

OUR MENU ITEMS ARE PROUDLY MADE WITH ORGANIC VEGAN INGREDIENTS

PLUM BISTRO LUNCH

11am – 3 pm Monday to Friday

SHARING PLATES

KALE CHIPS 7

YAM CHIPS *thyme, garlic oil G/F* 7

ROSEMARY FRIES *roasted garlic oil G/F* 7

MAC 'N' YEASE 9 *g/f option* 10

SANDWICHES

*Includes a side of mixed greens with lemon vinaigrette
Substitute gluten-free bread for 2*

All sandwiches can be made into a salad for 2

PLUM REUBEN *tofustrami, vegan cheese, pickled
cabbage, thousand island dressing* 12

AVOCADO AND TOFU *artisan bread, avocado, pan
fried tofu, thick sliced tomatoes, smoked sea salt, pink
peppercorns* 12

MISO FRIED "FISH" *artisan bread, pickled purple
daikon, pickled english cucumbers, micro greens,
sautéed bok choy* 13

VEGAN TUNA *tofu and tempeh salad, thick tomato
slices, hot sauce, farm greens, raw red onion, multigrain
toast* 13

CHIPOTLE GRILL *baked tempeh, avocados, grilled
onions, tomatoes, cilantro, chipotle aioli* 12

PESTO GRILLED CHEESE *mozzarella &
cheddar, sautéed mushrooms, grilled onions* 12

PROTEIN RICH GRAIN BOWLS G/F

RED QUINOA & MUNG BEAN *roasted yam,
shredded endive, pan grilled salt and black pepper
tofu house made miso dressing* 14

MISO "FISH" AND FORBIDDEN RICE *spicy chili
sesame, watercress, shredded beets, sesame dressing* 14

SAUTEED CAVIAR LENTILS *tuscan kale, roasted
gold beets, maitake mushrooms, lemon herb vinaigrette*
13

SOUP OF THE DAY 8

Please ask your server for today's option

SALADS

BEET & SPINACH *roasted beets, ricotta, chopped
almonds, parsley, balsamic vinaigrette G/F* 11

MAMA AFRICA *mixed greens, seasonal fruit, quinoa &
millet mix, tempeh, avocado, chopped almonds, lemon
vinaigrette, side mustard aioli G/F* 14

LUNCH SPECIALS

SWEET AND SPICY GENERAL TSO'S
CAULIFLOWER *hot cauliflower, forbidden rice,
broccoli, green onions* 12

ROASTED RED PEPPER QUICHE *olive oil, black
pepper, arugula, roasted cherry tomatoes* 13

FLATBREAD PIZZA *oven roasted tomatoes, pesto,
ricotta, micro greens* 14

AVOCADO FLATBREAD, *fresh coriander and spinach
pesto, tomato, avocado slices, soy free tahini sauce* 15

MACHO BURRITO *soy chorizo, whole beans, seasoned
rice, spring mix, cheese, orange pico de gallo, avocado,
chipotle & jalapeño aioli* 12

JAMAICAN WRAP *spiced tofu, tomato, onion, lettuce,
pickled coleslaw, smoked yams, mustard aioli* 12

VEGAN PALEO "BRUSCHETTAS"

ROASTED BEETROOT, *seared scallop mushrooms,
micro greens* 7

GRILLED PEAR PECAN *pate, arugula, roasted
butternut squash* 7

VEGAN PALEO PERSONAL PIZZA *cauliflower
crust, tomato sauce, oven dried tomatoes, green olives,
parmesan cheese micro greens, with baby kale and
almond salad* 13

EXTRAS

BREAD *grilled Macrina bakery bread with butter* 2.5

HOUSEMADE AIOLI *dill, chipotle, or jalapeño* .75

It is not advised to eat food prepared on equipment shared with gluten if you have Celiac Disease

Parties of 6 or more will be charged a service charge of 18%. We are happy to split checks a maximum of 3 ways