

Small Plates

Dill Chickpea Hummus or Tzatziki w/ cucumber slices & warm pita \$10.50 - gfo.

Spinach & Artichoke Dip served w/ grilled bread & corn tortilla chips \$12.50 - gfo.

Crispy Artichoke Cakes spicy aioli, seasonal fruit salsa & arugula \$12.50 - gf

Edamame Beans in Shell grilled w/ sesame oil, sea salt or crushed chili \$10.00 - gf

Grilled Bruschetta garlic rubbed ciabatta, sliced vine tomatoes, fresh basil & extra virgin olive oil \$12.50

Flatbread basil pesto, red onion, cashew cheese, arugula w/ maple balsamic glaze \$13.00 - gf

Soup

ask your server about our ever-changing savoury seasonal soups Served w/ focaccia toast. Bowl only \$8.50 - gfo.

Salads

Rainbow Garden mixed greens, sweet peppers, purple cabbage, carrots, tomato, roasted beets, pumpkin and sunflower seeds w/ plantitude dressing sm/lrg \$10.50/\$16.50 - gf.

Green Goodness spinach, arugula, romaine lettuce & cucumbers w/ creamy pesto dressing & spicy kale croutons \$10.50/\$16.50 - gf.

Garlicky Kale & Quinoa toasted walnuts, orange sections & orange date vinaigrette \$10.50/\$16.50 - gf.

Plantitude Original Spinach warm "Plant Base" bacon, sauteed mushrooms, red onions & a creamy pesto dressing \$10.50/\$16.50

Grilled Caesar w/ Crispy Capers romaine spears w/ zesty caesar dressing & sunflour parma - add chickpeas to any salad for \$2.00 \$10.50/\$16.50 - gf.

Risotto

Mushroom wild & tame mushrooms w/ garlic, sage & sunflower parma \$20.50 - gf.

Plantitude Classic baby peas, asparagus, sundried tomatoes, sunflower parma & cracked black pepper \$20.50 - gf.

Risotto of the Day chef inspired - ask your server about what we've created \$21.00 - gf.

Features

Mediterranean Share Platter greek salad w/ kalamata olives, tofu feta, spinach & ricotta spanakopita falafals & hummus w/ grilled pita & tzatziki \$26.50

The Plantitude Burger a "Beyond Meat" burger w/ aioli, mustard, tomato, lettuce & dill pickle \$19.50 - gfo  
 add cheddar, swiss, mushrooms, bacon or avocado \$2.50

Veggie Butter Chicken seasoned soy chicken, peppers, onions, zucchini & baby peas in a traditional "butter" sauce served over brown rice \$17.50 - gf

Grilled Better Brat two "Beyond Meat" brat sausages & rich mushroom red-wine gravy over garlic mashed potatoes & grilled seasonal veggies \$21.00 - gf

Keto Bowl Sauteed zucchini, mushrooms, italian sausage & cauliflower bites on a bed of spinach \$17.50 - gf

Pasta

Spaghetti spinach, basil pesto, asparagus, peas, sun-dried tomatoes & sunflower parm \$19.50 - gf  
 add grilled portobello or half italian sausage - each \$3.00 - gf

Panko Mac & Cheese macaroni & caramelized onions & creamy cheese sauce topped w/ toasted panko \$18.50 - gf  
 add grilled portobello or italian sausage - each \$3.00 - gf

Fresh Pasta of the Day a twist on the Italian classics - ask your server about todays creation \$21.00

Sweet Endings

Traditional Carrot Cake w/ cream 'cheese' icing \$8.50 - gf

4 Layer Mocha Cake dark, moist chocolate cake w/ creamy mocha icing \$8.50 - gf

Earl Grey Lemon Cake 3 layers of earl-grey infused cake w/ lemony 'butter' cream icing & lemon zest \$8.50 - gf

Chocolate Cashew Cheesecake w/ coconut whip \$9.00 - gf

Assorted Cupcakes, Bars, Squares & Tarts \$4.50 - gf

raspberry or lemon sorbet w/ coconut whip & fruit drizzle \$7.50 - gf