

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



# Lunch Menu

## Salads

*Add Extra Protein: Seared Smoked Tofu +4, Crispy Breaded Tofu +4*

**(AGF) Caesar Salad 15**

Romaine, Kale, Tempeh Bits, Parmesan, Garlic Croutons, Lemon Wedge, Caesar Dressing.

**(GF) Cobb Salad 23**

Romaine, Smoked Cheddar, JUST Egg, Tempeh Bits, Tomatoes, Cucumber, Green Onion, Red Cabbage, Avocado, Corn Salsa, House-Smoked Tofu and Ranch Dressing.

**(GF) Beet & Pearl Onion Salad 21**

Roasted Beets, Pearl Onions, Candied Pecans, Baby Potatoes, Poached Pears, Arugula, Avocado Herbed Goat Cheese, drizzled with Balsamic Reduction and Olive Oil.

## Shareables

**Antojitos (Ten Pieces) 16**

Chipotle Cream Cheese, Green Peppers, Red Onion, Cheddar and Mozzarella Cheese, Served with a Chipotle and Sour Cream dipping Sauce.

**(GF) Wild Mushroom Flatbread 22**

Cauliflower Crust, House-Smoked Wild Mushrooms, Roasted Garlic, Asparagus, Herbed Goat Cheese and Truffle Aioli.

**(GF) Artichoke Dip 16**

Artichokes, Spinach and Roasted Garlic Folded into a Creamy Parmesan Queso. Served With Tortilla Chips.

**Mini Calzones (Two Pieces) 16**

Plant-Based Pepperoni, Mozzarella, Onions and Mushrooms Stuffed in a Flaky Pastry with Marinara Sauce.



Gluten-free



Available Gluten-free

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



# Lunch Menu

## Sandwiches

Served with your choice of Caesar Salad, Garden Salad, Fries or Daily Soup

- (AGF) PMK Burger 24**  
House-Made Mushroom and Chickpea Burger, Topped with Sun-Dried Tomato Aioli, Red Onion, Basil Pesto and Cashew Feta. *Gluten-Free Bun +2*
- (AGF) Caprese Sandwich 19**  
Buffalo Mozzarella, Roma Tomatoes, Fresh Basil, Balsamic Reduction, Crispy Tofu with Lemon Aioli. *Gluten-Free Bun +2*
- (AGF) Bulgogi Tofu 19**  
Crispy Tofu, Korean BBQ Sauce, Cabbage, Carrot, Green Onions and Kimchi with a Ginger Sesame Aioli on a Toasted Roll.
- Grilled Cheese 23**  
Smoked Cheddar, Herbed Goat and Mozzarella Cheese on a Toasted Multigrain with a Tomato Basil Jam.
- (AGF) Lobster Roll 21**  
Old Bay Artichoke Hearts, Celery, Cheddar Cheese, Fresh Chives and Mayonnaise. Served on a Buttered Toasted Roll.
- (AGF) Meatball Sub 22**  
Plant-Based Meatballs, Marinara, Peppers, Onions and Mushrooms. Served on a Toasted Hoagie with Melted Mozzarella Cheese.
- (AGF) The Big Smoke 24**  
Grilled Impossible Burger with Smoked Cheddar, BBQ Sauce, Tomatoes, Red Onion and Pickles. *Gluten-Free Bun +2*
- Buffalo Caesar Wrap 18**  
Crispy Breaded Tofu, Romaine, Tempeh Bits, Parmesan, Buffalo Hot Sauce, and Caesar Dressing in a Flour Tortilla.

## Mains

Add Extra Protein: Seared Smoked Tofu +4, Crispy Breaded Tofu +4

- (AGF) Capellini 22**  
Broccolini, Sun-Dried Tomatoes, Artichokes, Olives, Red Onion, Feta Cheese, Chili Flakes, Fresh Basil Tossed in Olive Oil.
- (AGF) Vegetable Curry 23**  
Cauliflower, Peas, Carrots, Onion and Potato in a Creamy Cashew Sauce. Served with Basmati Rice and Garlic Naan Bread.
- (AGF) Mac & Cheese 14**  
PMK Cheese Sauce, Parmesan, Green Onions and Noodles. *Make it Chipotle +2*

**(GF)** Gluten-free

**(AGF)** Available Gluten-free

An 18% gratuity will be applied to parties of eight or more.