



VEGAN. GLUTEN-FREE. AWESOME

Planted is a plant-based gluten-free restaurant & bakery located in downtown Hamilton. Our mission is to prove that inclusive food can feel familiar and taste amazing. Whether it's nachos, pulled jackfruit sandwiches, or cashew mac and cheese, we're committed to making everything vegan, everything gluten-free, and everything awesome.

SHAREABLES

Chickpea Bites: Five crispy chickpea bites served with a side of carrot sticks and a creamy garlic aioli dip. Choose between Spicy Buffalo or Maple Mustard. **12**

Falafel Basket: Eight of our signature house-made falafel served with hummus, garlic 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, made fresh to order and topped with red beans, grilled onions & mushrooms, BBQ jackfruit, cashew cheese sauce, salsa, and guacamole. Like heat? Add pickled jalapeño at no additional cost! **15**

Ontario Cheese Board: A selection of Ontario vegan cheeses, plus our chef's seasonal pairings made with local produce. **18**

SUPERSIDES

Cashew Mac 7
Sweet Potato Fries 5
Chips & Salsa 4
Poutine 6
Kimchi 4
Side of any SALAD 7

SIDES

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

SALADS

Thai Salad: Shredded kale, carrots, cucumber, red cabbage, and red onion, served with a spicy peanut dressing and topped with crushed peanuts. *Side salad 7 / Entrée salad with grilled tofu 11*

Mediterranean Salad: Spring greens, carrots, red cabbage, Israeli salad, our house made pink pickle, a scoop of garlic hummus, and a creamy tahini dressing. *Side salad 7 / Entrée salad with falafel 11*

Planted Salad: Shredded kale and baby spinach, tomato, carrots, cucumber, and a dollop of guacamole, served with a creamy tahini dressing and topped with pumpkin seeds. *Side salad 7 / Entrée salad with roasted sweet potato 11*

Caesar Salad: A bed of baby spinach, cucumber, red onion, and capers, served with Caesar dressing and topped with house made croutons and walnut parmesan. *Side salad 7 / Entrée salad with crispy chickpea fritters 11*

Strawberry Balsamic Salad: Spinach topped with fresh sliced strawberries, red onion, slivered almonds, and a balsamic vinaigrette. *Side salad 7 / Entrée salad with grilled tofu 11 / try it with bleu cheese for an extra \$2*

All dishes are free from dairy, eggs, and gluten. Please let a staff member know if you have any additional allergy concerns.

SANDWICHES

Comes with a house made pink pickle and your choice of any of our *SIDES* (or upgrade to a *SUPERSIDE!*)

Planted Burger: A house made green lentil and brown rice patty with a hickory molasses glaze, served with sautéed onions & mushrooms, dill pickles, tomato, lettuce, red onion, and our super secret planted sauce. **14 / Add a slice of melted cheddar for \$1.50**

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

Lentil Meatball Sandwich: Three green lentil meatballs coated in our house made tomato sauce and topped with grilled onions & mushrooms and cashew cheese sauce. **14**

Chickpea Caesar Burger: A crispy chickpea patty topped with Caesar dressing, walnut parm, baby spinach, red onion, and tomato. **13**

Falafel Sandwich: Four Israeli-style falafel in a toasted pita with hummus, spring greens, Israeli salad, garlic 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. **11**

V.L.T.: A triple decker sandwich made with toasted flax seed bread, a chickpea egg patty, melted cheese, spring greens, sliced tomato, and garlic aioli. **13**



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ENTREES

Cashew Mac: Penne pasta coated in a creamy cashew cheese sauce and served with grilled veggies. **14** / Add BBQ jackfruit for \$2.50

Pasta and Meatballs: Green lentil meatballs and tomato sauce over pasta, with grilled onions & mushrooms and walnut parmesan crumble. **14**

Thai Bowl: Brown rice, carrots, red cabbage, and cucumber, drizzled with a spicy peanut sauce and topped with baked tofu, cilantro, and crushed peanuts. **13**

Falafel Bowl: Falafel and hummus over brown rice with Israeli salad, grilled mixed veggies, carrots, and a pink pickle, drizzled with a creamy tahini dressing. **13**

Mexi Bowl: Pulled jackfruit and red beans over a bed of crispy potatoes, with shredded cheese, baby spinach, fresh tomato salsa, cilantro, and guacamole. Add pickled jalapeño if you like it spicy! **14**

Soup of the Day: A bowl of today's soup with toast. **8**

Poutine: A double portion of our seasoned fries, covered in brown gravy and vegan mozzarella, and topped with green onion. **12** / Add BBQ jackfruit for \$2.50

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

ADD-ONS

Make anything on our menu even better with these add-ons!

Dressings + Dips: Garlic aioli, buffalo aioli, spicy peanut sauce, Caesar dressing, tahini dressing, balsamic vinaigrette, or salsa. **1**

The Good Stuff: Cashew cheese sauce, hummus, guacamole, bleu cheese, or brown gravy. **2**

Toppings: Grilled tofu, roasted sweet potato, BBQ pulled jackfruit, three falafel, or four crispy chickpea fritters. **2.5**

SPECIALS

Ask our team about the specials we're running today!

Friday = FRIESDAY: Bowl of deep fried potato sticks, or a blank canvas waiting to be transformed into a culinary masterpiece? From Pizza Fries to Cinnamon Churro Fries, no creation is off-limits on Friesday.

Sunday = Brunch: On Sundays we serve brunch! Stop by and check out our entirely different, far more brunchy menu.

WE LOVE HEARING FROM YOU!

We feed you, you feed us back! Feedback! Get it? Okay, we promise never to make a joke like that again, as long as you promise to give us your honest feedback. Share it with our team or leave us a review on Google, Facebook, or Yelp. It really makes a difference, helping us to keep doing what we're doing right and improve what needs improving. Except for our jokes. Those don't need any improving.

- The Planted Team

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