

# DINNER

PLANT  
MATTER  
KITCHEN



organic | vegan | local | quality | fresh | healthy | plant-based | sustainable | eco-conscious | community-focused | delicious

## APPETIZERS

### SOUP OF THE DAY 8

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

### PMK CHILI 12

our classic, house-made chili, served with sour cream, cheese sauce, and green onions. | [gluten-free](#) | [nut-free](#)

### CHILI CHEESE WEDGES 16

potato wedges, house-made chili, sour cream, cheese sauce, and green onions. | [gluten-free](#) | [nut-free](#)

### A PUB-STYLE CLASSIC



### NACHOS 19

corn chips, tex-mex tempeh, pickled jalapeños, cheese sauce, peppers, onions, sour cream, and salsa. add guacamole +3. | [gluten-free](#) | [nut-free](#)

### SPANAKOPITA 13

sautéed spinach, house-made feta in phyllo pastry with tzatziki sauce. | [nut-free](#)

### ROASTED GARLIC SPINACH DIP 13

roasted garlic and sautéed spinach. served with corn chips. | [gluten-free](#) | [nut-free](#)

### POUTINE 14

potato wedges, mushroom and onion gravy, Green Goddess mozzarella, tempeh bits, and sour cream. | [gluten-free](#)

### TAQUITOS 15

smoked tofu, cauliflower, and black beans wrapped in a house-made tortilla with salsa and sour cream. | [nut-free](#)

### GREAT FOR GROUPS!



### SHARE BOARD 21

house-made pickles, assorted cheeses, dried fruit, kimchi, marinated olives, sweet onion jam, hummus, assorted nuts, and crostini. | [available gluten-free](#)

## SALADS

### CAESAR SALAD 14

romaine, kale, tempeh bits, parmesan cheese, caesar dressing. add seared tofu +3. | [gluten-free](#) | [nut-free](#)

### TACO SALAD 16

romaine, bean chili, jalapeño salsa, sour cream, guacamole, cheese sauce, green onion, citrus vinaigrette and nacho chips. | [gluten-free](#) | [nut-free](#)

### COBB SALAD 18

romaine, seared tofu, sprouts, carrots, beets, cucumbers, tomatoes, red onion, avocado, Green Goddess blue cheese, and creamy cucumber dill dressing. | [gluten-free](#)

### **NEW** PMK SIGNATURE SALAD 18

arugula, spinach, kale, maple walnuts, dried cranberries, cherry tomatoes, toasted pumpkin seeds, onion, Green Goddess blue cheese, and maple-balsamic vinaigrette. add seared tofu +3. | [gluten-free](#) | [soy-free](#)

## DRESSINGS

MAPLE BALSAMIC | [gluten-free](#) | [nut-free](#)

CREAMY CUCUMBER DILL | [gluten-free](#) | [nut-free](#) | [contains soy](#)

RED THAI CURRY | [gluten-free](#) | [nut-free](#)

CAESAR | [gluten-free](#) | [nut-free](#) | [contains soy](#)

CITRUS VINAIGRETTE | [gluten-free](#) | [nut-free](#) | [soy-free](#)

ASIAN SESAME VINAIGRETTE | [gluten-free](#) | [nut-free](#)



WE USE ORGANIC AND LOCALLY SOURCED INGREDIENTS AS OFTEN AS POSSIBLE.  
PLEASE DISCLOSE FOOD ALLERGIES TO SERVER. ALL CHEESE PRODUCTS ARE NUT- OR SEED-BASED.  
ASK SERVER ABOUT TONIGHT'S DESSERTS.



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## MAINS

### CREAMY MAC & CHEESE 14

house-made cheese sauce, kale chips, and parmesan cheese. | available [gluten-free](#) | [nut-free](#)

### NEW CREAMY MAC SUPREME 18

our popular mac & cheese with maple-glazed tempeh, crispy tofu, onions, red peppers, and sweet potato. add chili +4. | available [gluten-free](#) | [nut-free](#)

### VILLAGE VIBE BURGER 17

beet and black bean patty, onion jam, sour cream, hummus, sprouts, kale, and tomato. served in a house-made tortilla or on a sesame bun with choice of side soup, caesar salad, or house salad.

| available [gluten-free on greens](#) or on a [gluten-free bun](#) for +2 | [nut-free](#)

### NEW BISTRO BURGER 18

chickpea and mushroom patty, maple-glazed tempeh, lettuce, tomato, red onion, pickles, and tzatziki. served on a sesame seed bun with choice of side soup, caesar salad, or house salad. | available [gluten-free on greens](#) or on a [gluten-free bun](#) for +2 | [nut-free](#)

## YOU WON'T MISS THE MEAT!



### NEW THE DINER CLASSIC 18

a Beyond Meat Burger, lettuce, tomato, onion, house-made pickles, with organic ketchup, mustard, and mayo. on a sesame seed bun. served with choice of side soup, caesar salad, or house salad. | available [gluten-free on greens](#) or on a [gluten-free bun](#) for +2 | [nut-free](#)

### NEW BEYOND MEAT SAUSAGE 18

Italian sausage served with sauerkraut, house pickles, red onion, tempeh bits, jalapeño peppers, ketchup & mustard with choice of side soup, caesar salad, or house salad. | [nut-free](#)

## PMK ADD-ONS | [gluten-free](#) +3

AVOCADO | MAPLE-GLAZED TEMPEH  
SEARED TOFU | CHAO CHEESE

## THE CARNIVORE'S CHOICE



### SHEPHERD'S PIE 19

lentils, maitake and cremini mushrooms, peas, carrots, celery, corn, garlic mashed potatoes, and mushroom & onion gravy. served with cranberries. | [gluten-free](#) | [nut-free](#) | [soy-free](#)

### NEW MARGHERITA FLATBREAD 17

pesto, tomato sauce, fresh basil, tomato Green Goddess mozzarella cheese. | available [gluten-free](#)

### NEW PORTOBELLO STEAK AND POTATOES 21

miso- and garlic-marinated portobello mushrooms, chipotle aioli, mushroom & onion gravy, and roasted potatoes. | [gluten-free](#) | [nut-free](#)

### NEW PESTO FETTUCCINE 18

fettuccine in pesto white wine sauce with cherry tomatoes, cremini mushrooms, red onion, spinach, and parmesan cheese. | available [gluten-free](#) | [nut-free](#) | [soy-free](#)

## FILLING, SATISFYING & COMFORTING



### HOLISTIC ENCHILADA 19

refried beans, kale, sweet potatoes, peppers, onions, tomato sauce, sour cream, and cheese sauce. served in a house-made tortilla. add guacamole +3. add salsa +2. | available [gluten-free](#) | [nut-free](#)

### CALZONE 21

peppers, onions, mushrooms, zucchini, sweet potato, and mozzarella, wrapped in house-made Italian dough. topped with roasted garlic tomato sauce. served with a side caesar salad.



## BOWLS

### RAW BOWL 17

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

### NEW RAMEN BOWL 17

rice noodles, seared miso-marinated tofu, maitake mushrooms, peppers, scallions, bok choy, carrots, and radish in a savoury broth. | available [gluten-free](#) | [nut-free](#)

## HEALTHY, DELICIOUS & WARMING!



### NEW RICE BOWL 17

steamed rice with crispy tofu, cremini mushrooms, red peppers, sweet potato, onions, green onion, shredded carrot, sweet and sour sauce, and bean sprouts. | available [on zucchini ribbons](#) | [gluten-free](#) | [nut-free](#)



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