

ORGANIC SMOOTHIES

RED 10 | 16 oz.
variety of berries, pineapple, banana, agave, chia & house-made kombucha.

TROPICAL 10 | 16 oz.
pineapple, mango, orange, banana, agave, chia & house-made kombucha.

GREEN 10 | 16 oz.
cucumber, celery, leafy greens, avocado, banana, pineapple, agave, chia & house-made kombucha.

POWER 10 | 16 oz.
banana, cacao powder, hemp, cashew milk, cashews, agave & chia.

FRESH ORGANIC JUICES

ALKALINE 10 | 16 oz.
lemon, apple, celery & leafy greens.

ENERGY 10 | 16 oz.
beet, carrot, ginger & celery.

VITAMIN 10 | 16 oz.
pineapple, celery & leafy greens.

SHOTS

DETOX 5
orange, lemon, ginger, agave & apple cider vinegar
| alkaline & cleansing

FIGHT 5
lemon, ginger, turmeric, cayenne & oregano oil
| strong immune booster

HOT/COLD BEVERAGES

FOUR SIGMATIC MUSHROOM ELIXIRS 5
Four Sigmatic was founded with the goal of cutting through all of the "supplement" hype and to help people eat more of one of the world's most scientifically studied superfoods: mushrooms. beyond the portobello, an entire kingdom of mushrooms exists, many with amazing health benefits for immunity, energy, and longevity that have been studied for centuries. | Choices Available: Mushroom Coffee Mix, Lion's Mane, Matcha Latte, Chaga, Chai Latte, Cordyceps, & Hot Cacao Mix.

DRIP COFFEE dark or medium roast 3

ESPRESSO 3.50 **AMERICANO** 3.50

LATTE 5.50 **CAPPUCCINO** 5.50

ICED COFFEE 4 **NITRO COLD BREW COFFEE** 4.50

BAGGED TEA 3 **ICED TEA** 4

LOOSE LEAF TEA 3.50
selection of organic loose-leaf teas available
please ask server for details.

BOOCH ORGANIC KOMBUCHA
Booch Organic Kombucha is hand-crafted in London, Ontario with love and care, using only the best quality local, organic, & fairly-traded ingredients.

BOOCH ON TAP 6
two revolving flavours | please ask server for details

BOOCH IN A BOTTLE 6.50
raspberry lemonade, citrus twist & ginger

BLUE SKY NATURAL SODA 3

FEVER-TREE GINGERALE 6

SAN PELLEGRINO 3

BLACK RIVER NATURAL ORANGE JUICE 6

HOUSE-MADE ORGANIC LEMONADE 5

BEVERAGE MENU

PLANT
MATTER
KITCHEN

organic | vegan | local | quality | fresh | healthy

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.

LOCAL BEERS ON TAP

MILL ST. ORIGINAL ORGANIC LAGER 8 | 16 oz.
light, crisp, clean finish. | 4.2% abv

MILL ST. TANKHOUSE ORGANIC ALE 8 | 16 oz.
full-bodied, rich malty texture, quite hoppy, roasted nuts.
| 5% abv

BRICKWORKS CIDER BATCH:1904 9 | 16 oz.
a UK-style dry cider, refreshing, full apple finish.
| 5% abv | gluten-free

ANDERSON CRAFT ALES IPA 8 | 16 oz.
malt, citrus, tropical fruit, warm oatmeal notes. | 6.5% abv

BEAU'S LUG-TREAD LAGERED ALE 8 | 16 oz.
pilsner malt, grassy herbal hops, light apple, sweet grain
malt & hop bitterness. | 5.2% abv

PMK ROTATING TAP 8 | 16 oz.
please ask server for details.

WINES

FIELDING ESTATE WINERY | pinot grigio | 12.5% abv
9.25 | 6 oz. 14 | 9 oz. 35 | 750 ml bottle
floral, pear, light-bodied, melon & citrus flavors.

CHÂTEAU DES CHARMES | sauvignon blanc | 12.5% abv
9.25 | 6 oz. 14 | 9 oz. 35 | 750 ml bottle
intense citrus, gooseberry aromas, refreshing lime, clean,
dry finish.

FIELDING ESTATE WINERY | rosé | 13% abv
8 | 6 oz. 12 | 9 oz. 34 | 750 ml bottle
crushed strawberries, pink grapefruit & cotton candy.
refreshing acidity.

FIELDING ESTATE WINERY | red conception | 13% abv
9.95 | 6 oz. 15 | 9 oz. 39 | 750 ml bottle
mocha, dark chocolate, toasty oak aging. full-bodied &
smooth. aged in French and American oak barrels.

CAVE SPRINGS | gamay noir | 13% abv
9 | 6 oz. 13 | 9 oz. 32 | 750 ml bottle
fresh red & black cherry aromas, dry, medium/light bodied,
ripe berry fruit flavor, crisp finish.

HENRY OF PELHAM "FAMILY TREE" | cabernet-merlot | 13% abv
9 | 6 oz. 14 | 9 oz. 35 | 750 ml bottle
vanilla, bell pepper, cassis, ripe black berry with floral, earthy
tones & minty, herbal aromas.

SIGNATURE COCKTAILS

GINGER SPICED MULE 10 | 1.5 oz.
spiced rum, fresh lime juice, Fever-Tree ginger beer,
ginger garnish.

BOOCH COCKTAIL 11 | 1.5 oz.
vodka or gin, Booch Organic Kombucha on tap, lemon
zest garnish.

THE LONDON LEMONADE 11 | 1.5 oz.
vodka, house-made lemonade, mixed berry garnish.

WHISKEY REMEDY 10 | 1.5 oz.
small-batch whiskey, Booch Organic Kombucha, fresh lime
juice & ginger.

PATRICK'S BEANS ESPRESSO MARTINI 13 | 3 oz.
vodka, kahlua, crème de cacao, simple syrup & Patrick's
Beans espresso.

THE BIG G & T 12 | 2 oz.
gin, Fever-Tree tonic, sliced cucumber, lime wedge garnish.

WALTER CRAFT VEGAN CAESAR 11 | 1.5 oz.
vodka, Walter Craft Caesar mix, worcestershire, hot sauce,
celery garnish.

PMK SEASONAL COCKTAIL variable pricing | 2 oz.
please ask server for details.

CANNED BEER

GLUTENBERG BLONDE 8 | 473 ml
floral hops, pear, white pepper, green tea, lemon peel. dry
& refreshing. | 4.5% abv | gluten-free

GLUTENBERG IPA 8 | 473 ml
cereal, grapefruit, tea, apple, balanced bitterness.
| 6% abv | gluten-free

MILL ST. COBBLESTONE NITRO STOUT 8 | 440 ml
smokey, roasted freshness, coffee, chocolate, caramel.
nitrogenated for extra creaminess. | 4.2% abv

MILL ST. 100TH MERIDIAN AMBER LAGER 8 | 473 ml
medium bodied, moderately carbonated, caramel, cereal &
grassy hops. | 5.6% abv



taxes are not included. enjoy responsibly.

