

BREAKFAST ||

AVAILABLE TUESDAY
TO SUNDAY FROM
10:00 AM - 12:00 PM

BREAKFAST BURRITO 13

scrambled tofu, refried beans, roasted vegetables, and smoky tempeh bits in a house-made tortilla | served with salsa | add guacamole for 1.50

TOFU SCRAMBLE SANDWICH 7

scrambled tofu with melted Chao cheese and tempeh strips on a sprouted grain English muffin with tomato and garlic aioli | upgrade to bagel for an extra dollar | available gluten-free

AVOCADO TOAST 6

tomato, avocado, and balsamic reduction on house-made bread | available gluten-free

BREAKFAST PLATE 12

tofu scramble, home fries, sautéed tempeh strips, avocado, sliced tomato, and sprouted grain English muffin | available gluten-free

BAGEL 4

toasted to order | variety of flavours | add cream cheese, butter, and/or avocado for 1.50 each

SOUP & SALADS

SOUP OF THE DAY 6

ask server for details | gluten-free

CHILI 10

vegetable and bean house-made chili garnished with shredded Chao cheese, sour cream, and scallions | gluten-free

COBB SALAD 15

sautéed smoked tofu, carrots, beets, cucumbers, tomatoes, red onions, avocado, Nuts for Cheese "Super Blue" cheese, and creamy cucumber dill dressing on a bed of greens | gluten-free

CAESAR SALAD 12

kale, romaine, and garlicky caesar dressing topped with smoky tempeh bits and parmesan cheese | gluten-free

GARDEN SALAD 12

heritage blend greens with tomatoes, cucumbers, carrots, red peppers, and scallions tossed in choice of avocado lime dressing or maple balsamic dressing | gluten-free

PMK PIZZA

MARGHERITA PIZZA 15

house-made flatbread topped with pesto, Green Goddess cashew-based "no-buffalo" mozzarella cheese, tomatoes, and basil | available gluten-free

WRAPS ||

GARAM MASALA WRAP 15

garam masala hummus with onion jam, roasted root vegetables, arugula, sprouted mung beans, shredded carrots, and beets in a house-made tortilla

BUFFALO CAULIFLOWER WRAP 15

lightly breaded cauliflower tossed in house-made bbq sauce, lettuce, tomato, tempeh bits, shredded Chao cheese, and ranch sauce in a house-made tortilla

CAESAR WRAP 15

PMK's famous caesar salad with smoky tempeh bits, parmesan cheese, and crispy fried tofu in a house-made tortilla

CHICKPEA AND FRESH AVOCADO WRAP 15

chickpeas, lemon, and garlic tossed with avocado, scallions, and diced red pepper in a house-made tortilla

TLT WRAP 15

sautéed marinated tempeh strips, shredded lettuce, tomato, and creamy Chao cheese with chipotle aioli in a house-made tortilla

BAKED GOODS & DESSERTS

* variety of flavours, made fresh daily

CHOCOLATE CHEESECAKE 8

gluten-free

COOKIES * 3

available gluten-free

DONUTS * 4

MUFFINS * 3.25

BEVERAGES

BOOCH ORGANIC KOMBUCHA 6.50

FLOW WATER 4

BLUE SKY COLA 3.50

PLANT
MATTER
CAFE

MENU

PLANT MATTER CAFE

organic | vegan | local



we use organic and locally sourced ingredients as often as possible
please identify food allergies to server
all cheese products are nut- or seed-based

COFFEE & TEA

COFFEE 3 | 3.50

ESPRESSO 3

AMERICANO 3

LATTE 3.95 | 4.45

MATCHA LATTE 4.95

GOLDEN TEA LATTE 4.95

CASHEW COCONUT STEAMER 4.25

POUR OVER COFFEE 4

TEA 3.50

SMOOTHIES

RED 8 | 10

variety of berries, pineapple, banana, agave, chia, dates, and kombucha

TROPICAL 8 | 10

pineapple, mango, orange, banana, agave, chia, dates, and kombucha

GREEN 8 | 10

cucumber, celery, leafy greens, avocado, banana, pineapple, agave, chia, dates, and kombucha

JUICES

POWER 8 | 10

banana, cacao powder, hemp, cashews, cashew milk, agave, chia, and dates

ALKALINE 8 | 10

lemon, apple, celery, and leafy greens

ENERGY 8 | 10

beet, carrot, ginger, and celery

VITAMIN 8 | 10

pineapple, celery, and leafy greens