

Appetizers



ANTOJITOS - 15.00

Crispy Baked Tortilla Bites filled with Green Goddess Cream Cheese, Cheddar Cheese, Jalapeno, Red Pepper, Red Onion, Green Onion, Parsley and a Chipotle Sour Cream Dipping Sauce. (Contains Nuts)

VEGGIE & FETA FLATBREAD - 16.25

Pesto Tomato Sauce, Caramelized Onion, Roasted Red Pepper, Sautéed Mushrooms, Mozzarella, Feta, Roasted Garlic Oil, Parmesan. (This item is available gluten-free)
(Contains Nuts)



CHILI CHEESE WEDGES - 14.25

Potato Wedges, House-Made Chili, Mozzarella, Cheese Sauce, Sour Cream & Green Onion.
(Contains Nuts)



SPINACH & ARTICHOKE DIP - 16.00

Served Warm with Tortilla Chips.

BBQ JACKFRUIT QUESADILLA - 17.75

Jackfruit, Savoury BBQ Sauce, Peppers, Onion, Tomato, Corn, Mozzarella. Served with Chipotle Sour Cream & Guacamole. (This item is available gluten-free)
(Contains Nuts)



HOMESTYLE CHILI -13.50

Black Beans, Kidney Beans, Peppers, Onion, Mushrooms, Corn, Tomato, Sour Cream, Mozzarella, Green Onion & Corn Tortilla Chips.
(Contains Nuts)

SALADS



CAESAR SALAD -14.50

Romaine, Kale, Tempeh Bits, Parmesan, Caesar Dressing.



DRAGON BOWL - 17.00

Mixed Greens, Eggplant Garlic Sauce, Cucumber, Quinoa, Kale, Agave Sesame Tofu, Chickpea Smash, Kimchi, Avocado.



CHEF SALAD - 17.00

Mixed Greens, Tempeh Bits, Seared Tofu, Carrot, Cucumber, Avocado, Tomato, Ranch Dressing



ROASTED BEET SALAD - 18.00

Frisée, Radicchio, Kale, Red Beets, Sweet Potato, Red Pepper, Red Onion, Carrot, Walnuts, Peppercorn Chevre, Maple Balsamic Dressing. (Contains nuts)

BURGERS & SANDWICHES

All Burgers and Sandwiches come with your choice of House Salad, Caesar Salad, Soup or Baked Potato Wedges.

16Z BURGER -17.50

Beet & Black Bean Patty, Mozzarella, Tempeh Strips, Avocado Mayo, Sautéed Onions & Mushrooms, Served in a flour Tortilla wrap, Burger Bun or on Gluten-Free Bread.

(Contains Nuts)

PMK MAC BURGER - 18.00

Beyond Meat Burger, Shredded Lettuce, Onion, Pickle, House Made Special Sauce, Mozzarella, served on a Burger Bun. (Contains Nuts)

PMK FALAFEL - 18.00

House Made Falafel, Pickles, Jalapeno, Red Onion, Hummus, Tzatziki, Romaine, Tahini, Tomato and Hot Sauce, wrapped in warm Pita.

(This item is available gluten-free as a salad)

BUFFALO CAESAR WRAP - 17.50

Romaine, Kale, Tempeh Bits, Parmesan, Crispy Tofu, Hot Sauce, Caesar Dressing, Wrapped in a Flour Tortilla wrap.

ROASTED VEGETABLE WRAP - 18.00

Roasted Red Peppers, Zucchini, Onion, Portobello Mushroom, Spinach, Pesto, Mozzarella, Served with A Side of Tomato Sauce.

(Contains Nuts)

MAINS

CREAMY MAC & CHEESE - 14.00

House Made Cheese Sauce, Parmesan.

Add Beyond Meat Sausage - 6.00

CHIPOTLE MAC & CHEESE -17.00

House Made Cheese Sauce, Mushrooms, Onion, Chipotle Adobo & Sour Cream.

Add Beyond Meat Sausage - 6.00

PMK ENCHILADA - 18.50

Refried Beans, Kale, Sweet Potato, Peppers, Onions, Cheese Sauce, Sour Cream, Tomato Sauce, Coconut Rice, And Cilantro. (This item is available gluten-free as a bowl)

BANGERS & MASH - 22.50

2 X Beyond Meat Sausages, Garlic Mashed Potatoes, Mushroom & Onion Gravy, Sautéed Onion, Green Peas.

VEGETABLE POT PIE - 18.75

Carrots, Peas, Mushrooms, Onion, Potato, Puff Pastry, Savoury Cream Sauce, Choice a Side: House Salad, Caesar Salad, Potato Wedges or Mash Potato.

(Available gluten-free without Puff Pastry topping)

