




We are a from-scratch kitchen that serves up delicious plant-based comfort food that's locally sourced, organic & fresh.


Please notify your server of any allergies or sensitivities.
An 18% gratuity will be added to tables of 8 or more.

Lunch Menu


Apps & Shareables


 **Soup Of The Day** | 8
Made Fresh Daily.

Empanadas | 16
Pastry stuffed with Beyond Sausage, Shredded Mozzarella & Cheddar Cheese, Corn, Roasted Red Peppers, Mushrooms, Onions & Spinach. Served with Red Chimichurri & Lemon Aioli.

 **Artichoke Dip** | 14
Artichokes, Spinach, Roasted Garlic, folded into a Creamy Parmesan Queso. Served with Tortilla Chips.

Taquitos | 12
Black Beans, Chipotle Cream Cheese, Shredded Cheddar, Corn, Peppers & Onions. Served with Sour Cream & Chipotle Aioli Dipping Sauces.

Buffalo Flatbread | 19
Crispy Buffalo 'Chickun' with Crumbled Blue Cheese, Cheddar & Mozzarella Cheeses, Chipotle Crema, Green Onion, Tempeh Bits & Ranch Dressing.  **Gluten-Free +2**


Wild Mushroom Flatbread | 19
Herbed Goat Cheese, House-Smoked Wild Mushrooms, Roasted Garlic, Asparagus & Black Truffle Crema.
 **Gluten-Free +2**

Signature Salads

Add Extra Protein: Seared Smoked Tofu, Crispy Breaded Tofu, Maple-Glazed Tempeh Strips or Falafel Balls +5

Caesar Salad | 14
Romaine, Tempeh Bits, and Garlic Croutons, Parmesan Cheese & Caesar Dressing.

PMK Summer Salad | 19
Heritage Greens, Candied Walnuts, Poached Pears, Blue Cheese, Edamame, Toasted Flax Seed, Cherry Tomatoes, Red Onion, Cucumber, Garlic Herb Croutons & Vanilla Pear Vinaigrette.

 **The Wortley Cobb** | 19
Smoked Tofu, Smoked Cheddar, JUST Egg Ribbons, Romaine, Tempeh Bits, Tomato, Cucumber, Green Onion & Ranch Dressing.

Mediterranean Salad | 19
Marinated Artichoke Hearts, Sun-Dried Tomatoes, Tofu Feta, Kalamata Olives, Tomatoes, Cucumber, Crisp Romaine, Red Onion, Toasted Pita Chips & Creamy Dill Dressing.

Sides

Maple-Glazed Tempeh Strips | 5
Seared Smoked Tofu | 5
Crispy Breaded Tofu | 5
Beyond Sausage | 6
Beyond Chikun | 6


Falafel Balls | 5
Corn Succotash | 4
Potato Wedges | 5
Brussels Sprouts | 5
Mashed Potatoes | 6

PMK Bowls

Fig & Farro Bowl | 17
Farro, Za'atar Seasoned Navy Beans, Pickled Beets, Apple Slices, Sweet Potato, Sprouted Mung Beans, Pumpkin Seeds, Candied Cashews & Fig Dressing.

Mac & Cheese | 14
Creamy PMK Cheese Sauce, Parmesan, Green Onions & Noodles.  **Gluten-Free +2**

Sweet Chili Chikun | 17
Potato Wedges, Creamy Coleslaw, Sweet Chili Crispy Chikun Strips, Smoked Cheddar, Tomatoes, Green Onions, Sour Cream & BBQ Sauce.

Chipotle Mac | 16
Creamy PMK Cheese Sauce, Chipotle Adobo, Sour Cream, Onion, Mushrooms, Parmesan, Green Onions & Noodles.
 **Gluten-Free +2**

Pickled Jalapeños | 2
Side Sauce/Dressing | 3
Side Gravy | 4



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Burgers, Sandwiches & Wraps

All Burgers & Sandwiches Come with Your Choice of House Salad, Caesar Salad, Soup or Potato Wedges. 🌾 **Gluten-Free +2**

Jerk Chikun Wrap | 18
Crispy Chikun, Jerk Sauce, Curried Pear Salsa, Greens & Flour Tortilla.

The Falafel Wrap | 19
PMK Falafel, Pickled Turnip, Garlic Sauce, Pickles, Lettuce, Tomato, Red Onion, Tzatziki, Tahini Sauce & Pita.

Chikun Ranch Wrap | 18
Beyond Chikun Strips, Ranch, Lettuce, Tempeh Bits, Tomato, Cheddar Cheese & Flour Tortilla.

Buffalo Caesar Wrap | 17
Crispy Breaded Tofu, Romaine, Tempeh Bits, Parmesan, Buffalo Hot Sauce, Caesar Dressing & Flour Tortilla.

Kung Pao Tofu | 18
Crispy Tofu Steak, Sesame Slaw, Kung Pao Sauce, Lemon Aioli & Bakery Bun.

Fromage Grillé | 18
Brie, Fig Jam, Apple Slices, Candied Walnuts, Onion Jam & Butter.
Served on Toasted Marble Rye Bread.

The PMK Burger | 19
Beyond Burger, Herbed Cream Cheese, Pickles, Mushrooms, Onions, Everything Bagel Spice, Garlic Herb Butter & Pretzel Bun.

The Impossible | 19
Impossible Burger, PMK Sauce, Pickles, Onions, Mushrooms & Bakery Bun.

The Santa Fe | 18
PMK Bean Burger, Chipotle Aioli, Southwest Corn Succotash, Cabbage Slaw, Pickled Jalapeños & Bakery Bun.

Sides

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| Maple-Glazed Tempeh Strips | 5 | Brussels Sprouts | 5 |
| Seared Smoked Tofu | 5 | Corn Succotash | 4 |
| Crispy Breaded Tofu | 5 | Potato Wedges | 5 |
| Beyond Sausage | 6 | Mashed Potatoes | 6 |
| Beyond Chikun | 6 | Pickled Jalapeños | 2 |
| Falafel Balls | 5 | Side Sauce/Dressing | 3 |
| | | Side Gravy | 4 |