



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

TOFU SCRAMBLE SANDWICH 12

scrambled tofu, smoky tempeh strips, tomato, avocado mayo and Green Goddess mozzarella on an English muffin with potato wedges. | [available](#) [gluten-free](#) | [nut-free](#)

SPANISH OMELETTE 14

chickpea batter, spinach, red pepper and onion omelette with sour cream, smoky tempeh strips and potato wedges. | [gluten-free](#) | [nut-free](#)

NEW MUSHROOM & MOZZA OMELETTE 14

chickpea batter, mushrooms and Green Goddess mozzarella omelette with cheese sauce, smoky tempeh strips and potato wedges. | [gluten-free](#) | [nut-free](#)

A UNIQUE, FLAVOURFUL SPIN ON A BREAKFAST CLASSIC



NEW CURRY NOODLE OMELETTE 14

curried rice noodle, chickpea batter, scrambled tofu, red pepper, carrot and green onion omelette with sour cream, kimchi and potato wedges. | [gluten-free](#) | [nut-free](#)



FROM HANGRY TO HAPPY IN A FEW BITES



HANGRY BURRITO 18

tortilla, roasted vegetables, black beans, rice, scrambled tofu, tomato sauce, cheese sauce and sour cream with potato wedges. add guacamole +3. | [nut-free](#)

NEW BENNY FLO 15

seared parmesan tofu, baby spinach, caramelized onion, Green Goddess Swiss cheese and hollandaise sauce with potato wedges. | [available](#) [gluten-free](#) | [nut-free](#)

SMOOTHIE BOWL 12

fruit smoothie, granola, banana, kiwi, strawberry, and avocado with maple syrup. | [gluten-free](#) | [soy-free](#)

THE WORTLEY BREAKFAST 15

scrambled tofu, smoky tempeh strips, sliced tomato, avocado, toast and butter with potato wedges. | [available](#) [gluten-free](#) | [nut-free](#)

NEW TOFU IN A BASKET 12

two slices of hollow toast, scrambled tofu, "no-yolk" and tomato slice with Beyond Meat sausage hash. | [available](#) [gluten-free](#)

PMK ADD-ONS

- TOAST | [available](#) [gluten-free](#) 3
- TEMPEH STRIPS | [gluten-free](#) 3
- GUACAMOLE | [gluten-free](#) 3
- SALSA | [gluten-free](#) 3
- WEDGES | [gluten-free](#) 6



NEW PAIN PERDU 14

French toasted baguette, berry compote, maple syrup and powdered sugar with whipped coconut cream. | [nut-free](#)

HUEVOS RANCHEROS 14

rice, scrambled tofu, slow cooked black beans, red pepper, Green Goddess mozzarella, sour cream and green onion with tortillas chips. | [available](#) [gluten-free](#) | [nut-free](#)

PMK PANCAKES 14

berry compote, maple syrup and powdered sugar with whipped coconut cream. | [nut-free](#)

THE COMFORTING AND FILLING MVP ("MEAT," VEG, AND POTATOES)



NEW SAUSAGE & POTATO MELT 16

Beyond Meat sausage, roasted vegetables, potatoes and Green Goddess mozzarella with hollandaise sauce. | [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. **ALL ITEMS ARE PREPARED IN A FACILITY WHERE NUTS ARE PRESENT.**