul style="list-style-type: none"> <li><b>🌾 TOAST</b> <span style="float: right;">3</span></li> <li><b>🌾 TEMPEH BACON</b> <span style="float: right;">3</span></li> <li><b>🌾 HASH BROWNS</b> <span style="float: right;">5</span></li> </ul> | <ul style="list-style-type: none"> <li><b>🌾 SCRAMBLED TOFU</b> <span style="float: right;">5</span></li> <li><b>🌾 GUACAMOLE</b> <span style="float: right;">5</span></li> <li><b>🌾 FRUIT SALAD</b> <span style="float: right;">6</span></li> </ul> |
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