



MENUDINNER.....

The Plant Cafe Organic grew from the desire to make healthy, delicious and organic food affordable and easily available. Our menu is made fresh daily using exclusively 100% organic and local ingredients.

Fresh. Local. 100% Organic.

APPETIZERS

Hummus Plate garlic-lemon hummus, basil hummus, house-made flat bread, mixed greens, olives 14.5 **V**

Avocado toast toasted levain, arugula, shaved radish, sesame seeds, toasted garlic, sliced lemon 6.75 **V**

Soup of the Day served with pain au leaven cup 5.75 / bowl 7.5 **V**

Crab Cake crab meat, tomato-avocado salsa, avocado crème fraîche 14.5

SALADS

Roasted Beet mixed greens, shaved fennel, feta cheese, toasted walnuts, balsamic vinaigrette 13.5 **GF**

Avocado & Grapefruit wild arugula, shaved fennel, macadamia nuts, black pepper macadamia nut dressing 13.5 **V, GF**

Dino Kale dino kale, arugula, red quinoa, cherry tomatoes, avocado, carrots, cucumbers, toasted almonds, lemon cumin vinaigrette 15 **V, GF**

Full Belly Salad mixed greens, dino kale, Napa cabbage, carrot, cucumber, cherry tomatoes, roasted beets, pea shoots, quinoa, avocado, hummus, pickled onions, sunflower seeds, ginger miso dressing 15.25 **V, GF**

Ahi ahi tuna, spring mix, tomato, radish, onion, sesame seed, avocado, grapefruit, citrus ponzu dressing, hoisin-sriracha sauce 18 **GF**

Add to any salad: + avocado 2.25 fried egg 2.5 + tofu 3.5 + bacon 3.75 + chicken 5 + shrimp 5.5 + wild salmon fillet 10.5

BURGERS

Plant Burger™ vegetarian patty made in-house from lentils, mushrooms, beets, cashews & bulgur wheat, topped with grilled onions, lettuce, tomato, vegan aioli on an Acme bun and served with a side of mixed greens & house-made pickles. 12.5 **V**

Turkey Burger patty made in-house from ground turkey & vegetables, topped with grilled onions, lettuce, tomato with dijonaise on an Acme bun and served with a side of mixed greens & house-made pickles. 13.75

Add bacon + 3.75

Add to any burger + 2.5:

- + **California** avocado, white cheddar
- + **Cheddar & Mushroom** sautéed mushrooms, cheddar cheese
- + **Roasted Rosemary Potatoes**

ENTRÉE

We source our organic chicken from local farms and our seafood from sustainably wild fisheries in our efforts to promote a healthy planet.

Pan Seared Day Boat Scallops miso leek cream, sautéed leeks & shiitakes, white rice and Sprouts 27.5 **GF**

Seared Ahi avocado puree, daikon, citrus ponzu, black sesame rice 26.5 **GF**

Wild Salmon roasted marble potatoes, seasonal vegetables, sautéed spinach, chimichurri sauce 27.5 **GF**

Pan Seared Chicken Breast roasted vegetable risotto, fines herbes, chicken jus, frisée 22

Quinoa Bowl sautéed seasonal vegetables in ginger miso sauce 19.5 **V, GF**

Includes choice of protein: tofu, chicken, or shrimp + substitute cauliflower couscous 1.5

SIDES 5

Five Spice Carrots spice roasted carrots, yogurt, almonds **GF**

Sautéed Vegetables seasonal vegetables with olive oil **V, GF**

Sautéed Dino Kale with olive oil, garlic and chili **V, GF**

Cauliflower Couscous with salt & olive oil **V, GF**

Roasted Rosemary Potatoes with salt, pepper & rosemary **V, GF**

Lemon Garlic Broccoli steamed or sautéed with olive oil **V, GF**

vegan (**V**)

gluten-free (**GF**)

Marina | Pier 3 | 101 California | Montgomery | Dogpatch | Mill Valley | Burlingame | SFO | ThePlantCafe.com

3% added for SF Employer Mandates & Administrative Costs

Our kitchen is not a 100% gluten free or nut free facility

Consuming raw or undercooked poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness