

APPETIZERS

SOUP OF THE DAY 8

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

FIVE BEAN CHILI 10

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

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](#)

MAINS

CREAMY MAC 14

pasta smothered in house-made cheese sauce | topped with kale chips and parmesan cheese | [available 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

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](#)

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](#)

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](#)

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](#)

BURGERS

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](#)

162 BURGER 17

house-made patty topped with melted Chao cheese, sautéed onions and mushrooms, smoky tempeh strips, avocado mayo, lettuce, tomatoes, and sprouts | served on greens or in a house-made tortilla | served with choice of side soup or salad | [available gluten-free](#)

SCOVILLE BURGER 17

house-made patty topped with melted smoked tomato jalapeño cheese, toasted spicy cashews, charred corn, and jalapeño salsa | served on greens or in a house-made tortilla | served with choice of side soup or salad | [available gluten-free](#)

LUNCH

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 today's desserts

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

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

