



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



**Salad Bar**

Small \$6.02, Large \$8.80

**Sides and Kids Favorites**

**Groothie™** \$5.32

**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&J** \$4.86  
multi-grain bread, organic Peanut butter and jelly

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



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

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

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 serves 5-8 people: \$55

Full Tray serves 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 vegan Mayo, Cashew Cream



Good for you. Good for the Earth.

Whole Foods Plant-Based

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

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

1115 Walnut St, Philadelphia PA 19107  
267-777-5383   plantpurecafe.com   contact@plantpurecafe.com