

Light Starts

- Flatbread 431** 🌱 \$19.95 - gf
Pesto, red onions, cashew cheese, arugula with maple balsamic glaze.
- Drumettes** \$19.95 - gf
Sweet & spicy drumettes served with cucumber slices & creamy ranch dip.
- NEW Garlic Butter & White Wine Sautéed Prawns (10)** \$19.95
Konjac root prawns sautéed in white wine & garlic butter on a bed of arugula with ciabatta toast points.
- Spinach & Artichoke Dip** 🌱 \$18.95 - gfo
Served with grilled bread & corn tortilla chips.
- Potato Skins** \$17.95 - 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 \$18.95 | LG \$21.95 - gf
Romaine spears with zesty caesar dressing & sunflower parma.
- Rainbow Garden** 🌱 SM \$15.95 | LG \$18.95 - gf
Mixed greens, sweet peppers, chickpeas, red cabbage, cucumbers, carrots, tomatoes, pea shoots, pumpkin & sunflower seeds with Plantitude dressing.

Add-on to your Salad

- Grilled "Beyond Meat" Italian Sausage \$5.95 - gf
- Sautéed Assorted Mushrooms \$4.95 - gf
- Bacon Crumble \$3.50
- Toasted Walnuts \$4.00 - gf
- Chickpeas \$3.00 - gf

Comfort Fuel

- NEW Chikin & Waffles** \$23.95
2 House-made waffles with crispy chikin. Served with sriracha maple syrup and candied bacon.
- Sausage Mushroom Melt** \$21.95 - gfo
Aioli, spinach, mushrooms, 2 "Beyond Meat" breakfast patties on a toasted english muffin topped with melted cheddar and crispy oyster mushrooms. Served with potato nuggets.
- Big Ben** \$21.95 - gfo
Green goodness dressing, 2 "Beyond Meat" Breakfast patties, tofu 'egg', red onion, roasted pepper, cheese & almondaise on a toasted english muffin. Served with potato nuggets.
- NEW Cinnamon Maple French Toast or Waffles & Bacon** \$19.95
3 Slices of french toast or waffles & 2 slices of bacon. Served with maple syrup, coconut whip and a fruit cup.
- Plantitude Benny** \$20.95 - gfo
Toasted english muffin with aioli, sautéed spinach & mushrooms, bacon, tofu-fried 'egg' with cheddar yolk & almondaise. Served with potato nuggets.

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

Brunch

Choice of multigrain, white or marble rye bread.
Gluten-free bread or bun add - \$3.00
Split Order Charge - \$3.00

Served Saturday & Sunday 11am to 4pm

Between Slices - All served with soup & salad.

- Crispy Chikin & Bacon Burger** \$23.95
Crispy chikin with mayo, lettuce, tomato, cheddar & bacon on a grilled bun.
- Peppercorn Sirloin Burger** \$23.95 - gfo
A peppered "Impossible" burger with caramelized onions, cheddar, arugula & peppercorn mayo. Served with soup & salad.
- The Plantitude Burger** \$23.95 - gfo
A "Beyond Meat" burger with aioli, mustard, tomato, onions, lettuce & dill pickles.
Add-ons: Cheddar, Swiss, Mushrooms, Bacon or Avocado add - \$3.25 each.
- The 'Classic' BLT** \$18.95
3 Large slices of bacon, on-the-vine tomatoes, leaf lettuce, traditional mayo, salt & pepper.
- Grilled Veg Panini** 🌱 \$19.95 - gfo
Roasted red peppers, red onions, grilled zucchini, grilled portobello mushrooms, spinach, shredded cheese mix, spicy aioli on a ciabatta bun.
- NEW Grilled Panini Roma** 🌱 \$19.95 - gfo
Mozzarella, vine tomatoes, arugula, roasted red peppers, pesto, garlic mayo on a ciabatta bun.

Bowls

- Veggie Butter Chikin Bowl** \$23.95 - gf
Seasoned soy chikin, peppers, onions, zucchini & baby peas in a traditional India style "butter" sauce served over brown rice.
- Garden Hash Bowl** \$21.95
Nugget potatoes, mushrooms, onions, peppers & spinach topped with motza cheese, almondaise and bacon.
- Keto Bowl** \$22.95 - 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.
- 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 \$8.50
- Grilled Portobello Mushrooms \$5.95 - gf
- 3 Slices of Bacon \$5.95
- 3 "Beyond Meat" Sausage Links \$5.95 - gf
- Grilled "Beyond Meat" Italian Sausage \$5.95 - gf
- Sautéed Assorted Mushrooms \$4.95 - gf
- Bacon Crumble \$3.50

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.