

Appetizers



ANTOJITOS - 15.00

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

MEDITERRANEAN FLATBREAD - 16.25

Sundried Tomatoes, Kalamata Olives, Roasted Garlic, Cherry Tomatoes, Red Onion, Feta and Pesto Sauce. (This item is available gluten-free) (Contains Nuts)



CHILI CHEESE WEDGES - 14.00

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 - 16.00

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 -11.00

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



SALADS

Want More Protein? [Seared Tofu 2.50](#), [Crispy Baked Tofu 3.00](#), [Maple Glazed Tempeh Strips 3.00](#)

CAESAR SALAD -13.00

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



CAULIFLOWER RICE BOWL - 18.00

Cauliflower Rice, Pickled Apples, Avocado, Edamame, Roasted Sweet Potato, Cashews and a Sesame Dressing. (Contains Nuts)



PMK SALAD - 17.00

Heritage Greens, Tomato, Cucumber, Red Onion, Green Goddess Goat Cheese, Hemp Hearts, Candied Cashews, Cranberries, Apple Cider Vinaigrette. (Contains Nuts)



SALUBRITY SALAD - 17.00

Mixed Greens, Peppers, Cucumber, Red Onion, Beets, Turmeric Toasted Pepitas, Pumpkin Roasted Garlic Dressing.



BURGERS & SANDWICHES

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

162 BURGER - 17.50

Beet & Black Bean Patty, Mozzarella, Tempeh Strips, Avocado Mayo, Sautéed Onions & Mushrooms, Served in a flour Tortilla, 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 a warm Pita. (This item is available gluten-free as a salad)

BUFFALO CAESAR WRAP - 17.50

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

THE OLD SOUTH WRAP - 18.00

House Smoked Tofu, BBQ Sauce, Sweet Potato, Onions, Mushrooms, Black Beans, Chao Cheese, Chipotle Mayonnaise and Lettuce.

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.

HARISSA KEBABS - 20.00

Harissa marinated Mushroom Kebabs, Grilled Zucchini, Tahini Lemon Aioli, Parsley and Served with Farro.

