

MAINS

TOFU SCRAMBLE SANDWICH 12

scrambled tofu patty topped with Chao cheese and smoky tempeh strips on a sprouted grain English muffin with tomato and avocado mayo | served with a side salad, house-made pickles, and kimchi

SPANISH OMELETTE 14

a Spanish-style omelette made with spinach, chickpea flour, potatoes, onions, and sweet peppers | served with tempeh strips and fresh greens | *gluten-free*

PMK WAFFLES 12

fluffy and crispy waffles, topped with butter, organic maple syrup, sweet soy cream, and fruit coulis

DAILY BREAKFAST BURRITO 15

house-made tortilla stuffed with a seasonal filling, topped with tomato sauce and sour cream | served with butter-fried potatoes | ask server about this morning's burrito filling | *available gluten-free*

HANGRY BURRITO DELUXE 18

roasted veggies, dirty beans, Spanish rice, and scrambled tofu wrapped in a house-made tortilla with spicy tomato sauce, house-made cheese sauce, and sour cream | served with salsa, avocado, and butter-fried potatoes | *available gluten-free*

HUEVOS RANCHEROS 12

scrambled tofu with refried beans, salsa, guacamole, sour cream, and house-made cheese sauce | served with corn chips | *gluten-free*

LOADED POTATO BOWL 14

roasted potatoes, sweet potatoes, seasonal veggies, onions, and garlic | sprinkled with nooch and hemp hearts | served with salsa | *gluten-free*

MEGA BOWL 15

our two most-ordered breakfast items: Huevos Rancheros and Loaded Potato Bowl, combined into one mega bowl of breakfast goodness | *gluten-free*

SMOOTHIE BOWL 12

raw rolled oats soaked in apple cider and cinnamon, covered in fruit smoothie, fruit salad, and granola | *gluten-free*

FARMER'S PLATE 15

three slices of smoky tempeh strips with a generous helping of scrambled tofu, sliced fresh tomato, butter-fried potatoes, toast, avocado, and salsa | *available gluten-free*



SATURDAY & SUNDAY BRUNCH

PLANT MATTER KITCHEN

organic | vegan | local

SATURDAY: 9 AM - 11 AM & SUNDAY: 10 AM - 3 PM



we use organic and locally sourced ingredients as often as possible

please identify food allergies to server

all cheese products are nut- or seed-based

ask server about this morning's baked goods

SUNDAY BRUNCH SPECIAL

SUNDAY SHARE PLATE 32

can't decide? you don't have to | a great sampling of our breakfast favourites, for two

SIDES

| *available gluten-free*

TOAST 3

TEMPEH STRIPS 3

HASH BROWNS 6

SCRAMBLED TOFU 5

GUACAMOLE 5

FRUIT SALAD 6



We prepare **LOCAL, QUALITY & ORGANIC** food that's made **FRESH** every single day. We **ENSURE** that you only get the **BEST POSSIBLE INGREDIENTS**, to foster **HEALTH, WELLNESS & PEACE**. We serve **VEGAN FOOD** that's **TOP QUALITY, LOCALLY SOURCED, 100% ORGANIC & CRUELTY-FREE**. **TOGETHER**, we build a **STRONGER**, more ethically **ENGAGED** & socially aware **COMMUNITY**.