



NATEURE'S PLATE

PLANT-BASED EATERY & BAR

— EST. 2018 —

All of our plant-based meats, cheeses & sauces are made fresh in house. We proudly source our ingredients locally when possible.

APPETIZERS

Loaded Fries

Fresh cut russet potatoes topped with Nateure's ground beef, jalapenos, onions and melted cheddar. Served with pico de gallo and sour cream. /13

Gluten free option available

Garlic Parmesan Fries

Fresh cut russet potatoes tossed in our garlic parmesan. /9

Gluten Free

Mozzarella Sticks

Italian breaded mozzarella served with marinara. /9

Boneless Wings

Crispy breaded wings, tossed in your choice of sauce. Choose from our buffalo, honey garlic, garlic parmesan or barbeque sauce. Side of celery, carrots and ranch dip.

6 pc /12 | 12 pc /19

Bruschetta

Fresh tomato, basil, garlic, onion and olive oil served with sourdough bread. /8

Loaded Nachos

Tortilla chips topped with Nateure's ground beef, jalapenos, onions, olives and melted cheddar, served with pico de gallo and sour cream. /15

Add guacamole /3

Gluten free option available

Beer Cheddar Dip

Smoky cheddar infused with Smithaven's lager. Served with chips and sourdough bread. /11

Dip Trio

Pico de Gallo, black garlic hummus & guacamole with a side of chips. /10

SALADS & BOWLS

Caesar Salad

Romaine lettuce, tossed in our creamy caesar dressing, croutons, parmesan and bacon bits.

/9

Add grilled chicken /4

Gluten free option

Greek Salad

Tomato, cucumber, olives, onion and feta topped with herbed olive oil on a bed of greens.

/9

Micro Green Salad

Bed of marinated kale & micro greens with a white wine vinaigrette topped with mango salsa, avocado, watermelon radish, smoked crunchy lentils & crispy rice puffs. /15

Gluten free

The Highland Bowl

Bed of marinated kale topped with farro, roasted celery root, crunchy chickpeas, mushrooms, black garlic hummus, spiraled beets and creamy avocado dressing. /15

Poke Bowl

Julienned carrots, cucumbers, avocado, tuna, edamame and eel shroom on a bed of basmati rice and greens topped with ginger miso dressing, lotus root chips & sesame seeds. /15

Gluten free

Burrito Bowl

Bed of greens & rice topped with corn, black beans, pinto beans, pico de gallo, guacamole and sour cream. Choose your protein; chicken, pulled jack or beef. Garnished with crispy tortilla strips. /15

Gluten free option available

Please note our kitchen contains nuts, gluten & soy. We cannot guarantee certain items are free of these allergens. If you have a food allergy or intolerance, please notify your server. We do not use any animal products in our food or drinks, although we do purchase ingredients that may be produced in the same facility as products that contain animal by-products.

An 18% gratuity will automatically be added to parties of 8 or more.



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MAINS

*All burgers and sandwiches come with your choice of salad or fries.
Upgrade to a caesar salad, greek salad or garlic parmesan fries 3.*

Switch to a gluten free bun. 2.5

The Zac

Two Nateure's patties, cheddar cheese, pickles, onion, shredded lettuce topped with our special sauce stacked high between a double decker sesame seed bun. /18

Nateure's Burger

Nateure's burger patty topped with tomato, lettuce, onion and savory mayo. /15

Add cheddar, swiss cheese, bacon or guacamole. /3

Gluten free option available. /2.5

Chicken Burger

Crispy breaded chicken topped with ranch, lettuce, onion and tomatoes. /15

Try it tossed in buffalo sauce. /1

Add cheddar, swiss cheese, bacon or guacamole. /3

BBQ Pulled Pork Sandwich

Smoked jack tossed in house bbq sauce topped with pickled shallots, and coleslaw. /15

Grilled Chicken Club

Grilled chicken, bacon, lettuce, tomatoes and pesto mayo on house made sourdough. /15

The Reuben

Thinly sliced corned beef, swiss cheese, sauerkraut and russian dressing on marbled rye bread. /16

Crispy Chicken Caesar Wrap

Romaine lettuce tossed in our creamy caesar dressing, bacon crumble with crispy chicken, wrapped in a soft tortilla shell. /12

Try it tossed in buffalo sauce. /1

Fish Tacos (3)

Beer battered flakey fillets served with coleslaw mango salsa and tartar sauce. Your choice of hard or soft shell. /13

Beef Tacos (3)

Nateure's ground beef, pico de gallo, lettuce queso cheese, and sour cream. Your choice of hard or soft shell. /13

Gluten free option

Pork Tacos (3)

BBQ pulled jack, coleslaw, pickled shallots, guacamole and savoury mayo. Your choice of hard or soft shell. /13

Gluten free option

Mac Attack

Baked mac and cheese with a nacho crumble and parmesan. Served with garlic bread. /13

Chicken Parmesan

Italian seasoned breaded chicken cutlet topped with melted mozzarella, on a bed of fresh spaghetti. Served with garlic bread. /18

Spaghetti & Meatballs

Spaghetti topped with marinara and Nateure's meatballs. Served with garlic bread. /16

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