








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.

# Dinner Menu

## Apps & Shareables

-  **Soup Of The Day** | 7  
Made Fresh Daily.
- Empanadas** | 14  
Two Savoury Puff Pastries stuffed with Beyond Sausage, Shredded Mozzarella, Cheddar Cheese, Corn, Roasted Red Peppers, Mushrooms, Onions & Spinach. Served with a Red Chimichurri & Lemon Aioli.
-  **Artichoke Dip** | 14  
Artichokes, Spinach & Roasted Garlic folded into a Creamy Parmesan Queso. Served piping hot with Tortilla Chips.
- Taquitos** | 12  
Three Mini Crispy Rolled Tortillas filled with Refried Beans, Melted Chipotle Cream Cheese, Shredded Cheddar, Corn, Peppers & Onions. Served with Sour Cream & Chipotle Aioli dipping sauces.
- Shiitake Escargot** | 14  
Decadent Shiitake Mushrooms, Rich Garlic Butter & Melted Mozzarella Cheese. Served with a Toasted Baguette for dipping.
- Calabrian Broccolini** | 14  
Sautéed Sweet Broccolini, Chillies, Mozzarella, Sun-Dried Tomatoes, Crispy Onions, Fried Garlic & Sun-Dried Tomato Pesto Aioli.
-  **Bangkok Nachos** | 18  
Nachos Garnished with Impossible Ground, Red Cabbage Slaw, Scallions, Cilantro, Shredded Cheddar & Mozzarella Cheese with a Spicy Cashew Drizzle. Serves 1 - 2.




- Buffalo Flatbread** | 19  
Mild, Savoury, Full-Flavoured Flatbread topped with Crispy Buffalo 'Chikun', Crumbled Blue Cheese, Cheddar & Mozzarella Cheese, Chipotle Crema, Green Onion, Tempeh Bits & Ranch Dressing.  
 **Gluten-Free Cauliflower Base +2**
- Wild Mushroom Flatbread** | 19  
Rich & Earthy Flatbread topped with Herbed Goat Cheese, House-Smoked Wild Mushrooms, Roasted Garlic & Asparagus with a Black Truffle Crema.  **Gluten-Free Cauliflower Base +2**

## Burgers, Sandwiches & Wraps

All Burgers & Sandwiches come with your choice of House Salad, Caesar Salad, Soup or Potato Wedges.  
 **Gluten-Free +2**

- Buffalo Caesar Wrap** | 17  
Crispy Breaded Tofu, Crunchy Romaine, Tempeh Bits, Parmesan, Buffalo Hot Sauce & Caesar Dressing. Wrapped in a Flour Tortilla.
- The Impossible** | 19  
Impossible Burger, Chao Cheese, Sautéed Onions, Mushrooms, Pickles, Lettuce, Tomato & Classic PMK Sauce. Served on a Toasted Bakery Bun.
- The Santa Fe** | 18  
PMK House-Made Bean Burger, Chipotle Aioli, Southwest Corn Succotash, Cabbage Slaw & Pickled Jalapeños. Served on a Toasted Bakery Bun.
- French Dip** | 19  
Thinly Sliced Seitan 'Roast Beef', Caramelized Onions, Sautéed Mushrooms, House-Made Horseradish Aioli & Melted Cheese on a Toasted Baguette. Served with Au Jus for dipping.

## Signature Salads

- Caesar Salad** | 12  
Fresh Romaine tossed with Tempeh Bits, Garlic Croutons, Parmesan Cheese & Caesar Dressing.
-  **The Harvest** | 17  
Tender Kale, Apples, Beets, Roasted Radishes, Candied Walnuts, Dried Cranberries & Sweet Potato. Dressed with a Sweet Cinnamon Apple Vinaigrette.
-  **Roasted Beet & Pearl Onion** | 18  
Roasted Heirloom Beets, Pearl Onions, Buttered Baby Potatoes, Candied Pecans, Poached Pears, Arugula, Avocado & Herbed Goat Cheese. Dressed with an Olive Oil & Balsamic Reduction.
-  **The Wortley Cobb** | 19  
A Hearty Salad loaded with Smoked Cheddar Cheese, JUST Egg Ribbons, fresh Romaine, Tempeh Bits, Tomato, Cucumber, Green Onion, Red Cabbage, Avocado & Corn Salsa. Topped with our House-Smoked Tofu. Tossed in our signature Ranch Dressing.

Add Extra Protein: Seared Smoked Tofu, Crispy Breaded Tofu or Maple-Glazed Tempeh Strips +4

## Additional Sides

- |                             |   |                     |   |
|-----------------------------|---|---------------------|---|
| Maple-Glazed Tempeh Strips  | 5 | Potato Wedges       | 5 |
| Seared Smoked Tofu          | 5 | Avocado             | 4 |
| Crispy Breaded Tofu         | 5 | Corn Succotash      | 4 |
| Beyond Sausage              | 6 | Pickled Jalapeños   | 2 |
| Beyond Chikun               | 6 | Side Sauce/Dressing | 2 |
| Roasted Seasonal Vegetables | 5 | Side Gravy          | 4 |



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## Entrées


**Smoked Chikun Pot Pie** | 19  
Toasty Puff Pastry Pie stuffed with House-Smoked Tofu, Potatoes, Peas, Corn, Carrots & Green Beans with a Savoury Chikun Gravy. Served with Roasted Garlic Mashed Potatoes & Seasonal Vegetables.

**Butternut Squash Ravioli** | 19  
Earthy Roasted Butternut Squash nestled in our Ravioli Pasta with a velvety Cinnamon Sage Brown-Butter Sauce. Complemented with a Lemon Crema, Dried Cranberries, Candied Pecans & Poached Apple.

 **Bangers and Mash** | 19  
A Warming British Pub Favourite, One 'Banger' with Buttery Garlic Mashed Potatoes, Mushy Peas, Caramelized Onions, Grainy Mustard & Savoury Gravy.  
**Add Sausage +5**

**PMK Rigatoni** | 19  
Rigatoni Pasta with slow-simmered Impossible Ground, Kale, Grilled Vegetables, Cherry Tomatoes, Parmesan & finely chopped Fresh Basil.

**Chikun Tikka Masala** | 18  
Crispy Chikun tossed in a Creamy Tikka Masala Sauce with Chickpeas, Sautéed Onions & Spinach over Basmati Rice.

 **Lentil Moussaka** | 19  
Rolled Eggplant stuffed with Seasoned Lentils & topped with a Creamy Golden-Brown Cashew Béchamel Sauce. Served with Sautéed Seasonal Vegetables.

 **Teriyaki Portobello** | 19  
Roasted Portobello & Shiitake Mushrooms simmered in a Sweet and Tangy Teriyaki Sauce. Served with Buttered Baby Potatoes & Seasonal Vegetables.

**Holistic Enchilada** | 19  
Flour Tortilla filled with Sweet Potato, Onions, Peppers, Kale, Refried Beans & covered in Enchilada Sauce. Drizzled with Sour Cream, Cheese Sauce & served with a side of Cilantro Rice.

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

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

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|----------------------------|---|-----------------------------|---|
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| Seared Smoked Tofu         | 5 | Avocado                     | 4 |
| Crispy Breaded Tofu        | 5 | Corn Succotash              | 4 |
| Beyond Sausage             | 6 | Pickled Jalapeños           | 2 |
| Beyond Chikun              | 6 | Side Sauce/Dressing         | 2 |
| Potato Wedges              | 5 | Side Gravy                  | 4 |