

fig. 1

## BREAKFAST

ORGANIC PROTEIN-PACKED AMARANTH PORRIDGE (SF) 15  
Nutrient packed amaranth seeds slow cooked in organic hand-pressed Brazil nut milk and healing spices. Served with organic maple caramelized pecans, organic fresh fruit, and organic fresh jam. \*Grain-free

ORGANIC ACAI BOWLS (SF) (NF)  
Made with unsweetened organic acai and organic frozen bananas (no added liquid), topped with vibrant, organic fresh fruit. Choose from classic acai (17), acai dragonfruit (18) or protein-packed acai dragonfruit with added almond butter (19).

\*Add-on Organic Nut & Seed Muesli +3 (no longer (NF))

*\*Health benefits of these breakfast bowls: rich in antioxidants, high in fiber, good source of protein from nuts and amaranth, rich in minerals such as calcium, magnesium and copper, vitamins A, C, E, B5 while providing one's daily dose of fresh fruit.*

fig. 2

## HEALING

ORGANIC SPICY BBQ TEMPEH CAESAR SALAD 17  
Massaged organic lacinato kale served with house-pickled organic onions, organic roasted maple BBQ glazed tempeh and organic creamy cashew dressing.

(SF) replace tempeh with roasted mushrooms +4

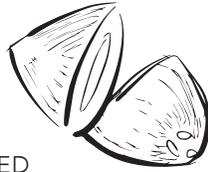
ORGANIC FORBIDDEN BOWL 18  
Organic forbidden rice sauteed with organic edamame, organic roasted mushrooms and peppers, organic lacinato kale, organic miso cashew cheese, organic rawcho cheese and organic chimichurri sauce.

(SF) Omit edamame

\*Add-on Pickled Jalapenos +2; add-on Hot Sauce +4

ORGANIC BURMESE CHICKPEA CURRY (SF) (NF) 17  
Mama's Burmese chickpea curry sauteed with organic forbidden rice, organic lacinato kale, organic chili sesame oil and organic cilantro. \*Do not recommend omitting chili sesame oil or cilantro- necessary for authentic flavor.

*\*Health Benefits of these bowls: high fiber and plant protein, rich in Vitamins A, C, E, magnesium, folate, potassium, daily dose of fermented ingredients for gut-brain health, reducing inflammation with turmeric/chili/ginger.*



## FOOD AS MEDICINE

MON-FRI 10am-4pm  
SAT- SUN 10am-5pm

1706 Locust Street Philadelphia, PA 19103  
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Welcome to P.S. & Co.,  
where we eat to live well.  
All of our dishes are prepared  
fresh organic, gluten-free, plant-  
rich kitchen.



fig. 3

## FRESH BREADS

ORGANIC FRENCH BREAD PIZZA (SF) 8  
Organic hand-pressed sweet potato pizza crust, organic basil tomato sauce, organic miso cashew cheese, organic caramelized onions topped with organic roasted mushrooms.

ORGANIC AVOCADO TOAST (SF) 17  
Organic house-made country bread topped with organic smashed avocado, organic pico de gallo and organic miso cashew cheese.

ORGANIC HAND-ROLLED BAGELS (SF) 13  
Organic hand-rolled, boiled and baked bagels: choice of plain, sesame or everything. Comes with choice of one spread: Miyoko's Cream Cheese, Miyoko's Butter, organic almond butter, organic peanut butter, plus our organic seasonal jam.  
\*Only available while supplies last. Sells out quickly.

*\*Health Benefits of these bread based dishes: nutrient dense gluten-free flours, high in fiber and easily digestible proteins, memory boosting mushrooms, heart healthy fats in whole forms such as avocado and cashews, daily dose of fermented miso in our nut cheeses to promote healthy gut microbiomes.*



fig. 4

## HEARTY

ORGANIC BURMESE MOHINGA NOODLE SOUP 17  
Healing Burmese sweet potato base noodle soup steeped with organic lemongrass, organic makrut lime leaves, organic turmeric, organic ginger, organic onions and garlic, and served with organic brown rice noodles, organic scallions, organic cilantro, chopped organic peanuts and organic chili sesame oil.  
(NF) without peanuts

ORGANIC LAYERED NACHOS (SF) 25  
Not a dry chip around! Hand-cut organic brown rice tortilla chips baked with organic black bean sofritos, organic miso cashew cheese, layered with organic guacamole, organic pico de gallo, organic pickled jalapenos, organic rawcho cheese sauce and organic chimichurri sauce.

\*Corn-free

\*Add-on Hot Sauce +4

\*Add-on Tofu Scramble + 7, not (SF)

ORGANIC WHOLE-GRAIN BREAKFAST TACOS 22  
Made with organic whole corn (no corn flour) tortillas layered with organic tofu scramble sauteed with organic scallions and organic turmeric; topped with organic guacamole, organic rawcho cheese sauce, organic chimichurri sauce, organic pickled jalapeno, organic pico de gallo and organic cilantro.

\*Add-on Hot Sauce +4

ORGANIC MAC & CHEESE (SF) 18  
No processed cheese found in this plant-rich mac and cheese. Made with our creamy organic rawcho (cashew and red bell pepper based) sauce and roasted sweet potato, then topped with fresh basil over organic Jovial brown rice pasta.

*\*Health Benefits of these hearty dishes: , high amounts of Vitamin A for eye health, may have cancer preventing properties from antioxidants such as anthocyanins in sweet potatoes and red bell peppers, high amounts of beta carotene, each dish contains ingredients supporting immune health by including ginger, turmeric, garlic, and/or chelating fresh herbs.*



Please scan QR code for list of menu ingredients.

Allergen key: (SF) SOY FREE (NF) NUT FREE

\*We are NOT an allergen-free kitchen and use organic nuts abundantly. Please notify us if you have ANY allergies/dislikes before ordering. We will do our best to accommodate, but cannot guarantee an allergen-free experience.\*