

SHAREABLES

Chickpea Bites: Five crispy chickpea bites served with a side of carrot sticks and a creamy ranch dip. Choose between Spicy Buffalo, Maple Mustard, or Teriyaki. **13**

Falafel Basket: Eight of our signature house-made falafel served with hummus, dill aioli for dipping, and pink pickles. **12**

Dip Trio: Fresh tomato salsa, guacamole, and garlic hummus, served with our made to order corn tortilla chips. **9**

Planted Nachos: Corn tortilla chips, topped with red beans, BBQ jackfruit, cheese sauce, salsa, and guacamole. **Regular 13/Large 17**

Chili con Queso: Vegan queso layered with lentil-based taco meat, topped with house-made salsa and served with hand-cut tortilla chips. **14**

Fry Board: A platter of our seasoned shoestring fries and sweet potato fries served with ranch dressing, bbq sauce, and vegan cheese sauce. **Regular 12/Loaded with shredded cheese, bacon, and chives 16**

BOWLS & SALADS

Choose a base of brown rice, super greens, or fried potato

Thai Bowl: Carrots, red cabbage, and cucumber, drizzled with a spicy peanut sauce and topped with grilled tofu, cilantro, and crushed peanuts. **13**

Falafel Bowl: Falafel and hummus with Israeli salad, grilled mixed veggies, carrots, and a pink pickle, drizzled with a creamy dill aioli. **13**

Mexi Bowl: Pulled jackfruit and red beans with shredded cheese, greens, fresh tomato salsa, cilantro, and guacamole. **14**

Planted Bowl: Roasted Sweet potato, tomato, carrots, cucumber, and a dollop of guacamole, served with a creamy tahini dressing and topped with pumpkin seeds. **13**

Caesar Bowl: Chickpea fritters, cucumber, red onion, and capers, served with Caesar dressing and topped with crispy rice bacon and walnut parmesan. **14**



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SANDWICHES & BURGERS

Comes with a house made pink pickle and your choice of side (additional charge for super sides).

BBQ Pulled Jackfruit Sandwich: Shredded jackfruit braised in a sweet and smoky barbecue sauce and topped with coleslaw. **13**

Falafel Sandwich: Four falafel wrapped in our house made laffa bread with hummus, super greens, Israeli salad, dill aioli, and dill pickle. **13**

Tomato Pesto Grilled Cheese: Our basil walnut pesto and sliced tomato covered in melted cheese and grilled between two slices of flax-seed bread. **12**

Reuben: A peppery chickpea based pastrami, served with house made Russian dressing and sauerkraut. **14**

Classic Planted Burger: A smoky lentil patty, served with dill pickles, tomato, lettuce, red onion, and our sweet and tangy Planted sauce. **14**

Caesar Burger: A crispy chick patty topped with rice paper bacon, Caesar dressing, walnut parm, spring greens, red onion, and tomato. **16.5**

Build-a-Burger: Choose your patty, choose your toppings, choose your sauce. **16**

Patties

Smoky Lentil Patty
Crispy Chick Patty
Buffalo Chick Patty
Teriyaki Chick Patty

Toppings

Super Greens
Tomato
Red Onion
Pickled Jalapeno
Dill Pickle
Vegan Cheddar (\$1.5)
Cole Slaw (\$1)
Walnut Parm (\$1)
Sauerkraut (\$1)
Chickpea Egg (\$2.5)
BBQ Jackfruit (\$2.5)
Rice Paper Bacon (\$2.5)
Sliced Avocado (\$2.5)

Sauces

(one included, \$1 for each additional)
Garlic Aioli
Buffalo Aioli
Dill Aioli
BBQ Sauce
Planted Sauce
Russian Dressing
Caesar Dressing
Spicy Peanut Sauce
Ranch

ENTREES

Planted Mac: Penne pasta coated in a creamy vegan cheese sauce and served with grilled veggies. **14 / Add BBQ jackfruit for 2.5**

Pesto Pasta: Penne pasta with our basil walnut pesto and tossed with grilled veggies and tofu. **14**

Poutine: A double portion of our seasoned fries, covered in brown gravy and vegan cheese curds, and topped with chives. **12 / Add BBQ jackfruit for 2.5**

Soup: A bowl of today's soup. Served with your choice of grilled laffa bread or brown rice. **9**

SIDES

Seasoned Fries **3**
Grilled Veggies **3**
Cup of Soup **3**
Coleslaw **3**

SUPER SIDES

Side Planted Mac **7**
Sweet Potato Fries **5**
Side Poutine **6**
Side of any Salad **7**

ADD-ONS & A LA CARTE

Sauces and Dips

Garlic Aioli **1**
Buffalo Aioli **1**
Dill Aioli **1**
Ranch **1**
Spicy Peanut Sauce **1**
Caesar Dressing **1**
Tahini Dressing **1**
Russian Dressing **1**
Salsa **2**
Cheese Sauce **2**
Hummus **2**
Guacamole **2**
Brown Gravy **2**

Toppings

Grilled Tofu **2.5**
Roasted Sweet Potato **2.5**
BBQ Jackfruit **2.5**
Falafel (4) **2.5**
Chickpea Fritters (4) **2.5**
Rice Bacon (2) **2.5**
Chickpea Egg Patty **2.5**
Lentil Meatballs (3) **2.5**
Sliced Avocado **2.5**

To order for pickup or delivery, visit us online at:

www.Plantedin.ca

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BRUNCH Available Sundays, 10am - 3pm

Breakfast Bowl: A heaping pile of home fries topped with scrambled tofu, lentil sausage, salsa, guacamole, and creamy cheese sauce. **15**

Shmear & Lox: Smoky carrot lox and house made cream cheese served on a toasted bagel with capers, red onion, and fresh dill. **11**

Breakfast Sammy: Tofu scramble and melty vegan cheddar on laffa bread with sliced tomato, super greens, and ranch dressing. **11**

Bagel Sandwich: Our chickpea egg patty, covered in melted vegan cheddar and stacked with greens, tomato, onion, and buffalo aioli inside a toasted bagel. **10**

Omelette: An omelet made with our chickpea egg and vegan cheddar topped with chives and buffalo aioli. **10 / Add fillings for \$0.50 each: red onion, diced tomato, mushroom, bell pepper, spinach.**

Brunch Burger: A smoky lentil patty, topped with chickpea egg, rice bacon, lettuce, tomato, onion, and buffalo aioli, all sandwiched between a toasted everything bagel. Comes with your choice of side. **16**

Combo Plate: Two pancakes, tofu scramble, lentil sausage crumble and your choice of side. Add toppings to your pancakes for \$1 each. **15**

FROM THE GRIDDLE

Add toppings, \$1 each

Pancakes: A stack of three fluffy pancakes, sprinkled with powdered sugar. **10**

Belgian Waffle: A huge crispy Belgian style waffle. **10**

French Toast: 4 triangle slices of french toast. Crispy on the outside, creamy on the inside, and with just the right amount of cinnamon. **11**

Toppings: Sliced banana, pecans, blueberry compote, chocolate chips, whipped coconut cream, caramel, chocolate sauce, strawberry sauce.

SIDES

Home Fries **3**

Sautéed Kale and

Onions **3**

Sweet Potato Fries **5**

Crispy Rice Bacon **3**

Lentil Breakfast

Sausage **4**



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