



# PLANT BASED HEAT

VEGAN COMFORT FOOD

669 S. Highland Street  
Memphis, Tn 38111

WWW.PLANTBASEDHEAT.COM

## Burgers

(Add Seasoned Fries \$3)

### PLANT BASED HEAT CLASSIC \$11

(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)

### FYE JUNT \$14

Our Signature Hickory Smoked Beyond Meat Patty topped with Jalapeño 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)

## Shrooms

(Add Seasoned Fries \$3)

### MEMPHIS BELLA \$15

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.

## Plant Based Comfort

(Add Seasoned Fries \$3)

### VINGS (VEGAN WINGS) \$13.5

(8 Vegan Flats and Drumsticks) 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 \$14

Lightly breaded Cauliflower 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. (Contains Soy Protein)

 Buffalo  Spicy Seasoned  Red Pepper Hot

## Sandwiches

(Add Seasoned Fries \$3)

### 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

Loaded w/your choice of coleslaw & BBQ Sauce or Grilled Onions, Bell Peppers and Mustard on a toasted hoagie roll.

### PECAN MEAT PHILLY \$16

(check availability) Soaked and Seasoned Pecans blended w/mixed bell peppers and onions, a light spread of vegan mayo, mild banana peppers, tomatoes, lettuce on a toasted Hoagie roll or on a Romaine Wrap.

## 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

### 2 VEGAN TENDERS W/FRIES \$6

## Sides

Seasoned Fries \$3

Baked Beans \$3

Mamas Vegan Coleslaw \$3

Street Corn \$5

Sweet Potato Tots \$4

Vegan Mac and Cheese \$4

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 \$4

## Extras

Vegan Ranch \$1

Vegan Cheese \$1

Gluten Free Bread

Available Add \$1.50



f  @PlantBasedHeat