

Light Starts

Plantitude Parfait seasonal berries, coconut yogurt & house made granola	\$9.75 - gf
Avocado Toast choice of toast w/ avocado, grape tomatoes & pea shoots - add dill humus	\$9.50 - gfo \$2.50
Spinach & Artichoke Dip served w/ grilled bread & corn tortilla chips	\$12.50 - gfo
Crispy Artichoke Cakes spicy aioli & seasonal fruit salsa	\$12.50 - gf
Flatbread pesto, red onion, cashew cheese, arugula w/ maple balsamic glaze	\$13.00 - gf

Soups & Salads

ask your server about our ever-changing savory seasonal soups Served w/ focaccia toast. Bowl only	\$8.50 - gfo
Rainbow Garden mixed greens, sweet peppers, purple cabbage, carrots, tomato, roasted beets, pumpkin and sunflower seeds w/ plantitude dressing	\$10.50 - gf
Plantitude Original Spinach warm "Plant Base" bacon, sauteed mushrooms, red onions & a creamy pesto dressing	\$10.50

Comfort Fuel

Big Ben green goodness dressing, 2 Beyond Breakfast patties, tofu 'egg', red onion, roasted pepper, cheese & almondaise on a toasted english muffin w/ home fries	\$15.50 - gfo
French Toast 3 slices of french loaf, grilled golden - served w/ maple syrup, coconut whip & Fruit cup	\$15.50 - gfo
Plantitude Benny toasted english muffin w/ aioli, sauteed spinach & mushrooms, bacon, tofu-fried 'egg' w/ cheddar yolk, almondaise & home fries	\$15.50 - gfo
Mac & Cheese macaroni w/ caramelized onions & creamy cheese sauce w/ gf panko. add grilled portobello or half italian sausage - each	\$16.50 - gf \$3.00 - gf
Chili Mac & Cheese a marriage of our two favourite comfort foods - topped w/ cheddar & served w/ side salad & corn tortilla chips	\$16.50 - gf
Tex-Mex Veggie Burrito chili, cheese, avocado, lettuce, brown rice & salsa served w/ salad & salsa	\$16.50

Between Slices

(all served w/homefries + your choice of
soup or salad)

The Plantitude Burger a "Beyond Meat" burger w/ aioli, red onion, mustard, tomato, lettuce & dill pickle add cheddar or swiss, mushrooms, bacon or avocado	\$19.50 - gfo \$2.50
Grains & Greens Stacker slices of cucumber, arugula, tomato, sprouts, red pepper, avocado, purple onion, spinach & mayo w/ dill hummus on country white or multi-grain	\$16.50 - gfo
Three Cheese Grill Mozzarella, cheddar & zesty parma w/ thinly sliced red onion on country white or multi-grain	\$16.50 - gfo
The 'Classic' BLT "Plant Base Bacon", tomato & crisp leaf lettuce on country white or multi-grain w/ your choice of regular mayo or aioli	\$17.50
Grilled Veg Panini roasted red peppers, purple onion, grilled zucchini, grilled portobello mushrooms, spinach, shredded cheddar, spicy aioli on chiabatta	\$16.50
Breakfast Stacker Beyond Breakfast patty w/ cheese, lettuce, tomato & mayo on a toasted English muffin	\$15.50
Bowls	
Plantitude Hash Bowl potatoes, mushrooms, onions, peppers, italian sausage in a tangy sauce w/ pea shoots & fresh veg garnish	\$17.50 - gf
Veggie Butter Chicken seasoned soy chicken w/ peppers, onions, zucchini & baby peas in a traditional 'butter' sauce served over short brown rice	\$17.50 - gf
Teriyaki Ginger Tofu Veg Bowl crispy tofu w/ sauteed pepper, onions & zucchini - topped w/ carrot & cabbage shred served over short brown rice	\$17.50 - gf
Keto Bowl Sauteed zucchini, mushrooms, italian sausage + cauliflower bites on a bed of spinach	\$17.50 - gf
Sides	
Home Fried Potatoes 2 slices of Bacon from Plant Base	\$4.50 - gf \$4.50
Grilled Italian Sausage from Beyond Meat	\$4.50 - gf
Sauteed Assorted Mushrooms	\$4.50 - gf
Country Grain, White or English Muffin w/ peanut butter, jam or marmalade	\$4.50 - gfo
Fruit Cup	\$4.50 - gf

All menu items are 100% plant based. Cheeses, sauces, dips & all proteins are made lovingly from nuts, tofu, coconuts, plants & grain ingredients. Although we have listed several menu items as gluten free (as indicated with gf or gfo for option) Plantitude is not a certified gluten-free kitchen.

We take all food allergies seriously - please inform your server of any restriction you have and we will do our best to accommodate.