

PLUM BISTRO LUNCH

11am – 3 pm Monday to Friday

OUR MENU ITEMS ARE PROUDLY MADE WITH ORGANIC VEGAN INGREDIENTS

SHARING PLATES

KALE CHIPS topped with cashew cheese 8

YAM CHIPS thyme, garlic oil G/F 8

ROSEMARY FRIES roasted garlic oil G/F 8

MAC 'N' YEASE 10 g/f option 11

SANDWICHES

Includes a side of mixed greens with lemon vinaigrette

Substitute gluten-free bread for 2.5

All sandwiches can be made into a salad for 2.5

PLUM REUBEN tofu strami, vegan cheese, pickled cabbage, thousand island dressing 13

AVOCADO AND TOFU artisan bread, avocado, pan fried tofu, thick sliced tomatoes, smoked sea salt, pink peppercorns 13

MISO FRIED "FISH" artisan bread, pickled purple daikon, pickled english cucumbers, micro greens, sautéed bok choy 14

VEGAN TUNA tofu and tempeh salad, thick tomato slices, hot sauce, farm greens, raw red onion, multigrain toast 14

CHIPOTLE GRILL baked tempeh, avocados, grilled onions, tomatoes, cilantro, chipotle aioli 13

PESTO GRILLED CHEESE mozzarella & cheddar, sautéed mushrooms, grilled onions 13

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 15

MISO "FISH" AND FORBIDDEN RICE spicy chili sesame, watercress, shredded beets, sesame dressing 15

SAUTEED CAVIAR LENTILS tuscan kale, roasted gold beets, maitake mushrooms, lemon herb vinaigrette 14

SALADS

BEET & SPINACH roasted beets, ricotta, chopped almonds, parsley, balsamic vinaigrette G/F 12

MAMA AFRICA mixed greens, seasonal fruit, quinoa & millet mix, tempeh, avocado, chopped almonds, lemon vinaigrette, side mustard aioli G/F 15

LUNCH SPECIALS

SWEET AND SPICY GENERAL TSO'S CAULIFLOWER hot cauliflower, forbidden rice, broccoli, green onions 13

ROASTED RED PEPPER QUICHE olive oil, black pepper, arugula, roasted cherry tomatoes 14

FLATBREAD PIZZA oven roasted tomatoes, pesto, ricotta, microgreens 15

AVOCADO FLATBREAD, fresh coriander and spinach pesto, tomato, avocado slices, soy free tahini sauce 16

MACHO BURRITO soy chorizo, black beans, seasoned rice, spring mix, cheese, orange pico de gallo, avocado, chipotle & jalapeño aioli 13

JAMAICAN WRAP Jamaican spiced tofu, tomato, onion, lettuce, pickled coleslaw, smoked yams, mustard aioli 13

VEGAN PALEO "BRUSCHETTAS"

ROASTED BEETROOT seared scallop mushrooms, micro greens 8

GRILLED PEAR PECAN PATE arugula, roasted butternut squash 8

EXTRAS

BREAD grilled Macrina bakery bread with butter 3

HOUSEMADE AIOLI dill, chipotle, or jalapeño .75

SOUP OF THE DAY

Please ask your server for today's option 9

LUNCH TIME LIBATIONS

PURPLE REIGN Creme de Violette, lavender bitters, lemon, sparkling wine 13

TIMBERCITY GINGER MULE well spirit (your choice!) lime, simple syrup, ginger beer 13

HOT TODDY bourbon, cinnamon simple, bitters 11

SANGRIA glass or carafe 9/27

HOUSE WINE red or white glass 8

VARIETY OF JUICES 5

BOYLAN'S ROOT BEER 4

TIMBERCITY GINGER BEER glass 6 32oz can 15

****Please inform our staff of any serious food allergies so that we may serve you better****

If you have Celiac Disease we ask that you consider all of our food is prepared on shared equipment before consumption

Plum Bistro has elected to include a 20% service charge to each bill, 100% of which will be used to achieve equity in pay amongst our staff.