



**363 S. Front Street
Memphis, Tn. 38103**



Please inform us of any allergies or dietary restrictions before ordering.

Burgers

PLANT BASED HEAT CLASSIC \$12.5

Our Signature Hickory Smoked Beyond Meat Patty, w/Fresh Spinach, Coleslaw, BBQ Sauce, Pickles, Grilled Onions, Vegan Mayo, Vegan Cheddar Cheese, PBH Special Sauce on a toasted Vegan Hawaiian Bun.

PLANT BASED HEAT COOKOUT BURGER \$13

Our Signature Hickory Smoked Beyond Meat Patty, w/Fresh Spinach, Coleslaw, BBQ Sauce, Pickles, Grilled Onions, Vegan Mayo, Vegan Cheddar Cheese, PBH Special Sauce on a toasted Vegan Hawaiian Bun.

FYE JUNT (VEGAN HOT BURGER) \$14

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

Sandwiches

BBQ JACKFRUIT SANDWICH \$12

Served w/Memphis Sweet BBQ Sauce, Mama's Vegan Coleslaw and Pickles on a toasted Hawaiian Bun. (Pairs great with Baked Beans & Cajun Kettle Chips - Add \$5)

VEGAN SMOKED SAUSAGE \$10

Topped with w/Memphis Sweet BBQ Sauce and Mama's Vegan Coleslaw served on a toasted bun. (Add Grilled Onions & Bell Peppers \$2)

BLACKENED LIONS MANE MUSHROOM SANDWICH \$15

Dressed with fresh spinach, tomato, pickle, onion and vegan mayo on a toasted Vegan Hawaiian Bun. (Option: add Vegan Cheese \$2) (Seasonal item Check Availability)

CHICKPEA TUNA SANDWICH \$8

Dressed with fresh spinach, tomato, pickle, onion on toasted sliced bread.

PEANUT BUTTER & JELLY SANDWICH \$5

Natural peanut butter w/Sugar Free Jelly on sliced bread

VEGAN GRILLED CHEESE \$6

Add 8oz Bowl of Soup or Chilli \$5 (Changes Daily)

Sub Sandwiches

(ADD CAJUN KETTLE CHIPS \$2)

VEGAN ITALIAN SUB \$16

Dressed with vegan mayo, vegan cheese, vegan Ham, vegan pepperoni, vegan Italian meat, spinach, tomato, onions, pickles, banana peppers, vinaigrette, olive oil, sea salt, black pepper, oregano on a toasted Hoagie Roll

CHICKPEA TUNA SUB \$13

Vegan mayo, cheese, spinach, tomato, onion on a toasted Hoagie Roll

VEGAN MEATBALL SUB \$15

Dressed with Italian Marinara and melted vegan mozzarella cheese, on a toasted Hoagie Roll

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Wraps

CHICKPEA TUNA WRAP **\$14**

Served with spinach, tomatoes and pickles on a tortilla.

CHICKPEA WRAP (BUFFALO OR CURRY) **\$13**

Dressed w/Mayo, Spinach, Avocado, Tomato, Red Onions on a tortilla, topped with Vegan Ranch Drizzle.

Plant Based Comfort

VINGS (VEGAN WINGS) **\$14**

Flavors: Seasoned • Spicy • Seasoned • Buffalo • Hot • Red Pepper Hot • Lemon Pepper • Agave Gold • Memphis Sweet BBQ • (Vings Contains Soy Protein)

BBQ JACKFRUIT NACHOS **\$15**

Bowl of Nacho chips topped w/Chopped and Smoked BBQ Jackfruit, Melted Vegan Cheese, and BBQ Sauce drizzle (Jalapeños optional)

ROASTED CAULIFLOWER **\$16**

Roasted & Seasoned Cauliflower Florets Served with your choice of Vegan Ranch or Vegan Blue Cheese

Salad

FRESH SPINACH SALAD **\$11**

Add Chickpea Tuna \$4

Add Blackened Lions Mane (seasonal) \$7

Bowls

PBH SOUL BOWL **\$15**

Grilled Portobello Mushrooms in gravy, Roasted Sweet Potatoes and Sautéed Spinach over Brown Rice.

VEGAN TACO MAC BOWL **\$15**

Vegan Mac n Cheese w/Vegan Taco Meat and Veggies

CHICKPEA TUNA BOWL W/CRACKERS **\$12**

Breakfast ('Til 3pm)

VEGAN BREAKFAST PLATTER **\$14**

2 Pancakes, 2 slices of Vegan Bacon, 1 Sausage Patty, Scrambled Tofu Eggs

AVOCADO TOAST **\$7**

Chopped Avocado w/diced red onions and diced tomatoes on a slice of Texas Toast

VEGAN SAUSAGE PATTY BISCUIT **\$8**

VEGAN SMOKED SAUSAGE BISCUIT **\$8**

(Add Tofu scrambled egg & Cheese \$4)

TOFU SCRAMBLED EGGS **\$5**

STEEL CUT OATMEAL **\$7**

MUSHROOM COFFEE **\$6**

Kids Meal

KIDS CORN DOG **\$5**

W/CAJUN KETTLE CHIPS

Sides

Sautéed Spinach \$5

Vegan Mac n Cheese \$6

Baked Beans \$5

Street Corn on Cobb \$7

Cucumber and Tomato Salad \$6

Mama's Vegan Coleslaw \$3

Cajun Kettle Chips \$3

Dessert

Cake Slice \$7.99

Assorted Desserts (check upon arrival)

Beverages

Bottled Water \$1

Canned Sparkling Water \$2.50

Body Armor Lyte \$3

PBH Fresh Squeezed Lemonade \$6

Menu is subject to change.

Gluten Free Buns Add \$2
EXTRA SAUCES - \$1