

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

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

Features

Tex-Mex Veggie Burrito chili, cheese, avocado, lettuce, brown rice & salsa served w/ side salad & salsa	\$16.50
Mac & Cheese macaroni w/ caramelized onions & creamy cheese sauce w/ gf panko	\$16.50 - gf
add grilled portobello half or italian sausage - each	\$3.00 - gf
Chili Mac & Cheese a marriage of our two favorite comfort foods - topped w/ cheddar & served w/ side salad & corn tortilla chips	\$16.50 - gf

Soup

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

Between Slices

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

The Plantitude Burger a "Beyond Meat" burger w/ aioli, mustard, tomato, red onion, lettuce & dill pickle	\$19.50 - gfo
add cheddar or swiss, mushrooms, bacon or avocado	\$2.50 - each
Grains & Greens Stacker slices of cucumber, arugula, tomato, sprouts, red pepper, avocado, purple onion, spinach & mayo w/ dill hummus on country white or multigrain	\$17.50 - 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, motza, spicy aioli on chiabatta	\$16.50

Bowls

Chili Bowl three bean veggie chili w/ onions, tomato, zucchini & peppers, melted cheddar - served w/ side salad & corn tortillas	\$16.00 - 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

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

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.