



PLANT BASED HEAT

VEGAN COMFORT FOOD

669 S. HIGHLAND STREET
MEMPHIS, TN 38111

WWW.PLANTBASEDHEAT.COM

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PLEASE ANNOUNCE ANY FOOD ALLERGIES BEFORE ORDERING! 🍷

BURGERS

PLANT BASED HEAT CLASSIC \$12

Our Signature Hickory Smoked Beyond Meat Patty, w/Fresh Spinach, Tomato, Pickles, Grilled Onions, Vegan Mayo, Vegan Cheddar Cheese, Mustard, 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, Mustard, 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, Pickles, Grilled Onions, Vegan Spicy 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 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.

VINGS (Vegan Hot Wings) by Veggie Vings™

ORIGINAL VINGS \$14

(8 Flats & Drumsticks) Contains Soy

LIONS MANE VINGS \$16

(8-10 pieces depending on size) Contains Mushrooms

FRIED CAULIFLOWER VINGS \$15

(10-12 Lightly breaded cauliflower florets)

All Vings are served with your choice of Vegan Ranch or Vegan Blue Cheese.

Choose your Flavor: Seasoned • Spicy Seasoned • Lemon Pepper • Agave Gold • BBQ • Buffalo • Hot • Red Pepper Hot

Add Carrots & Celery \$2

Extra Dressing \$1

(Lions Mane is a Seasonal Item - Check Availability)

SANDWICHES

CHOPPED N SMOKED BBQ JACKFRUIT \$12.50

Dressed w/Memphis Sweet BBQ Sauce, Mama's Vegan Coleslaw and Pickles on a toasted Hawaiian Bun.

VEGAN SMOKED SAUSAGE \$10

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

PBH CHICKN SANDWICH \$13

Deep fried crispy Vegan ChickN Patty(Soy Protein) served with fresh Spinach, tomatoes, pickles and vegan mayo on a toasted Hawaiian Bun.

Soy Free Option: Lions Mane ChickN Patty \$14

CHICKPEA TUNA SANDWICH \$8

Dressed with fresh spinach, tomato, diced onions on toasted sliced bread.

PLANT BASED COMFORT

BBQ JACKFRUIT NACHOS \$15

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

PBH CLASSIC BURGER NACHOS \$16

Basket of Nacho chips topped w/Chopped Spinach, Diced Onions, Chopped Beyond Meat, diced tomatoes, Melted Vegan Cheddar Cheese. (Jalapeños optional)

VEGAN TACO MAC BOWL \$15

Vegan Mac n Cheese w/Chopped Vegan Taco Meat & Veggies.

Chickpea Tuna Bowl(8oz) w/Crackers \$11

PBH CHEESESTEAKS

MEMPHIS BELLA CHEESESTEAK \$16

Sautéed and seasoned portobello mushrooms, mixed w/Grilled Onions and Bell Peppers, dressed w/ Vegan mayo, fresh spinach, tomato and Mild Banana Peppers, topped w/Melted Vegan Mozzarella and Oregano on a toasted Hoagie Bun.

PECAN MEAT PHILLY \$16

Soaked, Seasoned and Grilled Pecans mixed w/Grilled Onions and Bell Peppers, dressed w/ Vegan mayo, fresh spinach, tomato and Mild Banana Peppers, topped w/Melted Vegan Mozzarella and Oregano on a toasted Hoagie Bun

CHOPPED CLASSIC BURGER CHEESESTEAK \$15

Chopped & Seasoned Beyond Meat, mixed w/Grilled Onions and Vegan Cheddar Cheese, dressed w/ Vegan mayo, fresh spinach, tomato and Mild Banana Peppers, topped w/Melted Vegan Cheddar and Oregano on a toasted Hoagie Bun.

KIDS MEAL

Kids corn dog w/Sm Fries \$7 (Gluten)

4 ChickN Nuggets w/Sm Fries \$8 (Contains Soy)

SALADS

Fresh spinach salad \$11

Fresh spinach, grape tomatoes, shredded carrots, sliced cucumbers, onions, kalamata olives. Dressing: Balsamic Vinaigrette, Italian, Vegan Ranch, Vegan Blue Cheese

SIDES

- Seasoned Fries \$3.50
- Vegan Cheese Fries \$8
- Sautéed Spinach \$5
- Vegan Mac n Cheese \$6
- Baked Beans \$5
- Street Corn on Cobb \$7
- Mama's Vegan Coleslaw \$3.50
- Sweet Potato Tots \$6
- Taco Mac \$8
- Carrots and Celery Sticks w/House Made Ranch or Vegan Blue Cheese \$5

MORE SHROOMS

OYSTER MUSHROOM BASKET w/FRIES \$18

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

KATFISH & FRIES(BASKET) \$19

Oyster Mushrooms fried in Seasoned Catfish Batter w/side of seasoned Fries and Mama's Vegan Coleslaw.

BOX OF OYSTER MUSHROOMS \$12

Lightly battered crispy Oyster Mushroom Strips Add \$1.50 Drizzle

OYSTER MUSHROOM BURGER \$15

Lightly battered deep fried crispy Oyster Mushrooms topped with our PBH Honey Mustard Drizzle, dressed with vegan mayo, fresh spinach, tomatoes and pickles on a toasted Hawaiian Bun.

DESSERTS

Soy Free/Gluten Cupcakes \$6.99

Strawberry or Lemon

Other Assorted Desserts available. (Please inquire upon arrival.)

BEVERAGES

Bottled Water \$1
Canned Sparkling Water \$2.50
Coconut Water \$3

Body Armor Lyte \$4
PBH Fresh Squeezed Lemonade \$6

EXTRA SAUCES - \$1

Vegan Ranch • Vegan Blue Cheese • Agave Gold • PBH Drizzle(\$1.50) • PBH Special Sauce(\$1.50)

GLUTEN FREE BUNS - ADD \$2.50 GLUTEN FREE FLOUR - ADD \$3

WEEKDAY SPECIALS

MONDAY

Make a Combo Monday \$18

Build your own 3 single item Combo!!! SELECT ITEMS ONLY! No doubles! (Does not include desserts or kids meal)

TUESDAY

Taco Tuesday \$10

Bowl of Taco Mac(Add Mexican Street Corn for \$2) or 3 Vegan Beef or ChickN(soy) Taco Supremes for \$12

WEDNESDAY

Raw Wednesday \$13

Chickpea Tuna or Chopped & Seasoned Pecan Meat over a Fresh Spinach Salad

THURSDAY

Customer Appreciation Thursday 10% off

Select Menu items(excluding desserts, sides, beverages and kids meals.) Not available for online ordering.

FRIDAY

KatFish Friday

Oyster Mushroom Katfish & Spaghetti Plate \$22.50 comes w/Mama's Vegan Coleslaw, house made tartar sauce w/a slice of Texas Toast bread.(Add Fries \$2.50)

(Inquire about our Soul Food Plate available on select Fridays.)