



**Small Plates**

- Flatbread 431**  \$18.95 - gf  
 Pesto, red onions, cashew cheese, arugula with maple balsamic glaze.
- Drumettes** \$18.95 - gf  
 Sweet & spicy drumettes served with cucumber slices & creamy ranch dip.
- NEW Garlic Butter & White Wine Sautéed Prawns (10)** \$18.95  
 Konjac root prawns sautéed in white wine & garlic butter on a bed of arugula with ciabatta toast points.
- Spinach & Artichoke Dip**  \$16.95 - gfo  
 Served with grilled bread & corn tortilla chips.
- Potato Skins** \$15.95 - gfo  
 Potato skins, melted mixed cheese shreds, topped with bacon crumble, green onions and our house-made sourcream.

**Soups / Salads**

- Ask your server about our ever-changing savoury seasonal soups served with focaccia toast (Bowl Only). \$9.95 - gfo
- Grilled Caesar with Crispy Capers**  SM \$16.95 | LG \$19.95 - gf  
 Romaine spears with zesty caesar dressing & sunflower parma.
- Rainbow Garden**  SM \$14.95 | LG \$17.95 - gf  
 Mixed greens, sweet peppers, chickpeas, red cabbage, cucumbers, carrots, tomatos, sprouts, pumpkin & sunflower seeds with Plantitude dressing.

**Add-on to your Salad**

- Grilled "Beyond Meat" Italian Sausage \$5.95 - gf
- Sautéed Assorted Mushrooms \$3.25 - gf
- Bacon Crumble \$3.50
- Toasted Walnuts \$3.00 - gf
- Chickpeas \$2.00 - gf

**Bowls**

- Veggie Butter Chikin Bowl** \$22.95 - gf  
 Seasoned soy chikin, peppers, onions, zucchini & baby peas in a traditional India style "butter" sauce served over brown rice.
- Keto Bowl** \$21.95 - gf  
 Sautéed zucchini, mushrooms, Italian sausage & cauliflower bites on a bed of spinach. Garnished with red cabbage.  
 Not quite Keto add brown rice - \$2.00.
- NEW Spicy Lemongrass Chikin & Veg Bowl** \$21.95  
 Thai lemongrass chikin with sautéed peppers, onions, chickpeas & zucchini. Topped with carrot, cabbage shreds, sprouts & black sesame seeds. Served over brown rice.


**Platters**

- NEW Appy Trio Platter** \$35.95  
 6 Garlic butter & white wine sautéed prawns, 4 sweet & spicy drumettes with cucumber slices, served with creamy ranch dip, a spinach & artichoke dip served with grilled bread & corn tortilla chips.

**Burgers**

- Crispy Chikin & Bacon Burger** \$23.95  
 Crispy chikin with mayo, lettuce, tomato, cheddar & bacon on a grilled bun. Served with soup & salad.
- Peppercorn Sirloin Burger** \$23.95 - gfo  
 A peppered "Impossible" burger with caramelized onions, cheddar, arugula & peppercorn mayo. Served with soup & salad.
- The Plantitude Burger** \$22.95 - gfo  
 A "Beyond Meat" burger with aioli, mustard, tomato, onions, lettuce & dill pickles. Served with soup & salad.  
 Add-ons: Cheddar, Swiss, Mushrooms or Bacon add - \$3.25 each.

**Features**

- NEW Chikin & Waffles** \$23.95  
 2 House-made waffles with crispy chikin. Served with sriracha maple syrup and candied bacon.
- Grilled Better Brat** \$22.95 - gf  
 Two "Beyond Meat" brat sausages with a rich mushroom red-wine gravy over garlic mashed potatoes & grilled seasonal veggies.
- Mushroom Risotto**  \$22.95 - gf  
 Wild & tame mushrooms, baby peas with garlic, sage & sunflower parma.

**Pasta**

- Chikin Parmigiana** \$23.95  
 A breaded chikin patty smothered with marinara sauce & cheese, baked till gooey. Served on seasoned garlic parsley noodles, topped with sunflower parma.
- NEW Smokie Mac & Cheese with Bacon** \$22.95 - gfo  
 Macaroni & caramelized onions, smokie bacon, baby peas, creamy three cheese sauce topped with mixed cheese shreds.  
 Add grilled portobello mushrooms or italian sausage - \$5.95 each.

**Add-on to your Meal**

- 5 Garlic Butter Prawns \$7.50
- Grilled Portobello Mushrooms \$5.95 - gf
- Grilled "Beyond Meat" Italian Sausage \$5.95 - gf
- Sautéed Assorted Mushrooms \$3.25 - gf
- Bacon Crumble \$3.50

Substitute for Gluten-free Bun or Bread add - \$3.00  
 Split Order Charge - \$3.00

All menu items are 100% plant-based. Cheeses, sauces, dips & all proteins are made lovingly from nuts, tofu, coconuts, plants & grains ingredients. We offer many GF options however, 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.

 Transitional Meat-free | gfo - Gluten-free Option | gf - Gluten-free