

THE PLANT works with local merchants and all organic ingredients whenever possible. Purchased daily, we use the finest quality organic produce, poultry, seafood and breads from around the Bay area. Occasionally, items may not be available due to the seasonal availability of ingredients.

We are happy to help you determine how much to order or assist you in creating a menu to fit your event. Please call to find out what is currently available or for special requests including wedding cakes.

48 hours is needed for most orders

Payment is required upon placement of order

Appetizer Platters

Serves 10

Smoked Salmon on Lavin Bread With lemon-caper-dill aioli & shaved red onions 90

Petit Crab Cakes An irresistible blend of crabmeat & spices. Served on crostini with greens and remoulade sauce 85

Grilled Marinated Chicken Breast Skewers (organic & free range) Served over Napa cabbage slaw with roasted onion-peanut dipping sauce (gf) 75

Tofu Skewers Served over Napa cabbage slaw with roasted onion-peanut dipping sauce (v, gf) 65

Hummus Plate Served with garlic-lemon hummus & basil hummus, grilled pita bread & olives (v) 65

Seasonal Bruschetta Ask about our current selection 65

Farmer's Market Crudités A selection of raw market vegetables served with a choice of 2 dips: lemon hummus, caesar dressing, vegan garlic aioli, blue cheese, balsamic vinaigrette or lemon-caper-dill aioli (gf) 65

Seasonal Fruit Platter Platter of seasonal organic fruit with honey-yogurt dipping sauce (gf) 65

Shiitake Spring Rolls Roasted shiitake mushrooms, marinated tofu, cucumber, cabbage, lettuce, carrots, basil, mint and cilantro rolled in rice paper wrappers* Served with roasted onion-peanut dipping sauce (v, gf) 65

Mango Spring Rolls Mango, carrots, sprouts & fresh herbs rolled in rice paper wrappers* served with spicy Thai dipping sauce (v, gf) 65

*(v) vegan (gf) gluten free *non organic*

Salad Platters

Serves 10

Add Baked Tofu, Shrimp or Roasted Chicken to any salad 30

House Mixed Organic Greens With carrots & cucumbers. Your choice of THE PLANT salad dressing (v, gf) 40

Napa Cabbage Salad With leaf lettuce, cilantro, basil, mint, sprouts & crushed toasted peanuts in a lime-chili-toasted sesame vinaigrette (v, gf)	65
Roasted Beet Salad With mixed greens, walnuts, & local goat cheese* in a balsamic vinaigrette (gf)	75
Avocado & Grapefruit Salad With arugula, macadamia nuts and shaved fennel in a black pepper macadamia nut dressing (v, gf)	75
Roasted Chicken Salad (organic & free range) (substitute baked tofu) With chopped romaine & Napa cabbage, carrots, cilantro & crispy rice noodles* in a light soy dressing (gf)	85
Spinach Salad Local goat cheese* & toasted pumpkin seeds tossed in champagne vinaigrette (gf)	65
The Plant Dressings all made in house (v, gf) balsamic vinaigrette, champagne vinaigrette, caesar, sesame lime chili, ginger citrus, ginger miso, lemon flax oil vinaigrette, black pepper macadamia nut	

Ask about our special seasonal salads

(v) vegan (gf) gluten free *non organic

Sandwiches

Serves 10

Grilled Chicken & Avocado With tomato, greens, & honey mustard on ACME focaccia	each	11.25
	platter	100
Grilled Chicken Pesto With tomato, greens, roasted red peppers & garlic aioli on ACME focaccia	each	11.25
	platter	100
Grilled Vegetables With eggplant, peppers, onion, portobello mushroom, local goat cheese* & basil pesto on ACME focaccia	each	9
	platter	85
Tuna Campagna With scallions, lemon, olive oil, lettuce and tomato on grilled country sourdough	each	9
	platter	85
Tomato Caprese (seasonal) Fresh mozzarella* , basil and olive oil on grilled country sourdough	each	9
	platter	85

We offer sandwiches as platters, singles, or as bagged lunch combinations

Bagged lunches come with a bottle of water, apple & cookie (add 4 to sandwich price)

*tomatoes are seasonally available

(v) vegan (gf) gluten free *non organic

Entrées

Serves 6-8

All Entrées 70

Add Baked Tofu, Shrimp or Grilled Chicken to any Entrée 30

We use a fresh selection of seasonal & local farm vegetables in our entrees & appetizers

Quinoa Bowl Mixed seasonal vegetables in ginger-miso sauce served with quinoa (v, gf)

Green Curry Mixed seasonal vegetables, coconut milk & lemon grass, kaifer lime, basil & mint served with steamed jasmine rice (v, gf)

Jasmine Rice Bowl Mixed seasonal vegetables in peanut sauce (v, gf)

Spicy Red Thai Curry Mixed seasonal vegetables, red chili, coconut & lemon grass served with jasmine rice (v, gf)

Seasonal Pasta Ask about our current seasonal special (v)
Topped with shaved parmesan* (optional)

(v) *vegan* (gf) *gluten free* **non organic*

Desserts

Raw Raspberry Cashew Cheese Cake (v, gf) Made from soaked cashews, coconut oil, agave nectar & fresh coconut*, with assorted fruit or berries. Serves 12 60

Chocolate Mousse Cake (v) Served with raspberry puree and candied pecans. Serves 12 50

Carrot Cake Serves 12 55

Coffee Cake with streusel topping (v) Serves 9 23

Banana bread (v) serves 7 17

Chocolate hazelnut layer cake (v,gf) serves 12 55

The Plant Café Organic creates many special seasonal desserts.

Cookie platters Bakers dz cookies

Chocolate chip, chocolate chip-walnut, xxx chocolate, peanut butter, oatmeal-raisin (v) 16

Mango macaroons (gf), short bread, salty chocolate shortbread, spicy chewy chocolate (gf), wheat free chocolate chip (gf) 18

Cupcakes 38/dz

Seasonal & holiday cupcakes change with the season

Chocolate/peanut butter (v)

Chocolate/vanilla (v)

Chocolate/chocolate (v)

Vanilla/vanilla (v)

Vanilla /chocolate (v)

Carrot cake/cream cheese

(seasonal)
Meyer lemon (v)

Strawberry/vanilla (v)
Lemon/hazelnut/blackberry (v)

Gingerbread/vanilla/toasted walnut (v)
Pumpkin/caramel (v)
Toasted coconut with lime filling

Tarts (min 5 per order)

4

Salty chocolate-caramel
Seasonal fruit, vanilla cream, short dough crust

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All platters come on table ready recyclable trays.

Please call THE PLANT cafe organic at
415 931 2777-3352 Steiner St.
415 984 1973 Pier 3 on the Embarcadero
415 693-9730 101 California St (corner of Front and Pine)