



**PLANT
BASED
HEAT**®

VEGAN COMFORT FOOD

669 S. HIGHLAND STREET
MEMPHIS, TN 38111

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CORDOVA, TN. 38016

WWW.PLANTBASEDHEAT.COM

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PLEASE ANNOUNCE ANY FOOD ALLERGIES BEFORE ORDERING! 🚫

BURGERS

PLANT BASED HEAT CLASSIC \$12.50

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

PLANT BASED HEAT COOKOUT BURGER \$13.50

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

CHICKPEA TUNA SANDWICH \$9

Dressed with light vegan mayo, fresh spinach, pickles and tomato on a toasted Hawaiian Bun

VEGAN SMOKED SAUSAGE \$11

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

CHOPPED N SMOKED BBQ JACKFRUIT \$12.50

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

PBH CHICKN SANDWICH \$14

Vegan Chickn Patty(Soy Free, Pea Protein) Served w/fresh spinach, tomato, pickles, vegan mayo on a toasted Hawaiian Bun. (Flavor Sauces optional)

OYSTER MUSHROOM BURGER \$15

(Regular or Buffalo) Lightly battered crispy Oyster Mushrooms dressed with fresh Spinach, tomatoes, pickles and vegan mayo topped w/our house made PBH Honey Mustard Drizzle on a toasted Vegan Hawaiian Bun.

BLACKENED LIONS MANE MUSHROOM SANDWICH \$15

Pressed and seasoned lions mane mushroom, blackened and dressed w/vegan mayo, fresh spinach, coleslaw, tomato, and pickles on a toasted Vegan Hawaiian Bun.

FRIED KATFISH SAMMICH \$16

Crispy Oyster Mushrooms lightly coated w/seasoned cornmeal, dressed with fresh spinach, tomatoes, pickles, vegan mayo, topped with Mama's Vegan Coleslaw on a toasted Vegan Hawaiian Bun.

VINGS (Vegan Hot Wings)

**WINGS
BUT VEGANI!**

PBH ORIGINAL VINGS

(Hand shaped Flats & Drumsticks Made with Pea Protein) served with our house made Vegan Ranch

5 Piece w/ Small Seasoned Fries \$13

8 Piece \$14.50 10 Piece \$18.50

LIONS MANE MUSHROOM VINGS \$16

(Resembles Boneless Wings) (8-10 pieces, depending on size) served with our house made Vegan Ranch
(Seasonal item - Check Availability)

FRIED CAULIFLOWER VINGS \$15

(Resembles Boneless Wings) (10-12 pieces, depending on size) Lightly breaded cauliflower florets served with our house made Vegan Ranch

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

Note: We don't split flavors for the wings

Add Carrots & Celery \$2 Extra Dressing \$1

PLANT BASED COMFORT

SMALL BOX OF OYSTER MUSHROOMS \$14

Lightly battered crispy Oyster Mushroom Strips
Add \$1.50 PBH Honey Mustard Drizzle

BBQ JACKFRUIT NACHOS \$16

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

PBH CLASSIC BURGER NACHOS \$17

Basket of corn tortilla 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/Vegan Taco Meat Crumbles, Diced tomatoes, chilies and seasonings

OYSTER MUSHROOM BASKET w/FRIES \$19

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

PHILLY'S & CHEESESTEAKS

CHOPPED CLASSIC BURGER CHEESESTEAK \$15

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

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/Vegan Mozzarella and a dash of Oregano on a toasted Hoagie Bun.

PECAN MEAT PHILLY \$16

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

KIDS MEAL

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

5 ChickN Nuggets w/Sm Fries \$8

SALADS

CHICKPEA TUNA BOWL (8oz) w/Crackers \$11

FRESH SPINACH SALAD \$11

Fresh spinach, grape tomatoes, shredded carrots, sliced cucumbers, onions, kalamata olives. Dressing: House Made Vegan Ranch, other dressings available upon request.

SIDES

- Seasoned Fries \$3.50
- Vegan Cheese Fries \$9
- Sautéed Spinach \$5
- Vegan Mac n Cheese \$6
- Baked Beans \$5
- Street Corn on Cobb \$7
- Mama's Vegan Coleslaw \$4
- Sweet Potato Tots \$6
- Taco Mac \$8
- Carrots and Celery Sticks w/ a side of House Made Ranch \$5

DESSERTS

Soy Free/Gluten Cakes \$7.99

Strawberry • Red Velvet • Lemon • Carrot • Chocolate

BEVERAGES

- Bottled Water \$1
- Canned Sparkling Water \$2.50
- Coconut Water \$3
- Body Armor Lyte \$4
- PBH Fresh Squeezed Lemonade \$6
- PBH Sweet Tea \$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

INQUIRE ABOUT OUR DAILY SPECIALS AT THE COUNTER