

PLANT MATTER KITCHEN

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

APPETIZERS

POUTINE 14

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

SHARE BOARD 25

house-made pickles, cheese assortment, dried cranberries, kimchi, marinated olives, sweet onion jam, hummus, assorted nuts, crostini | serves 4 | [available](#) [gluten-free](#)

ATHENS-INSPIRED SPUDS



NEW GREEK STYLE WEDGES 14

potato wedges, marinated tomato, red onion, feta, kalamata olives, tzatziki | [gluten-free](#) | [nut-free](#)

NEW DIP DUO 16

nacho jalapeño cheese dip & layered bean dip with marinated tomato, red onion, sour cream, cilantro, served with nacho chips | [gluten-free](#) | [nut-free](#)

NEW BUFFALO TEMPEH WRAPS 16

tortilla, tempeh, buffalo sauce, blue cheese, kale, onions, carrot, red pepper, served with ranch

NEW CHEESY ARTICHOKE ROLLS 14

cheese sauce, blue cheese, artichoke, garlic, red onion, garlic roll, served with tomato sauce

EARTHY FRENCH FLAVOURS



WILD MUSHROOM FLATBREAD 17

cremini, shitake, portobello, mornay sauce, arugula, garlic oil | [available](#) [gluten-free](#) | [nut-free](#)

SOUP & SALADS

SOUP OF THE DAY 8

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

SOUP & SALAD COMBO 14

soup of the day with a house salad | [gluten-free](#)

PMK SIGNATURE SALAD 18

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

CAESAR SALAD 14

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

NEW SESAME SOBA SALAD 17

cold soba noodles, celery, bok choy, carrot, green onion, peppers, cucumber, wasabi lime chickpeas, sesame seeds, asian sesame vinaigrette | [available](#) [gluten-free](#) | [nut-free](#)

VIBRANT MEDITERRANEAN TASTES



NEW SICILY SALAD 17

creamy jackfruit, arugula, potato, red onion, marinated tomatoes, olives, green beans, capers, citrus vinaigrette dressing | [gluten-free](#) | [nut-free](#)

SANDWICHES & WRAPS

all sandwiches & wraps are served with choice of side soup, caesar salad, house salad, wedges, or poutine +5

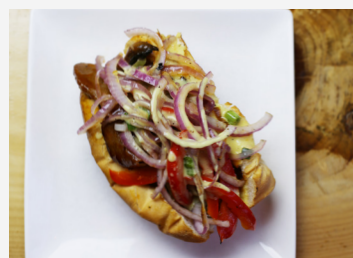
NEW GOURMET GRILLED CHEESE 19

Green Goddess cheddar cheese, pesto, marinated tomato, rice paper bacon | [available](#) [gluten-free](#) +2

PMK FALAFEL 17

house-made falafel, pickles, jalapeños, romaine, tahini, tomatoes, red onion, hummus, tzatziki, hot sauce, wrapped in a warm pita | [available](#) [gluten-free](#) | [nut-free](#)

AN EAST COAST CLASSIC



NEW PHILLY CHEESE 18

house-made seitan, sautéed peppers, onions, mushrooms, cheese sauce, served on a hoagie | [nut-free](#)

NEW ROASTED VEGETABLE WRAP 17

zucchini, eggplant, spinach, peppers, pesto, Green Goddess mozzarella, tomato sauce | [nut-free](#)

NEW THE "JERK" SEITAN SANDWICH 17

house-made seitan, spicy jerk sauce, avocado, mango chutney, served on a hoagie | [nut-free](#)

NEW BEYOND MEAT SAUSAGE 18

caramelized onion, warm sauerkraut, grainy mustard, kale slaw | [nut-free](#)

ALL AMERICAN CRUNCH



NEW BUFFALO CAESAR WRAP 17

romaine, kale, tempeh bits, parmesan cheese, caesar dressing, crispy tofu, house-made buffalo sauce | [nut-free](#)

DRESSINGS

Asian Sesame Vinaigrette | [gluten-free](#) | [nut-free](#)

Citrus Vinaigrette | [gluten-free](#) | [nut-free](#) | [soy-free](#)

Maple Balsamic | [gluten-free](#) | [nut-free](#) | [soy-free](#)

Creamy Cucumber Dill | [gluten-free](#) | [nut-free](#)

Caesar | [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.

AN AUTOMATIC 18% GRATUITY WILL BE ADDED TO GROUPS OF 10+



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MAINS

CREAMY MAC & CHEESE 14

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

NEW TOFRITO CRUNCH 16

spicy tofu sofrito, black beans, pico de gallo, crumbled nachos, cheese sauce, spinach, cilantro rice, sour cream | available [gluten-free](#) | [nut-free](#) | add [guacamole](#) +3 | add [salsa](#) +2

A BELOVED BRITISH STAPLE



NEW BANGERS & MASH 21

Beyond Meat Sausage, roasted garlic mashed potatoes, mushy peas, fire roasted tomatoes with mushroom & onion gravy | [gluten-free](#) | [nut-free](#)

SMOKY, CHEESY AND DELICIOUS



NEW CHIPOTLE MAC & CHEESE 19

our popular mac & cheese with mushrooms, onion, beyond meat sausage crumble, chipotle adobo, green onion, sour cream. | available [gluten-free](#) | [nut-free](#)

PESTO FETTUCCINI 18

fettuccini, pesto white wine sauce, cherry tomatoes, cremini mushrooms, red onion, spinach, parmesan | available [gluten-free](#) | [nut-free](#) | [soy-free](#)

NEW TACO TRIO 18

three tortillas, crispy cauliflower, kale, cilantro, red onion, pineapple salsa, cherry tomatoes, sour cream, lime | available [gluten-free](#) | [nut-free](#)

SATISFYINGLY SOUTHWESTERN



HOLISTIC ENCHILADA 19

house-made tortilla, refried beans, kale, sweet potato, peppers, onion, cheese sauce, sour cream, cilantro rice, tomato sauce | available [gluten-free](#) | [nut-free](#) | add [guacamole](#) +3 | add [salsa](#) +2

FISH-FRIENDLY MARITIME MEAL



NEW FISH AND CHIPS 18

battered eggplant, wedges, kale slaw, tartar sauce | [gluten-free](#) | [nut-free](#)

BURGERS

all sandwiches & wraps are served with choice of side soup, caesar salad, house salad, wedges, or poutine +5 | available [gluten-free](#) [bun](#) +2

I62 BURGER 18

beet & black bean patty, Chao cheese, sautéed onions & mushrooms, tempeh strips, lettuce, tomato, avocado mayo. choose a wrap or toasted bun | [nut-free](#)

NEW GREEK BURGER 17

chickpea & mushroom patty, tzatziki, feta, red onion, marinated tomato, olives, shredded lettuce, pickles, sesame seed bun | [nut-free](#)

BISTRO BURGER 17

chickpea & mushroom patty, peppercorn chèvre, caramelized onion, chipotle mayo, jalapeño relish, arugula, sesame seed bun

AN ITALIAN FLAVOUR FEST



NEW THE ITALIAN JOB 18

portobello burger, tomato sauce, Green Goddess mozzarella, crispy potato, gremolata, parmesan cheese, pesto, sesame seed bun | [nut-free](#)

CONVERTING CARNIVORES DAILY!



BEYOND MEAT BURGER 18

lettuce, tomato, onion, pickle, mayo, mustard, ketchup, sesame seed bun | [nut-free](#)

ADD-ONS

AVOCADO 3 | [gluten-free](#)

SEARED TOFU 4 | [gluten-free](#)

POUTINE 8

CHAO CHEESE 3 | [gluten-free](#)

GRAVY 3 | [gluten-free](#)

MAPLE GLAZED TEMPEH 4 | [gluten-free](#)

BEYOND MEAT SAUSAGE 8 | [gluten-free](#) | [soy-free](#)

BEYOND MEAT BURGER PATTY 8 | [gluten-free](#) | [soy-free](#)

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