

PLANTS + ANIMALS

Sandwiches

Fried Chicken Sandwich

Chicharron-crusted fried chicken with spicy aioli and turmeric dill pickles.

Upgrade to keto/gluten free almond flour bun +\$1.50



9.5

P+A Cheeseburger

Grass-fed, all-beef patty, with jack cheese, bacon jam, and garlic aioli.

Upgrade to keto/gluten free almond flour bun +\$1.50



9.5

"Just the Plants" Burger

Vegan Beyond patty with fresno chili and caramelized onion relish.

Upgrade to keto/gluten free almond flour bun +\$1.50



9.5

	on Toasted Bread Buns				on Almond Flour Buns			
	Calories	Fat	Protein	Net Carbs	Calories	Fat	Protein	Net Carbs
Fried Chicken Sandwich	690	37g	41g	26g	770	50g	47g	7g
P+A Cheeseburger	1104	73g	63g	27g	1184	86g	69g	8g
"Just the Plants" Burger	200	7g	14g	25g	280	20g	20g	6g

Want to take some of our signature, housemade almond flour buns home with you? Grab a bag of buns from our freezer when checking out!

PLANTS + ANIMALS

Entrées

Chicharron Crusted Fried Chicken Tenders



10

Macros: 382 calories / 14g fat / 58g protein / 2g net carbs

Pan Seared Salmon

with red pepper pesto



12

Macros: 311 calories / 19g fat / 33g protein / 2g net carbs

Crispy Lemon Herb Tofu

over crispy kale



8

Macros: 345 calories / 25g fat / 10g protein / 18g net carbs

Hibiscus Flower and Shitake Tacos

with pickled fresnos and aji verde



10

Macros: 327 calories / 16g fat / 25g protein / 20g net carbs

Jackfruit Fritters

with red pepper pesto



9

Macros: 98 calories / 5g fat / 1g protein / 11g net carbs



VEGETARIAN



VEGAN



KETO



NUT FREE



DAIRY FREE



GLUTEN FREE

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Sides

Sm/Lg

Root Fries

Twice-fried carrot and parsnip fries, tossed with parmesan, garlic, and fresh herbs

**Macros: 156 calories / 0g fat / 2g protein / 9g net carbs*



\$4 / \$7

Cauliflower Mac n' Cheese

Cauliflower drenched in melted cheddar, gouda, and parmesan

**Macros: 233 calories / 15g fat / 14g protein / 8g net carbs*



\$5 / \$8

Cauliflower & Parsnip Mash

**Macros: 299 calories / 23g fat / 4g protein / 15g net carbs*



\$4 / \$7

Cauliflower Fried Rice

Pan fried, riced cauliflower with carrots, peas, and garlic

**Macros: 159 calories / 5g fat / 8g protein / 13g net carbs*



\$4 / \$7

Pesto Noodle Salad

Kelp noodles with cilantro pesto, pickled carrots, purple cabbage, pepitas, and green onions.

**Macros: 240 calories / 18g fat / 7g protein / 15g net carbs*



\$4 / \$7

**Macro values doubled for large sizes*

PLANTS + ANIMALS

Sides

Sm/Lg

Brussels Sprouts

with herbs and caramelized onions

**Macros: 180 calories / 16g fat / 3g protein / 5g net carbs*



\$4 / \$7

Creamed Greens

Spinach and kale sauteed with parmesan, cream, and caramelized onions

**Macros: 109 calories / 6g fat / 4g protein / 8g net carbs*



\$4 / \$7

Roast Broccoli

with fresno chili relish

**Macros: 100 calories / 0g fat / 1g protein / 2g net carbs*



\$4 / \$7

Roasted Carrots and Fennel

with pickled mustard seeds and fresh herbs

**Macros: 139 calories / 7g fat / 2g protein / 11g net carbs*



\$4 / \$7

Kale Salad

with red cabbage, pepitas, and parmesan

**Macros: 284 calories / 18g fat / 10g protein / 18g net carbs*



\$3.5 / \$6

**Macro values doubled for large sizes*