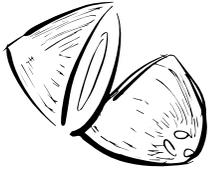


fig. 1

BREAKFAST BOWLS



ORGANIC PROTEIN-PACKED AMARANTH PORRIDGE (SF) 14

Nutrient packed amaranth 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 made with organic cold-pressed lemon juice and organic maple sugar.

ORGANIC ACAI BOWLS (SF) (NF)

Made with unsweetened organic acai and organic frozen bananas (no added liquid), topped with protein-rich and organic fresh fruit. Choose from classic acai (17), acai dragonfruit (17.50) or protein-packed acai dragonfruit with added almond butter (18.50).

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

ORGANIC YOGURT BOWL (SF) 14

Organic Thai young coconut yogurt served with organic fresh jam, organic fresh fruit and protein-packed organic nut and seed muesli.

HEARTY BOWLS



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 GRAIN BOWL 17

Organic black rice sauteed with organic edamame, organic roasted mushrooms and peppers, organic lacinato kale, organic miso cashew cheese, organic rawcho cheese and organic chimichurri.

(SF) *Omit edamame*

**Add-on Pickled Jalapenos +2*

**Add-on Hot Sauce +4*

ORGANIC BURMESE CHICKPEA CURRY (SF) (NF)

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. Need for full flavor.*



FOOD AS MEDICINE

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

1706 Locust Street Philadelphia, PA 19103
| 215.985.1706 | www.puresweets.com



Welcome to P.S. & Co., where we eat to live well. All of our dishes are prepared fresh in our garden kitchen. We are 100% organic, made from plants, and gluten-free. From our nut milks, cold-pressed juices, to our sauces, we cook for you like family.

fig. 3

FRESH BREADS



ORGANIC FRECH BREAD PIZZA (SF) 8

Organic hand-pressed sweet potato millet crust, organic garden basil tomato sauce, organic miso cashew cheese, organic caramelized onions topped with organic roasted mushrooms.

ORGANIC AVOCADO TOAST (SF) 17

Organic hand-shaped country bread topped with organic guacamole, organic pico de gallo and organic pickled onions.

ORGANIC HAND-ROLLED BAGELS (SF) 13

Organic hand-rolled, boiled and baked bagels: choice of plain, sesame or everything bagel. Comes with choice of one spread: Miyoko's Cream Cheese, Miyoko's Butter, organic almond butter, organic peanut butter, plus our organic seasonal jam.

We are happy to add heat, spice, salt to any dish. Let us know how we can make it just right for you.

fig. 4

ENOUGH TO SHARE



ORGANIC BURMESE MOHINGA NOODLE SOUP 17

Healing Burmese sweet potato base noodle soup steeped with organic lemongrass, organic turmeric, organic ginger, organic onions and garlic, served with organic brown rice noodles and topped with 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.

**Add-on Hot Sauce +4*

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

ORGANIC WHOLE-GRAIN TRIO OF TACOS 22

Made with organic whole corn (no corn flour) tortillas layered with organic tofu scramble sauteed with organic scallions and organic turmeric; organic guacamole, organic rawcho cheese sauce, organic chimichurri sauce, organic pickled jalapeno, organic pico de gallo and organic cilantro.

**Add-on Hot Sauce +4*

fig. 5

WEEKENDS ONLY



ORGANIC WAFFLE CLUB 19

Hearty waffle sandwich filled with organic baked tofu, organic roasted peppers and mushrooms, organic rawcho cheese, organic chimichurri, organic garden basil, organic fresh greens, served with organic Pennsylvania maple syrup.

ORGANIC QUINOA WAFFLE (SF) 17

The best waffle served with fresh organic berries and organic Pennsylvania maple syrup.

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.