

My honest and creative approach to organic, plant-based cuisine, using refined techniques and the greatest ingredients maximizes the taste and nutritional value of everything you will eat and drink here at my Public Kitchen.

Please enjoy all you order and take home with you, having confidence in the fact I have a fierce commitment to organics and the very best ingredients, and the only gluten present is in the naturally-leavened or sprouted bread, and used because of it's superior nutritional value and taste.

I invite you to browse my shelves and fridge for snacks, sauces + dressings, ready-to-serve meals, and desserts. If you would like to learn how to make many of my vegan recipes, my 3 cookbooks, Eat Raw, Eat Well, or Raw, Quick and Delicious or my latest release, Vegan Everyday, are available - and I do teach classes out of my kitchen, as well.

Thank you for allowing me to nourish you.



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MOST MENU ITEMS CAN BE MADE GLUTEN FREE UPON REQUEST

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#### **ALLERGIES**

My team and I take the issue of cross-contamination very seriously and although we take every precaution and understand where all of our ingredients come from we cannot guarantee that your meal with not have come into contact with gluten, nuts or soy.

#### **Legend**

**NN:** *no nuts are used in preparing this dish*

**NS:** *no soy is used in preparing this dish*

**NG:** *no gluten is used in preparing this dish*

**R:** *this dish is raw*

#### **KIDS MENU**

We have one!



# BRUNCH

at the Public Kitchen

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REAL FOOD THAT IS  
MADE TO BE SHARED  
WITH EVERYONE

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[dougmcnish.com](http://dougmcnish.com)



#KaleIsTheNewBeef

## COMPOSED PLATES >

### OMELETTE OF THE WEEK 18 NG OPTION

soft, fluffy tofu omelet with this week's filling, served with tempeh bacon, house salad, choice of sprouted grain or gluten-free toast, whipped cashew butter

### VEGAN BENEDICT 19 NG OPTION

choice of gluten-free or sprouted grain english muffin, crisp cornmeal and fennel crusted tomato, herbed white wine and garlic spinach, seared smoky sprouted tofu, runny soft poached vegan egg yolk, hollandaise sauce

### THE GRAND PLATTER 19 NG OPTION

choice of soft cheesy scrambled tofu with caramelized onions, mushrooms and peppers OR two sunny side up vegan eggs served with white wine garlic sautéed greens, herbed home fries, tempeh bacon, black bean sweet potato chili, choice of sprouted grain or gluten-free toast, whipped cashew butter

### COCONUT CRUSTED FRENCH TOAST 16 NG NS OPTION

doug's signature gluten-free french toast, warm maple syrup, vanilla maple yoso coconut yogurt drizzle, ground ceylon cinnamon, tempeh bacon

### TRIPLE DECKER BRUNCH CLUB 17 NG OPTION

choice of sprouted grain or thornbury gluten-free bread, creamy garlic mayo, cornmeal and fennel seed crusted tomato, crisp smoky sprouted tofu, tempeh bacon, avocado and lettuce, choice of house salad or herbed home fries

### PRESSED REUBEN 18

housemade cured shaved seitan corned beef piled high with sauerkraut, topped with russian dressing, melted cashew cheese on thick-cut sourdough olive bread from humblebread, griddled until golden and crisp, choice of house salad or herbed home fries

### THE NEGG MCNISH 16 NG OPTION

choice of gluten-free or sprouted grain english muffin, cashew cheddar cheese, creamy garlic mayo, ketchup, crisp tofu egg white, runny soft poached vegan egg yolk choice of house salad or herbed home fries

## SMALL PLATES + SHARES >

### LOADED SKINS 13 NG NS

crisp hollowed out russet potato skins, whipped potato, doug's signature cashew cream cheese made by yoso with green onion, topped with melted cashew cheddar, cashew sour cream, tempeh bacon bits and chives

### AVOCADO TOAST 8 NS NN NG OPTION

*add crispy vegan egg white with runny yolk on top 4*

choice of sprouted grain toast or thornbury gluten-free chia toast, creamy avocado, grey sea salt, freshly cracked black pepper, seasoned farmer's vegetables, olive oil drizzle

### BAGEL AND CREAM CHEESE 11 NS

wood-fired humblebread bagel, doug's signature cashew cream cheese by yoso, smoked carrot lox, shaved red onion, capers

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## CHEF'S WEEKEND SPECIALS

MARKET PRICE

we will share what Doug has created for you this week

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SPECIAL THANKS TO OUR ORGANIC FARMERS AND TO OUR ORGANIC AND WILD FOOD BAKERS AND PURVEYORS

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## ON THE SWEETER SIDE >

### ICE CREAM SUNDAE 8 NS NG

please ask your server for today's selection

### DESSERT PLATTER 11 NS NG

for sharing or solo enjoyment  
doug loves creating the sweet weekly feature

### EXTRAS >

*all housemade, except our canadian organic maple syrup*

herbed home fries 4

crispy vegan egg white with runny yolk 4

sautéed herbed white wine garlic greens 5

sprouted grain toast with whipped cashew butter 4

gluten free toast with whipped cashew butter 4

side salad 4

tempeh bacon 4

scrambled tofu 5

organic maple syrup 3

creamy garlic mayo 2