

DINNER MENU

PLANT
MATTER
KITCHEN

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

APPETIZERS

ARANCINI 12

breaded basmati rice with cremini mushrooms, kalamata tapenade and sundried tomato pesto

GF | NF | SF

SHARE BOARD 21

assortment of Green Goddess cheeses, house-made pickles, marinated olives, hummus, kimchi, fresh fruit with crostini and crackers

AVAILABLE GF



ANTOJITOS 15

tortilla with Green Goddess cream cheese, cheddar cheese, jalapeño, red pepper, red onion, green onion, parsley, roasted tomato sour cream

POUTINE 14

potato wedges, mushroom & onion gravy, Green Goddess mozzarella, tempeh bits and sour cream

GF | NF

DIP DUO 16

nacho jalapeño cheese, layered bean dip, marinated tomato, red onion, sour cream and cilantro, served with nacho chips

GF | NF

VEGGIE LOVERS FLATBREAD 16

pesto tomato sauce, marinated tomatoes, red onion, peppers, spinach, roasted garlic oil, mushrooms, mozzarella and parmesan on house-made flatbread

AVAILABLE GF | NF

SOUP & SALADS

SOUP OF THE DAY 8

ask server for details
GF

CAESAR SALAD 14

romaine, kale, tempeh, parmesan, Caesar dressing | *add seared tofu +4*

GF | NF

Caesar

GF | NF

Citrus Vinaigrette

GF | NF | SF

Creamy Ranch

GF | NF

Maple Balsamic

GF | NF | SF

Blueberry Balsamic

GF | NF | SF

ROASTED BEET SALAD 17

mixed greens, roasted beets, toasted cashews, peppercorn chèvre, red onion and blistered cherry tomato with maple balsamic dressing

GF

SICILY SALAD 17

creamy jackfruit, arugula, potato, red onion, marinated tomatoes, olives, green beans and capers with citrus vinaigrette dressing

GF | NF



DRAGON BOWL 16

mixed greens, eggplant garlic sauce, cucumber, quinoa, kale, agave sesame tofu, chickpea smash, kimchi and avocado

GF | NF

BURGERS

comes with side soup, Caesar salad, or house salad

VILLAGE VIBE 16

choice of beet & black bean patty or chickpea and mushroom patty | with sour cream, caramelized onion, hummus, and greens. Served in a house-made wrap or on a bun

AVAILABLE GF | NF

I62 BURGER 17

choice of beet & black bean patty or chickpea and mushroom patty | chao cheese, tempeh strips, avocado mayo, sautéed onions & mushrooms, lettuce, and tomato. Served in a house-made wrap or on a bun

AVAILABLE GF | NF

JACK-FU BURGER 17

our newest burger!
crispy jackfruit & tofu patty | pickled cucumber, red onion, arugula, and ginger aioli. Served on a bun

NF

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+


GF = GLUTEN FREE


NF = NUT FREE


SF = SOY FREE

We prepare **LOCAL, QUALITY & ORGANIC** food that's made **FRESH** every single day. We **ENSURE** that you only get the foster **HEALTH, WELLNESS & PEACE**. **TOP QUALITY, LOCALLY SOURCED, TOGETHER**, we build a **STRONGER**, more ethically **ENGAGED** & socially aware **COMMUNITY**.



SANDWICHES & WRAPS

comes with side soup, Caesar salad, or house salad

PMK FALAFEL 17

house-made falafel, pickles, jalapeño, red onion, hummus, tzatziki, romaine, tahini, tomato and hot sauce, wrapped in a warm pita
AVAILABLE GF | NF



CRISPY PORTOBELLO SANDWICH 18

Green Goddess mozzarella, chunky tomato sauce, spinach, red onion, pesto mayo, served on focaccia
AVAILABLE GF | NF

BUFFALO CAESAR WRAP 17

romaine, kale, parmesan, tempeh, crispy tofu, buffalo sauce, Caesar dressing, wrapped in a tortilla
NF

FUBANO 17

crispy tofu, Green Goddess mozzarella, roasted red pepper, creamy cabbage & pickle slaw, grainy mustard and ranch, served on focaccia
NF

ADD-ONS

AVOCADO 3

SEARED TOFU 4

CHAO CHEESE 3

TEMPEH STRIPS 4

PASTA

CREAMY MAC & CHEESE 14

house-made cheese sauce, parmesan
AVAILABLE GF | NF

CHIPOTLE MAC & CHEESE 17

our popular mac & cheese with mushrooms, sautéed onion, chipotle adobo, sour cream and green onions | *add Beyond Meat Sausage +6*
AVAILABLE GF | NF



WILD MUSHROOM ALFREDO 18

farfalle with portobello, cremini, and maitake mushrooms with spinach and red onion in a roasted garlic cream sauce
AVAILABLE GF | NF

ENTRÉES

BANGERS & MASH 21

Beyond Meat sausage, garlic mashed potatoes, mushroom & onion gravy, mushy peas, blistered cherry tomatoes, mustard
GF | NF

COCONUT CURRY 18

cauliflower, celery, carrot, mushroom, broccoli, zucchini, peppers, potato, chickpeas on coconut rice | *add tofu +4*
GF | NF | SF

VEGETABLE POT PIE 19

carrots, potatoes, peas, corn, and mushrooms topped with puff pastry, served with choice of side Caesar salad or house salad | *add mashed potatoes +2*
AVAILABLE GF | NF

ISH & CHIPS 19

battered eggplant with kale slaw, wedges, and tartar sauce
GF | NF

PMK ENCHILADA 18

refried beans, kale, sweet potato, peppers, onions, cheese sauce, sour cream, tomato sauce, coconut rice and cilantro | *add guacamole +3*
AVAILABLE GF | NF



COCONUT CURRY

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