



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 | 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.

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**

Signature Salads & Bowls

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

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.

Replenish Bowl | 17
Seasoned Farro, Garam Masala Marinated Chickpeas, Fresh Greens, Cherry Tomatoes, Cucumber, Red Onion, Apple Slices, Flax, Julienned Carrots & Toasted Pumpkin Seeds tossed in a Pear Vinaigrette.



The Sedona | 17
Basmati Rice, Corn Salsa, Green Onion, Refried Beans, Guacamole, Sour Cream, Jalapeños & Shredded Cheddar Cheese. Served with Tortilla Chips.

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**

Additional Sides

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

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
House-Made PMK Bean Burger, Chipotle Aioli, Southwest Corn Succotash, Cabbage Slaw, Pickled Jalapeños. Served on a Toasted Bakery Bun.

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

Piri-Piri Chikun | 17
Crispy 'Chikun' marinated in a Smoky Piri-Piri Sauce, topped with Kale Cabbage Slaw & balanced with Garlic Lemon Aioli. Served on a Toasted Bun.

The Boho | 18
Grilled Zucchini, Peppers, Onions, Portobello Mushrooms & Arugula finished with a Sun-Dried Tomato Aioli, Herbed Cream Cheese & Hummus. Served on Marble Rye Bread.

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.

Broccoli Divan | 17
Crispy 'Chikun', Broccoli, Cherry Tomatoes, Caramelized Onion & Roasted Garlic tossed in a Creamy Cheese Sauce. Wrapped in a golden-brown Grilled Tortilla.

Katsu Sando | 18
Panko Crusted Sausage Patty, crispy fried & topped with Tangy Katsu BBQ Sauce, Red Cabbage Slaw & Spicy Sesame Cashew Aioli. Served on a Toasted Bakery Bun.

Tikka Masala Wrap | 17
Smoked Tofu marinated in a Tikka Masala Sauce with Hummus, Crunchy Red Cabbage, Carrot, Cucumber, Tomato & Red Onion. Wrapped in a Grilled Flour Tortilla.

Additional Sides

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| Maple-Glazed Tempeh Strips | 5 | Avocado | 4 |
| Seared Smoked Tofu | 5 | Guacamole | 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 |
| Potato Wedges | 5 | | |