

# APPETIZERS

## SOUP OF THE NIGHT 8

ask server for details | [gluten-free](#)

## FIVE BEAN CHILI 10

classic style, house-made chili | served with sour cream | [gluten-free](#)

## NACHOS 13 | 18

corn chips topped with house-made tex-mex tempeh, pickled jalapeños, jackfruit, house-made nacho cheese, diced peppers, and green onions | served with sour cream, salsa, and guacamole on the side | [gluten-free](#)

## POUTINE 11

roasted potato wedges smothered in mushroom gravy and Chao cheese | topped with smoky tempeh bits and drizzled with sour cream | [gluten-free](#)

## CHILI CHEESE WEDGES 14

classic poutine topped with house-made Five Bean Chili | [gluten-free](#)

## ROASTED GARLIC SPINACH DIP 10

creamy dip with roasted garlic and sautéed spinach, baked in the oven | served with corn chips | [gluten-free](#)

## TASTY BOARD 17 | 26

a selection of house-made pickles, Nuts for Cheese assorted cheeses, dried fruit, marinated olives, sweet onion jam, and roasted garlic spinach dip | served with corn chips | [available gluten-free](#)

## SWEET POTATO STACK 10

sweet potato stack with creamy cashew cheese and fresh basil | drizzled with pesto oil, sundried tomato aioli, and balsamic reduction | [gluten-free](#)

## TAQUITOS 11

three crispy taquitos made from house-made tortillas, stuffed with smoked tofu, seasoned cauliflower, and black beans | topped with sour cream and salsa

## SPANAKOPITA 11

sautéed spinach and house-made feta cheese, wrapped in phyllo pastry and baked until golden brown | served with tzatziki for dipping

# DINNER

## PLANT MATTER KITCHEN

organic | vegan | local



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 tonight's desserts

**DRESSINGS:** ginger miso, red Thai curry, avocado lime, pesto, sundried tomato, citrus Booch, maple balsamic vinaigrette, and creamy cucumber dill

# SALADS

## PMK SIGNATURE SALAD 11

arugula, spinach, and kale | topped with maple walnuts, dried cranberries, toasted pumpkin seeds, and maple balsamic vinaigrette | [gluten-free](#)

## CAESAR SALAD 12

seasonal hearty greens and garlicky Caesar dressing | topped with smoky tempeh bits and parmesan cheese | [gluten-free](#)

## COBB SALAD 15

sautéed smoked tofu, sprouts, carrots, beets, cucumbers, tomatoes, red onions, avocado, Nuts for Cheese Super "Blue" cheese, and creamy cucumber dill dressing | served on a bed of greens | [gluten-free](#)

## TACO SALAD 16

crispy house-made tortilla bowl filled with shredded romaine lettuce, Five Bean Chili, and avocado lime dressing | topped with charred corn, jalapeño salsa, sour cream, and house-made nacho cheese

# FLATBREADS

## MEDITERRANEAN 15

sundried tomato pesto, artichokes, marinated olives, minced red onions, spinach, house-made feta cheese, and diced red peppers | [available gluten-free](#)

## MUSHROOM MISO 15

parmesan white sauce, maitake and cremini mushrooms, roasted garlic, miso tamari crema, and caramelized onions | [available gluten-free](#)

# MAINS

## CREAMY MAC 14

pasta smothered in house-made cheese sauce | topped with kale chips and parmesan cheese | [available gluten-free](#)

## HOLISTIC ENCHILADA 19

dirty beans, kale, sweet potatoes, peppers, and onions wrapped in a house-made tortilla | topped with slow simmered tomato sauce, sour cream, and house-made cheese sauce | served with salsa and guacamole | [available gluten-free](#)

## BASIL VODKA BLUSH 18

pasta tossed in a creamy tomato sauce spiked with vodka, spinach, mushrooms, garlic, onions, fresh basil, and roasted red peppers | [available gluten-free](#)

## VILLAGE VIBE BURGER 16

house-made patty topped with onion jam, sour cream, hummus, sprouts, and sliced tomatoes | served on greens or in a house-made tortilla | served with choice of side soup or salad | [available gluten-free](#)

## OLD SOUTH CALZONE 19

Italian herbed dough stuffed with roasted vegetables and Chao cheese, smothered in a roasted garlic tomato sauce | served with chef-recommended Caesar salad

## SHEPHERD'S PIE 19

French lentils, maitake and cremini mushrooms, peas, carrots, celery, and corn cooked in a slow-simmered umami broth | served with garlic mashed potatoes and roasted onion gravy | [gluten-free](#)

# BOWLS

## PMK BOWL 17

jerk tofu steaks, house-made pickles, marinated black beans, dried blueberries, toasted seeds, smoky sweet potatoes, avocado, and choice of dressing | served on choice of rice noodles or greens | [gluten-free](#)

## RAW BOWL 16

raw zucchini ribbons, sugar snap peas, alfalfa and mung sprouts, carrots, beets, kimchi, heirloom tomatoes, crispy kale, and choice of dressing | served on choice of rice noodles or greens | [gluten-free](#)

## ASIAN NOODLE BOWL 17

julienned seasonal vegetables, vermicelli noodles, miso sautéed tofu, fresh mushrooms, pea shoots, and bok choy | served in a savoury broth | [gluten-free](#)

# SIDES

| [gluten-free](#)

## SOUP 4

## CAESAR SALAD 6

## PMK GARDEN SALAD 6

## MASHED POTATOES 5

## POTATO WEDGES 5

## HUMMUS 5

## ROASTED VEGETABLES 5

# ADD-ONS

| [gluten-free](#)

## AVOCADO SLICES 3

## TEMPEH STRIPS 3

## ASSORTED CHEESES 2 per oz

## SMOKED TOFU 3

PLANT  
MATTER  
KITCHEN

