



## VEGAN. GLUTEN-FREE. AWESOME.

Planted is a plant-based gluten-free eatery & bakery located just outside of Hamilton's downtown core. Our mission is to prove that inclusive food can feel familiar and taste amazing. Whether it's nachos, pulled jackfruit sandwiches, or cashew mac and cheese, we're committed to making everything vegan, everything gluten-free, and everything awesome.

### SHAREABLES

**Chickpea Bites:** Five crispy chickpea bites served with a side of veggie sticks and a creamy garlic aioli for dipping. Choose between Spicy Buffalo or Maple Mustard. **12** 🌱

**Falafel Platter:** Six of our signature falafel balls, garlic hummus, Israeli salad, and pink pickles. **12**

**Dip Trio:** Fresh tomato salsa, guacamole, and garlic hummus, served with our always made to order corn tortilla chips. **9**

**Planted Nachos:** A hearty plate of hand-cut corn tortilla chips, fried to order and topped with red beans, grilled onions & mushrooms, BBQ jackfruit, cashew cheese sauce, salsa, and guacamole. Like heat? Add pickled jalapeño at no additional cost! **15** 🌱

### SALADS

Order as a starter or add any of our *TOPPINGS* and make it a hearty main course.

**Thai Salad:** Shredded kale, carrots, cucumber, red cabbage, and red onion, served with a spicy peanut dressing and topped with crushed peanuts. *Starter salad 7 / Entrée salad with baked tofu 11* 🌱 🌶️

**Mediterranean Salad:** Spring greens, carrots, red cabbage, Israeli salad, our house made pink pickle, a scoop of garlic hummus, and a creamy tahini dressing. *Starter salad 7 / Entrée salad with falafel 11*

**Planted Salad:** Shredded kale and baby spinach, tomato, carrots, cucumber, and a dollop of guacamole, served with a creamy tahini dressing and topped with pumpkin seeds. *Starter salad 7 / Entrée salad with roasted sweet potato 11*

**Caesar Salad:** A bed of baby spinach, cucumber, red onion, and capers, served with Caesar dressing and topped with house made croutons and walnut parmesan. *Starter salad 7 / Entrée salad with crispy chickpea fritters 11* 🌱

**Garden Salad:** A bed of spring greens topped with tomato, cucumber, carrot, and red onions, served with a creamy garlic dressing and topped with sunflower seeds. *Starter salad 7 / Entrée salad with crispy chickpea fritters 11*

### SANDWICHES

Comes with a house made pink pickle and your choice of any of our *SIDES* (or upgrade to a *SUPERSIDE*!)

**Planted Burger:** A house made green lentil patty, sautéed onions & mushrooms, tomato, lettuce, red onion, and garlic aioli. Add cheese for \$1. **14**

**BBQ Pulled Jackfruit Sandwich:** BBQ jackfruit marinated in a sweet and smoky barbecue sauce and topped with crunchy coleslaw. **13**

**Lentil Meatball Sandwich:** Three green lentil meatballs coated in our house made tomato sauce and topped with grilled onions & mushrooms and cashew cheese sauce. **14** 🌱

**Chickpea Caesar Burger:** A crispy chickpea patty topped with our house made Caesar dressing and walnut parmesan, baby spinach, red onion, and tomato. **13** 🌱

**Falafel Sandwich:** Four Israeli-style falafel in a toasted pita with hummus, spring greens, Israeli salad, garlic aioli, and dill pickle slices. **13**

### ENTREES

**Cashew Mac:** Rotini noodles coated in a creamy cashew cheese sauce and served with grilled green beans. **14** / Served with BBQ jackfruit **16** 🌱

**Pasta and Meatballs:** Green lentil meatballs and tomato sauce over rotini noodles, with grilled onions & mushrooms and walnut parmesan crumble. **14** 🌱

**Thai Bowl:** Brown rice, carrots, red cabbage, and cucumber, drizzled with a spicy peanut sauce and topped with baked tofu, cilantro, and crushed peanuts. **13** 🌱 🌶️

**Falafel Bowl:** Falafel and hummus over brown rice with Israeli salad, grilled green beans, carrots, and a pink pickle, drizzled with a creamy tahini dressing. **13**

**Mexi Bowl:** Pulled jackfruit and red beans over a bed of crispy potatoes, with shredded cheese, baby spinach, fresh tomato salsa, cilantro, and guacamole. Add pickled jalapeño if you like it spicy! **14**

**Soup of the Day:** A bowl of today's soup with toast. **8**

**Poutine:** A double portion of our seasoned fries, covered in brown gravy and vegan mozzarella, and topped with green onion. **12** / Served with BBQ jackfruit **14**

**Breakfast Bowl:** A heaping pile of home fries topped with scrambled tofu, lentil sausage crumble, salsa, guacamole, and creamy cashew cheese sauce. **14** 🌱

### ADD-ONS

Make anything on our menu even better with these add-ons!

**Dressings + Dips:** Garlic aioli, buffalo aioli, spicy peanut sauce, Caesar dressing, tahini dressing, or salsa. **1**

**The Good Stuff:** Cashew cheese sauce, hummus, guacamole, or brown gravy. **2**

**Toppings:** Baked tofu, roasted sweet potato, BBQ jackfruit, three falafel, or four crispy chickpea fritters. **2**

### SIDES

**Seasoned Fries 3**

**Grilled Green Beans 3**

**Cup of Soup 3**

**Coleslaw 3**

### SUPERSIDES

**Cashew Mac 7** 🌱

**Sweet Potato Fries 5**

**Chips & Salsa 4**

**Poutine 6**

**Any Starter Salad 7**

🌱 = Contains Nuts     🌶️ = Spicy

All dishes are free from dairy, eggs, and gluten. Please let a staff member know if you have any additional allergy concerns.