

LUNCHEON MENU

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 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



ANTOJITOS 15

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

SOUP & SALADS

Caesar

GF | NF

Maple Balsamic

GF | NF | SF

Citrus Vinaigrette

GF | NF | SF

Blueberry Balsamic

GF | NF | SF

Creamy Ranch

GF | NF

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

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, capers, with citrus vinaigrette dressing

GF | NF

CHEF SALAD 16

spinach, romaine, seared tofu, tempeh, red onion, avocado, marinated tomato, carrot, cucumber, creamy ranch dressing

GF | NF



SUPERFOOD SALAD 17

"A BISTRO FAVOURITE" | kale, spinach, seasonal berry, quinoa, sweet potato, beet, cucumber, marinated tomato, chia, flax, blueberry balsamic dressing

GF | NF | SF

SATURDAY BREAKFAST

available 9:30 am to 12:00 pm

SAUSAGE POTATO MELT 16

Beyond Meat sausage, roasted vegetables, potato, Green Goddess mozzarella, hollandaise

GF | NF



HANGRY BURRITO 17

roasted vegetables, black beans, rice, scrambled tofu, tomato sauce, cheese sauce, sour cream, served with potato hash | *add guacamole +3*

NF

BENNY FLO 15

seared parmesan tofu, spinach, caramelized onion, Green Goddess swiss cheese, hollandaise, served with potato hash

AVAILABLE GF

MUSHROOM & MOZZA OMELETTE 14

mushrooms, Green Goddess mozzarella, cheese sauce, served with tempeh strips and potato hash

GF | NF

MAKE SURE TO JOIN US FOR SUNDAY BRUNCH
SERVED 10:30 AM - 2:00 PM EVERY SUNDAY!

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**.



BEST POSSIBLE INGREDIENTS to We serve **VEGAN FOOD** that's **100% ORGANIC & CRUELTY-FREE**.

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

MAINS

PMK FALAFEL 17
house-made falafel, pickles, jalapeño, red onion, hummus, tzatziki, romaine, tahini, tomato and hot sauce, wrapped in a warm pita | *with choice of side*
AVAILABLE GF | NF

BUFFALO CAESAR WRAP 17
romaine, kale, parmesan, tempeh, crispy tofu, buffalo sauce, Caesar dressing, wrapped in a tortilla | *with choice of side*
NF

FUBANO 17
crispy tofu, Green Goddess mozzarella, roasted red pepper, creamy cabbage & pickle slaw, grainy mustard and ranch, served on focaccia | *with choice of side*
NF



DRAGON BOWL 16
mixed greens, eggplant garlic sauce, cucumber, quinoa, kale, agave sesame tofu, chickpea smash, kimchi and avocado
GF | NF

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

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

ADD-ONS

AVOCADO 3
SEARED TOFU 4
CHAO CHEESE 3
TEMPEH STRIPS 4

SIDES

SOUP
CAESAR SALAD
HOUSE SALAD



VEGGIE LOVERS FLATBREAD 16
pesto tomato sauce, marinated tomatoes, red onion, peppers, spinach, roasted garlic oil, mushrooms, mozzarella, parmesan on house-made flatbread
AVAILABLE GF | NF



CHIPOTLE MAC & CHEESE

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