



Bowls

\$8.80

PlantPure Bowl

460 Cal, 15g Protein (avg)

Always loaded with veggies: roasted peppers, onion, kale, yam, broccoli corn, mushroom

1) Choose your base:

- brown rice & quinoa or
- roasted potatoes

2) Choose your protein:

- pure soy strips,
- seitan
- baked tofu
- black bean

3) Choose your PlantPure sauce:

- red coconut curry
- jerk peanut
- teriyaki
- creamy mushroom



All our dressings and sauces are oil-free

Salad Bar

Small \$6.02, Large \$8.80

Sides and Kids Favorites:

Groothie \$5.10

Soups of the Day Cup \$3.94, Bowl \$4.86

Potato Salad Cup \$3.94, Bowl \$4.86

Roasted Potatoes Cup \$3.94, Bowl \$4.86
with any of our PlantPure sauces or dressings

Kids Rice Bowl \$4.86
brown rice & quinoa, beans, roasted potatoes

PB \$4.86
multi-grain bread, organic Peanut butter and jelly

Vegan Soft Serve Ice Cream 4oz \$2.55, 8oz \$3.47 12oz \$4.40



Seitan is an ancient wheat-based protein, with meat-like texture
Pure Soy Strips is a protein made from non-gmo whole soy beans



Sandwiches



Wraps

and

\$8.34

Banh Mi

432 Cal, 21g Protein

pure soy strips, radish, carrot, onion, cucumber, pickles, oil-free cilantro dressing

PlantPure Burger

495 Cal, 20g Protein

lentil flaxseed burger, kale, tomato, oil-free vegan mayo

PlantPure Reuben

465 Cal, 20g Protein

seitan or pure soy strips, cole slaw, thousand Island

PlantPure Steak

490 Cal, 25g Protein

seitan or pure soy strips, pepper, onion, mushroom, teriyaki, or any of our PlantPure sauces.

Avocado Veggies

500 Cal, 14g Protein

avocado, tomato, cucumber, onion, spring mix, radish, carrot, ginger sesame dressing

PlantPure Burrito

500 Cal, 21g Protein

baked tofu, seitan or pure soy strips, black bean, brown rice & quinoa, onion, peppers, roasted corn, salsa, cilantro dressing

Also works as a rice & quinoa bowl!

PlantPure Tacos

485 Cal, 15g Protein

pepper, onion, kale, yam, roasted corn, avocado, salsa in a soft wheat and corn tortilla (3 tacos)

Baked Falafel

500 Cal, 19g Protein

baked falafel, cucumber, tomato, onion, peppers, kale, hummus in a whole wheat wrap or pita



Add Avocado to any menu item for \$0.93

Bread and wraps from our vendors contain small amounts of oils and sugar

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We Cater!

Catering Options

Wraps or Sandwich Trays:

10 Wraps or Sandwiches : \$78

20 Wraps or Sandwiches : \$155

PlantPure Bowl:

1/2 Tray serves 5-8 people: \$59

Full Tray serves 10-16 people: \$115

Roasted Veggies Enchiladas:

1/2 Tray (16 Enchiladas) serve 5-8 people: \$59

Full Tray (32 Enchiladas) serve 10-16 people: \$115

Soft corn & wheat tacos, Yam, Corn, Peppers, Kale, Mushroom, Onion, Tomato Sauce, Cashew Cheese



Local
Postal Customer

Salad Tray:

1/2 Tray serve 5-8 people: \$55

Full Tray serve 10-16 people: \$100

Tomato, Roasted Corn, Celery, Onion, Peppers, Carrot, Sunflower Seeds, Baked Tofu, Cucumber over Spring Mix and three choices of Dressing:

Ginger Sesame, Vegan Ranch, Balsamic Vinaigrette, Cilantro, Thousand Island

Creamy Potato Salad:

Pint: \$5

Quart: \$10

Potato, Onion, Parsley, Oil-Free Tofu Mayo, Cashew Cream



Good for you. Good for the Earth.

Zero Cholesterol Nothing Fried Balanced Nutrition
Everything under 500 Calories Cooked Fresh on-Premises
No Highly Processed Ingredients No Added Oils

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All our recipes, including all dressings and sauces are Whole Foods Plant-Based, prepared without added oils and minimal sugar