



## BREAKFAST

### ORGANIC PROTEIN-PACKED AMARANTH PORRIDGE 16

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 BOWL 17.5

Made with unsweetened organic acai and organic frozen bananas (no added liquid), topped with vibrant, organic fresh fruit. *\*soy-free*

Choose from:

- Classic Acai (17.5)
- Acai Dragonfruit (18.5)
- Protein-packed Acai Dragonfruit with added almond butter, blended with the other ingredients (19.5)

## HEALING

### ORGANIC SPICY BBQ TEMPEH CAESAR SALAD 18

Massaged organic lacinato kale served with house-pickled organic onions, organic roasted maple BBQ glazed tempeh and organic creamy cashew dressing.

*\*sub tempeh with roasted mushrooms to make it soy-free (+4)*

*\*tempeh may be spicy for some*

### ORGANIC MAC & CHEESE 18

No processed cheese found in this plant-rich mac and cheese. Made with our creamy organic rawcho sauce (cashew and red bell pepper based) and roasted sweet potato over organic Jovial brown rice pasta. *\*soy-free*

*\*may be spicy for some*

### ORGANIC FORBIDDEN BOWL 19

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.

*\*may be spicy for some*

*\*omit edamame to make it soy-free*

*\*add-on pickled jalapenos (+2)*

## FAMILY FLAVORS

### ORGANIC BURMESE MOHINGA NOODLE SOUP 12

New smaller size: perfect for one. A 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.

*\*may be spicy for some*

*\*optional organic chili sesame oil (+2)*

### ORGANIC BURMESE CHICKPEA CURRY 18

Mama's Burmese chickpea curry sauteed with organic forbidden rice, organic lacinato kale, organic chili sesame oil and organic cilantro.

*\*soy-free*

*\*may be spicy for some*

*\*cannot omit chili sesame oil or cilantro; necessary for authentic flavor*

### ORGANIC BURMESE-INSPIRED SHAN NOODLE SALAD 22

Burmese-inspired noodle salad from the Shan tribe of Northern Burma. Organic brown rice noodles, organic edamame, organic tomatoes, organic onions, organic ume plum vinegar, organic chili sesame oil, organic cilantro and chopped peanuts.

*\*may be spicy for some*

*\*cannot omit chili sesame oil or cilantro; necessary for authentic flavor*

## FOOD AS MEDICINE

**Welcome to P.S. & Co.,**  
where we eat to live well.  
All of our dishes are prepared fresh organic, vegan, gluten-free, plant-rich, kosher kitchen.

## FRESH BREAD

### ORGANIC HAND-ROLLED BAGELS 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. *\*soy-free*

*\*Only available in limited quantities.*

### ORGANIC AVOCADO TOAST 17

Organic house-made country bread topped with organic smashed avocado, organic pico de gallo and organic miso cashew cheese.

*\*soy-free*

## (SAT & SUN ONLY)

## BRUNCH SPECIALS

### ORGANIC QUINOA WAFFLE 19

The best waffle served with fresh organic berries and organic Pennsylvania maple syrup. *\*soy-free*

### ORGANIC PANCAKES 17-20

Two satisfying pancakes with your choice of classic, organic blueberries or organic coconut sugar-sweetened chocolate chips. Served with organic Pennsylvania maple syrup. *\*soy-free*

### ORGANIC FRENCH TOAST 22

Two slices of our hand-made, buttery country loaf, served with organic fresh fruit, and organic Lancaster maple syrup. *\*soy-free*

*\*To support our kitchen employees more comparably to our servers, we add a 3% service charge to your bill. If you would like this removed, please let us know. Be mindful, 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.\**

*Please note that once an order has been placed, we are unable to accommodate refunds or replacements based on personal taste preferences. We kindly ask you to review the menu and consult our knowledgeable staff for any inquiries before making your selection.*

*Thank you for understanding and allowing us to serve you nourishing and delicious meals.*

**HOT COFFEE**  
by Vibrant Roasters



**COLD BREW**  
by Vibrant Roasters

**ORGANIC VIBRANT HOT DRIP** 4/5

Organic Dark Vibes roast by Vibrant Coffee Roasters. Notes of cacao nibs, toasted cloves and smokey velvet.

**ORGANIC ROSE CARDAMOM HOT COFFEE** 6/7

Organic Dark Vibes layered with organic Bulgarian rosewater, organic cardamom coconut simple syrup, organic hand-pressed Brazil nut milk and topped with organic Moroccan rose petals.

**ORGANIC MAPLE CINNAMON HOT COFFEE** 6/7

Organic Dark Vibes layered with organic cinnamon, organic Lancaster maple syrup, and organic hand-pressed Brazil nut milk.

**ORGANIC MOCHA HOT COFFEE** 6/7

Organic Dark Vibes layered with organic coconut milk, lightly sweetened with our signature organic mocha mix.

**ORGANIC HOT CHOFFE** 6/7

Organic Vibrant Dark Vibes coffee and house made hot chocolate mix.

**ORGANIC ADD-ONS:** +1/ea  
Organic Brazil nut milk, organic coconut milk, organic coconut sugar.

**HOT SPECIALTY DRINKS**

**ORGANIC GOLDEN TURMERIC LATTE** 6

Our house made mix of turmeric and spices, with creamy coconut milk, and lightly sweetened using coconut sugar.  
*\*caffeine-free*

**ORGANIC HOT COCOA** 6/7

Organic house made hot chocolate mix made with organic Equal Exchange cocoa powder.

**ORGANIC HOT MATE LATTE** 6/7

Organic Rishi Yerba Mate tea with organic coconut simple syrup and organic hand-pressed Brazil nut milk.

**COFFEE,  
TEA &  
SPECIALTY  
DRINKS**

*100% organic, vegan, gluten-free, plant-rich, and kosher*

**RISHI TEAS**

**ORGANIC RISHI HOT TEA** 5

- China Breakfast *Black*
- Earl Grey *Black*
- Orange Blossom *Green*
- Yerba Mate *Herbal (caffeinated)*
- Peppermint *Herbal*
- Tangerine Ginger *Herbal*
- Turmeric Ginger *Herbal*

**ORGANIC RISHI ICED TEA** 5

Ask for daily selection

**ORGANIC ADD-ONS:** +1/ea  
Organic Brazil nut milk, organic coconut milk, organic coconut sugar.

**ORGANIC VIBRANT COLD BREW** 4/5

Organic Dark Vibes roast by Vibrant Coffee Roasters. Notes of cacao nibs, toasted cloves and smokey velvet. Our chilled version of organic Dark Vibes is cold-brewed for 18 hours.

**ORGANIC ROSE CARDAMOM COLD BREW** 6/7

Organic Dark Vibes cold-brewed layered with organic Bulgarian rosewater, organic cardamom coconut simple syrup, organic hand-pressed Brazil nut milk and topped with organic Moroccan rose petals.

**ORGANIC MAPLE CINNAMON COLD BREW** 6/7

Organic Dark Vibes cold-brewed layered with organic cinnamon, organic Lancaster maple syrup, and organic hand-pressed Brazil nut milk.

**ORGANIC COLD BREW COCONUT AMERICANO** 6/7

Organic Dark Vibes cold brew layered with freshly cracked coconut water.

**ORGANIC MOCHA COLD BREW** 6/7

Organic Dark Vibes cold-brewed layered with organic coconut milk, lightly sweetened with our signature organic mocha mix.

**ORGANIC ADD-ONS:** +1/ea  
Organic Brazil nut milk, organic coconut milk, organic coconut sugar.

**COLD SPECIALTY DRINKS**

**ORGANIC ICED GOLDEN TURMERIC LATTE** 6

Our house made mix of turmeric and spices, with creamy coconut milk, and lightly sweetened using coconut sugar. *\*caffeine-free*

**ORGANIC ICED MATE LATTE** 6/7

Organic Rishi Yerba Mate tea with organic coconut simple syrup and organic hand-pressed Brazil nut milk.

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## RAW JUICERY

*Organic Cold-pressed Juices*

12.3 oz, HPP  
(high pressure processing)

### ORGANIC GREENS

**G3 LIVE GREENS** 11.5  
(mellow/vegetal): organic cucumber, organic celery, organic romaine, organic spinach, organic lemon, organic liquid spirulina

**GREEN FIEND** 11.5  
(mild/vegetal): organic cucumber, organic celery, organic green apple, organic kale, organic spinach, organic ginger, organic lemon, organic parsley

### ORGANIC FRUITS

**RED CURE** 11.5  
(spicy/fruity) organic cucumber, organic apple, organic beet, organic extra ginger, organic lemon, organic cilantro

**MASTER CLEANSE** 11.5  
(spicy/fruity): organic pineapple, organic extra turmeric, organic lemon, organic dandelion, organic cayenne, organic maïitake mushroom

### ORGANIC PROBIOTICS

**CHILL PILL** 11  
(mellow/floral): organic pineapple, organic lemon, organic butterfly pea flower, organic chamomile, organic schisandra, organic ashwaganda, organic vanilla, organic coconut nectar, vegan probiotic

**MERMAID LEMONADE** 11  
(mellow/citrus): organic blue algae, organic lemon, organic aloe, organic peach blossom, organic coconut nectar, vegan probiotic

**SUN WORSHIP** 11  
(sweet/citrus): Tangerine, Mango, Turmeric, Goldenberry, Mandarin Oil, Vegan Probiotic

## JUICES & SMOOTHIES

*100% organic, vegan, gluten-free, plant-rich, and kosher*

### ORGANIC COCONUTS

**ORGANIC FRESH YOUNG THAI COCONUTS** 8/6.5

Your choice of an entire coconut including the delicious “meat”, or simply just the coconut water. *\*Each coconut yields an unpredictable amount of coconut water. \*one coconut/order*

## RAW JUICERY

*Organic Cold-pressed Shots*

2oz, HPP

**MINI BOSS** 5  
(hot/citrus): organic ginger, organic turmeric, organic lemon, organic camu camu, himalayan salt, organic black pepper oil

**SHINE TIME** 5  
(spicy/sweet): organic mango, organic goldenberry, organic turmeric, organic ginger, organic echinacea, organic lion’s mane

## PROTEIN PACKED SMOOTHIES

**ORGANIC ELVIS** 13.5  
Organic Once Again peanut butter, organic, Equal Exchange cocoa, hand-pressed organic Brazil nut milk, organic banana, filtered ice *\*soy-free*

**ORGANIC ALMOND ELVIS** 16.5  
Organic Tierra Farm almond butter, organic Equal Exchange cocoa, hand-pressed organic Brazil nut milk, organic banana, filtered ice *\*soy-free*

## REHYDRATING SMOOTHIES

**ORGANIC GREENS** 12.5  
Organic kale, organic orange, organic apple/banana, organic banana, Vero water, filtered ice *\*soy-free*

**ORGANIC MANGO LASSI** 13.5  
Organic mango/pineapple, organic passionfruit, organic banana, organic coconut milk, filtered ice *\*soy-free*

### ORGANIC SMOOTHIE ADD-ONS:

Kale, hemp seeds, chia seeds, cold brew +2  
Fresh organic coconut water +4  
Organic coconut milk or cold brew (instead of nut milk)

## WELLNESS SHAKES

**ORGANIC TULUM** 11  
Organic cucumber, organic baby spinach, organic pineapple, filtered ice *\*soy-free*

**ORGANIC MOHEGAN BLUFFS** 11  
Organic beet, organic ginger, organic orange, filtered ice *\*soy-free*

**ORGANIC UBUD** 11  
Organic orange, organic lemon, organic ginger, organic turmeric, organic pineapple, organic cayenne, filtered ice *\*soy-free*

We source organic cold-pressed juices from Raw Juicery since our in-house machines have retired. Tree nuts are processed on their machinery. Warning: possible tree nut contamination.

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Thank you for understanding and allowing us to serve you nourishing and delicious meals.



## BREAKFAST BREADS

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ORGANIC CINNAMON ROLL 12

Available Fri-Sun.

Organic extra large pillowy cinnamon buns slathered with organic sweet glaze.

*\*soy-free*

ORGANIC BANANA BREAD 7

Organic moist banana bread filled with organic nutrient rich flours, ripe organic bananas and organic Pennsylvania maple syrup.

*\*soy-free*

ORGANIC BLUEBERRY OR CHOCOLATE CHIP PROTEIN MUFFIN 6.5

Protein-filled organic almond butter and organic almond flour muffin generously packed with organic blueberries or organic coconut sugar-sweetened dark chocolate chips.

*\*soy-free*

ORGANIC ROSE PISTACHIO OR SAVORY SCONE 7.25/8

Organic "buttery" and perfectly sweetened scones made with Bulgarian organic rose water, organic pistachios and organic rose petals from Morocco.

*\*soy-free*

Savory scones vary daily. Please ask for today's availability.

*\*soy-free*

## DESSERTS & SMOOTHIES

*100% organic, vegan, gluten-free, plant-rich, and kosher*

### BEST SELLING COOKIE

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ORGANIC TAHINI CHOCOLATE CHIP COOKIE 7

Made with organic Soom tahini (Philly local), organic almond/oat flours, organic Pennsylvania maple sugar and Miyoko's butter, this chocolate chip cookie is a guest and staff favorite.

*\*soy-free*

### GRAIN-FREE SWEETS

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ORGANIC BLACK BEAN BROWNIE 6.5

An energy packed protein brownie made with organic almond flour, organic black beans, organic coconut sugar and organic olive oil.

*\*soy-free*

### SEASONAL TARTS

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ORGANIC SEASONAL TARTS 12

Perfectly sized individual 4" tarts made with organic seasonal flavors in a hand formed crust. See our pastry case for daily flavor selections.

*\*soy-free*

## LAYERED CAKES

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ORGANIC LAYERED CAKES 15/17

Decadent, yet full of nutritious ingredients. Our cakes are made with a custom blend of organic almond and organic house-ground oat flours. Creams, jams and fillings are sweetened with organic maple sugar/syrup and organic coconut sugar. Our buttercreams and curds are made with organic cane sugar for color/texture.

*\*soy-free*

Please view our pastry case for daily selections.

### SPECIALTY CUPCAKES

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ORGANIC OVER-THE-TOP CUPCAKES 12/15

Each its own work of fun and play by our talented pastry team. We love our organic cupcakes with equal parts cream, filling and cake. \*

*soy-free*

Please view our pastry case for daily selections.

### SEASONAL SPECIALS

View our pastry case for any seasonal specials, surprises, or holiday treats!





Dear Valued Guests,

Welcome to P. S. & Co., your haven for vegan and gluten-free delights! We are thrilled to have you join us on your journey toward a healthy and vibrant lifestyle.

In our dedication to nourishing your body with wholesome and nutrient-dense food, we take great care in curating a menu that showcases the best of plant-based cuisine. Every ingredient is meticulously selected to ensure it meets our stringent quality standards while providing you with a delightful culinary experience.

We kindly request your understanding that as a small establishment committed to your well-being, we are unable to offer refunds or replacements based solely on personal taste preferences. We encourage you to explore our menu with curiosity and excitement, allowing you to discover new flavors and textures that may expand your palate.

Our team is always ready to assist you in making informed choices. Should you have any questions about specific ingredients, preparation methods, or dietary restrictions, please don't hesitate to reach out to our knowledgeable and friendly servers. They are here to guide you through the menu and help you find the perfect dish tailored to your preferences and needs.

As we share this path towards vibrant health, we kindly remind you that the responsibility for selecting a menu item lies with you, our esteemed guest. We encourage you to read the menu descriptions, ingredients, and allergen information carefully. By doing so, you empower yourself to make choices that align with your individual dietary goals and preferences.

Thank you for choosing P. S. & Co. as your destination for nourishment and well-being. We are honored to be a part of your journey and look forward to serving you a delectable and wholesome dining experience.

With gratitude,

**P. S. & Co.**