



PLANT BASED HEAT

VEGAN COMFORT FOOD

669 S. Highland Street Memphis, Tn 38111

WWW.PLANTBASEDHEAT.COM

f @PlantBasedHeat

Burgers

PLANT BASED HEAT CLASSIC \$12

(Our Signature Hickory Smoked Beyond Meat Patty, dressed w/Fresh Spinach, Tomato, Pickles, Grilled Onions, Vegan Mayo, Mustard, Vegan Cheese, PBH Special Sauce on a Toasted Vegan Hawaiian Bun)

PLANT BASED HEAT COOKOUT BURGER \$13

(Our Signature Hickory Smoked Beyond Meat Patty, Dressed w/Mamas Vegan Coleslaw, Memphis Sweet BBQ Sauce, Pickles, Fresh Spinach, Caramelized Onions, Vegan Mayo, Vegan Cheddar Cheese, on a toasted Vegan Hawaiian Bun)

FYE JUNT (VEGAN HOT BURGER) \$14

Our Signature Hickory Smoked Beyond Meat Patty topped with Jalapeno peppers, Vegan Pepper Jack Cheese, Memphis Sweet BBQ sauce, Fresh Spinach, Tomato, Pickles, Grilled Onions, Spicy Vegan Mayo, Mustard, PBH Special Sauce on a Toasted Vegan Hawaiian Bun)

ALL THE SMOKE (DOUBLE) \$20

(2 Hickory Smoked Beyond Meat Patties with 2 slices of Vegan Cheddar, topped with Vegan Bacon, BBQ Sauce, Grilled Onions, Fresh Spinach, Tomato, Pickles, Vegan Mayo, Mustard, PBH Special Sauce on a Toasted Vegan Hawaiian Bun)

Plant Based Comfort

VINGS (VEGAN WINGS) \$14

(8 Vegan Wings) Served with your choice of Vegan Ranch or Vegan Blue Cheese. Flavors can be mixed, but not split...
Flavors: Seasoned • Spicy Seasoned • Buffalo • Hot • Red Pepper Hot • Lemon Pepper • BBQ • Agave Gold. (Contains Soy Protein)

FRIED CAULIFLOWER \$15

Lightly breaded Cauliflower Florets Served with your choice of Vegan Ranch or Vegan Blue Cheese.
Flavors: Seasoned • Spicy Seasoned • Buffalo • Hot • Red Pepper Hot • Lemon Pepper • BBQ • Agave Gold

VEGAN TACO MAC BOWL \$15

Bowl of Vegan Mac n Cheese served w/Chopped Vegan Taco meat n Veggies, Topped w/ BBQ Drizzle

BBQ JACKFRUIT NACHOS \$15

Nachos covered with Chopped and Smoked BBQ Jackfruit, Melted Vegan Cheese, w/Memphis Sweet BBQ Drizzle

Shrooms

MEMPHIS BELLA \$16

Portobello Mushroom Philly - Served w/Vegan Mayo, vegan mozzarella, mild banana peppers, sautéed bell peppers and onions on a toasted hoagie roll.

OYSTER MUSHROOM BURGER \$15

Regular or Buffalo - Lightly battered crispy Oyster Mushroom Strips dressed with fresh spinach, tomato, pickles, vegan mayo and PBH Drizzle served on a toasted Vegan Hawaiian Bun.

OYSTER MUSHROOM BASKET w/FRIES \$18

Regular or Buffalo - Lightly battered crispy Oyster Mushroom Strips served with PBH Drizzle and a side of Seasoned Fries.

Sandwiches

CHOPPED N SMOKED BBQ JACKFRUIT \$12

Served w/ Memphis Sweet BBQ sauce, Mama's Vegan Coleslaw and pickles on a toasted Vegan Hawaiian bun.

PBH CHICKN SANDWICH \$12.5

Regular or dipped in any Ving sauce... dressed with fresh spinach, tomato, pickles, vegan mayo, served on a toasted Vegan Hawaiian Bun. (Contains Soy)

VEGAN ITALIAN SMOKED SAUSAGE \$9

Chargrilled and Topped w/Memphis sweet BBQ sauce and Mamas Vegan Coleslaw served on a toasted bun. Grilled onions and Bell Peppers \$2.00

VEGAN HOT SAUSAGE PO BOY \$12

Chargrilled Vegan Italian Smoked Sausage w/Vegan Cheese, Spicy Mayo, jalapeños, tomatoes, Fresh Spinach and Grilled Onions on a toasted Hoagie Bun

PECAN MEAT PHILLY \$16

Soaked and Seasoned Pecans blended w/mixed bell peppers and onions, vegan mozzarella, a light spread of vegan mayo, mild banana peppers, tomatoes, lettuce on a toasted Hoagie roll.

Salad

FRESH SPINACH SALAD \$11

w/diced tomatoes, purple onions, cucumbers, carrots and olives.
Dressings: balsamic or vegan ranch

Kids Meal

VEGAN CORNDOG W/FRIES \$5

KIDS VEGAN NUGGETS W/FRIES (Contains Soy Protein) \$7

Sides

Seasoned Fries \$3.50

Baked Beans \$4

Mamas Vegan Coleslaw \$3

Street Corn \$5

Sweet Potato Tots \$5

Vegan Mac and Cheese \$5

Ask for the Veggie Side of the day - \$4

Dessert

Deserts change daily, please inquire at the time of placing your order.

Beverages

Bottled Spring Water \$1

Flavored Sparkling Water \$2.50

Body Armor Lyte \$3

PBH Lemonade \$6

Extras

Vegan Ranch \$1

Agave Gold \$1

Vegan Blue Cheese \$1

PBH Drizzle \$1

GLUTEN FREE OPTIONS: ADD \$2

- All sandwiches can be served over a bed of fresh spinach fully dressed.
- GF buns available for Burgers, ChickN Sandwich, and Jackfruit Sandwich.
- Gluten Free flour available for most battered items, Cauliflower, Oyster, Mushrooms, etc.

Nut allergy? All fried items battered in Almond Milk

