

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 that I have a fierce commitment to organics and the very best ingredients. The only gluten present on my menu is in the naturally-leavened, sprouted bread and housemade seitan, 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**

Kids like real food too!

We will make a small portion of anything on the menu for kids under 12!



# DINNER

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

## STARTERS >

### **FRENCH ONION SOUP** 12 NG OPTION

rich, slow simmered, caramelized onion, thyme and garlic broth, grilled sour dough crouton, browned cashew mozzarella

### **THE PUBLIC KITCHEN ROLL** 13 NG

seasoned short grain brown rice and nori sushi with smoked carrot lox, doug's yoso cashew cream cheese, scallion wings, toasted sesame, lemon tamari ginger reduction

### **CAESAR SALAD** 14 NG NN

romaine, doug's pumpkin seed parmesan and coconut bacon, brown rice croutons, sun dried tomatoes, hemp seeds, creamy caesar dressing, crispy capers, microgreens

### **FONDUE** 14 NS

warm, cheesy and rich fondue, melted mozzarella, grilled rye bread, green olives, shaved celery hearts, broccoli florets

## COMPOSED PLATES >

### **SPAGHETTI AND MEAT BALLS** 23 NG NS

brown rice spaghetti, roasted red pepper and tomato basil marinara sauce, pumpkin seed parmesan, lentil and walnut meatballs, toasted gluten-free baguette spread with house made whipped cashew milk garlic butter

### **HOUSE BURGER** 19 NN NG OPTION

housemade mushroom and tempeh patty, creamy flax aioli, maple chipotle bbq sauce, caramelized onions, dill pickles, lettuce on sprouted grain or gluten free bun, served with choice of house salad, or roasted sweet potato wedges

### **CHIMICHURRI TENDERLOIN** 23

chimichurri marinated grilled seitan tenderloin, caramelized onions, crispy red potatoes tossed with fresh chives, olive oil and sea salt, shaved brussels sprouts, smoked paprika oil

### **RAMEN BOWL** 25 NN

heirloom wheat or gluten-free buckwheat millet ramen noodles, rich mushroom broth, crisp egg white with vegan egg yolk, charred scallion, wilted baby spinach, shiitake mushrooms, nori strips, sesame, ginger and miso drizzle, pickled ginger

### **BURRITO** 20 NG NN OPTION

brown rice tortilla, refried pinto beans, spiced lentil and tempeh chorizo, chunky guacamole, pico de gallo, lettuce, cashew sour cream, chipotle dust, scallion, lime wedge, microgreens

### **BAKED MAC AND CHEESE** 22 NG NS OPTION

brown rice elbows, cheesy butternut squash emulsion, melted cashew cheddar, choice of fully dressed caesar salad or roasted sweet potato wedges with maple chipotle BBQ sauce

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## CHEF'S DINNER SPECIALS

MARKET PRICE

your server 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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## SIDES + SHARES >

### VEG

#### **SALAD** 6 NS NG NN

fresh greens tossed in our house dressing or fully dressed caesar salad

#### **BRUSSELS SPROUTS** 8 NS NN NG

shaved and caramelized

#### **GREENS OF THE DAY** MARKET PRICE

### PROTEIN

#### **CRISPY VEGAN EGG** 5 NG NN

Doug's signature vegan egg with runny yolk

#### **SEITAN** 8

chimichurri marinated grilled tenderloin

#### **LENTIL AND TEMPEH CHORIZO** 8 NG

### CARB

#### **CRISP RED SKIN POTATOES** 6 NS NG NN

tossed with chives, olive oil and sea salt

#### **SWEET POTATO WEDGES** 6 NG NN

roasted and lightly caramelized

## ADDITIONAL HOUSEMADE CONDIMENTS

cashew sour cream 3

pico de gallo 3

guacamole 3

creamy garlic mayo 3

garlic butter 3