

# SISTER OF SOUL

## STEP INTO THE LIGHTNESS : VEGETARIAN / VEGAN FARE

73 ACLAND STREET, ST.KILDA, MELBOURNE, 3182 ☎ 9593 8550

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please note a 15% surcharge applies on public holidays

## BREAKFAST MENU UNTIL 3PM

<b>CACAO KAPOW!</b> RAW / V / GF / NFO	16.00
A healthy sugar free blend of cacao powder, frozen banana, dates and soy milk. Topped with fresh bananas, strawberries, raw nut crunch granola, buckini and cacao nibs	
<b>BIG VEGAN</b> V / GF OPTIONAL / NF / NO GO ON REQUEST	17.50
House marinated tofu, avocado, wilted spinach, potato and rosemary rosti, tomato corn and coriander salsa, with sisters plum sauce and multigrain toast	
<b>CARROT (PAN)CAKE</b> GF / V / NO GO / NFO	16.50
A sweet take on the traditional cake - a spiced buckwheat pancake, with an apple, sultana and carrot compote, walnuts and orange flavoured coconut yoghurt	
* Add specially made vegan pistachio gelato	+ 3.00
<b>LET THEM EAT..... FRENCH TOAST</b> V / NO GO	16.50
House made vegan brioche, not-honeycomb, specially made pistachio and fig gelato, complimented with blueberry lemon curd, poached quince, strawberries and maple syrup	
<b>RAINBOW BREKKIE BOWL</b> V / GF / NFO	18.00
A healthy combination of quinoa, black eyed bean and olive tabouli with, walnuts, linseed, kale, rainbow pickle, roquette salad and smoked hommus	
<b>SMASHED AVOCADO ON SOURDOUGH TOAST</b> VO / GF OPTIONAL / NF	16.00
Avocado, feta (almond feta available), cherry tomatoes, fresh basil and black aleppo	
* Add a free range poached egg	+ 3.00
<b>MIDDLE EASTERN SMASHED PUMPKIN</b> VO / GF OPTIONAL / NFO	14.50
Roasted spiced pumpkin with dukkah, feta (almond feta available), wild roquette, pomegranite vinaigrette and served on multigrain toast	
* Add a free range poached egg	+ 3.00
<b>SISTER'S BIG BREAKFAST ON SOURDOUGH TOAST</b> GF OPTIONAL / NF / NO GO ON REQUEST	19.50
Eggs - Poached, scrambled or fried	
Served with mushrooms, baby spinach, roasted tomatoes, spring onions, potato and rosemary rosti and tomato chutney	
<b>SAUTEED AND PICKLED MUSHIES</b> VO / GF OPTIONAL / NF	16.00
Variety of sauteed mushrooms, pickled enoki, onion puree and whipped danish feta, served on multi-grain toast	
<b>SISTER'S GRILLED HALLOUMI BREKKIE BURGER</b> NF / NO GO ON REQUEST	16.00
Pan fried halloumi and mushroom burger, tomato, onion jam, roquette, gerkin, with kasundi relish and kewpie mayo on a toasted brioche bun. Served with sweet potato crisps	
* Add a free range fried egg	+ 3.00
<b>SOURDOUGH OR MULTIGRAIN TOAST</b> NF	6.00
With Yarra Valley jam and butter (Gluten free +2.50)	
<b>FREE RANGE EGGS</b> - on Sourdough toast	10.00

## SIDES

Extra Egg or Marinated Tofu	3.00
Wilted Spinach	4.00
Potato and Rosemary Rosti	4.00
Roasted Tomatoes	4.50
Mushrooms	4.50
Housemade Kimchi	4.50
Almond Fetta	4.50
Avocado	4.50

## MENU KEYS:

V = VEGAN, VO = VEGAN OPTION AVAILABLE, NO GO = NO GARLIC ONION,  
NF = NUT FREE, GF = GLUTEN FREE, RAW = RAW FOOD ENJOY!

## STARTERS FROM 12 NOON

<b>POTATO FRIES</b> V / GF / NF	8.00
Sprinkled with rosemary and sea salt and served with a side of tomato sauce	
<b>POLENTA JENGA</b> V / GF / NF OPTIONAL	10.00
Crispy polenta chips, celeriac puree, sage, and cashew parmesan	
<b>OKONOMIYAKI</b> NF	11.50
Mixed vegetable japanese pancake, covered with kewpie mayo, tonkatsu sauce and spring onions	
<b>TERIYAKI TOFU SKEWERS</b> V / GF / NF / NO GO	11.50
Marinated and lightly spiced tofu skewers served with a japanese side salad, a goma dressing and fresh ginger	
<b>VIETNAMESE STYLE SPRING ROLLS</b> V / NF	9.50
With fresh lettuce, cucumber and herbs, pickled veg and a punchy Nam Jim dipping sauce	
<b>GOBI PAKORA</b> V / GF / NF / NO GO	9.50
Indian style battered cauliflower, served on Kasundi, topped with coconut chutney and coriander	
<b>EDAMAME</b> V / GF / NO GO / NF	6.00
Steamed and salted whole green soya beans	
<b>WHITE MISO SOUP</b> V / GF / NF	4.50
Made with vegetable stock, white miso paste, spring onion, wakame and silken tofu	
<b>FALAFAL AND SMOKED HOMMUS</b> V / GF / NF	10.50
Housemade fragrant falafal accompanied with smoked hommus, beetroot pickle and black aleppo garnish	
<b>GREEN GYOZA DUMPLINGS</b> V / NF	11.50
Vegetable gyozas seared in a pan while steaming - Served with tamari dipping sauce	
<b>KOREAN BBQ TOFU BLUE CORN TACO</b> V / GF / NF	7.50
Blue corn taco, filled with grilled marinated tofu, pickled cabbage, bean shoots, salted cucumber and wombok. Garnished with fried shallots, coriander, chili and hot bibi sauce	
<b>RAW SPAGHETTI BOLOGNESE</b> V / GF / RAW	17.50
Fresh zucchini spaghetti with walnut and mushroom bolognese, fresh cherry tomatoes, basil and a cashew parmesan	
<b>BIBIMBAP NUTRITION BOWL</b> V / GF OPTIONAL / NF	17.00
Traditional korean bowl served with marinated tofu, kimchi, salted cucumber, bean shoots, pickled carrot and daikon, shiitake mushrooms, seaweed salad, brown rice and topped with shredded nori and bibi hot sauce	
add fried egg	+3.00
<b>SUPER FUSION SALAD</b> VO / NFO	17.00
Feta cheese (almond feta available) tossed with farro, burghal, quinoa, broccoli, edamame, seeds, walnuts, fresh herbs and goji berries with Karami Korean chili sauce	
<b>PAPAYA SALAD</b> V / GF / NFO	17.00
Fresh papaya salad, with fresh cucumbers, cherry tomatoes, asian herbs, with a punchy Nam Jim sauce dressing and roasted maple spiced cashews	
add marinated tofu or soy nuggets	+3.00

## NOTICE - ALLERGIES / DIETARIES, PLEASE LET US KNOW

Please inform the wait-staff if you have a severe allergy as some menu items contain nuts, seeds, and other allergens.  
Due to the nature of restaurant meal preparation and possible cross-contamination we are unable to guarantee the absence of traces of such ingredients.  
We accept Debit, Visa, Mastercard and American Express.  
Please note: a 2% surcharge applies to Amex transactions  
Please note; We do not split bills and there are no variations to the menu during busy service periods and weekends - thank-you

## MAINS

<b>MASSAMAN CURRY</b> V / GF / NF	18.00
Soya bean tempeh in a thick rich curry with eggplant, lotus root, broccoli, carrots, potato, bean shoots and fresh coriander - add roti/ vegan roti or rice + 3.00	
<b>JUNGLE MADNESS</b> V / GF / NF	18.50
Spicy Thai jungle curry stir fried snake beans, baby king brown mushrooms, capsicum, broccoli, bok choy, lotus root, and roast sweet potato, Served w crispy rice crackers and steamed white rice	
<b>NASI GORENG</b> V / GF OPTIONAL / NF	17.50
Balinese fried rice with tofu, mushrooms and an array of seasonal veg. Drizzled with dark sweet soy sauce, crispy shallots, spring onion. Served with fresh cucumber, tomato, lime and black sesame cracker. Ask for sriracha to spice it up - add fried egg	
<b>RAWSAGNA</b> V / GF / RAW	19.00
Layered with zucchini and filled with cashew and parsley cream, fresh mushrooms, spinach, walnut mince, tomato sauce, fresh herbs and a side of fresh raw seasonal vegetables with dill and lemon	
<b>GREEN SISTER STIR-FRY</b> V / GF / NO GO ON REQUEST / NF	18.00
All green super-food - Gai lan (Chinese broccoli), wombok, bok choy, choi sum, tofu, tamari sauce and fresh ginger - Served with brown rice	
* choose from tahini (No GO), karami or satay sauce (Soy Free)	
<b>UDON NOODLE SISTER STIR-FRY</b> V / NF	18.00
A beautiful bowl of udon noodles, stir fried king brown mushrooms, choi sum, crispy soy nuggets, an array of vibrant veggies in a garlic, ginger, hot sriracha teriyaki sauce. Topped with black sesame and snow pea tendrils	
<b>CHICKPEA KHARMA CURRY</b> VO / GF / NF	15.00
Indian chicpeak, red lentil, potato and cauliflower curry. Simmered in a thick masala tomato sauce. Served with labne and a refreshing tomato, cucumber, radish, mint and mixed leaf salad - add roti / vegan roti or rice. +3.00	
<b>GNOCCHI</b> V	18.50
Specially made gnocchi served with a classic napoli sauce, roast pumpkin, spinach, house made almond feta and basil oil	
<b>BIG BURRITO</b> VO / NF	18.00
Spicy Mexican black beans, avocado, cheddar cheese, brown rice, finely cut fresh vegetables, jalapeño and homemade tomato and corn salsa - Served with a side salad	
<b>JACK BLACK BURGER</b> V / NF	18.50
Slow cooked jackfruit, house made bbq sauce, asian slaw and pickled gerkins, on a vegan charcoal bun and served with sweet potato chips	
<b>ZEN BURGER</b> NO GO / NF	18.50
Panko crumbed eggplant, seaweed & carrot salad, red shiso pickled cucumber, tomato & kewpie mayo served on a toasted potato flour bun. Shichimi fries and washu mayo	
<b>VEGAN LAKSA</b> V / GF / NF	18.50
A fragrant lemongrass, lime leaf, galangal and coconut soup. Served with rice noodles, marinated ginger tofu, baby corn, snakebeans, tomato, bean shoots, vietnamese mint and spring onion	
<b>ADD TOFU, TEMPEH, ASIAN SLAW, GREEN VEG, MIXED VEG OR POTATO FRIES</b>	+ 4.00
<b>CHOCOLATE TART</b> V / GF / NFO	12.50
House made dark chocolate and sour cherry tart, with roasted hazelnuts and coffee cream	
<b>BERRY PASSIONATE RAW CHEESECAKE</b> V / GF / RAW	12.00
Layered raw passionfruit and raspberry cheesecake, served with passionfruit jam, strawberries and coconut flakes	
<b>BANOFEE</b> V	11.00
Salted caramel, coconut foam, bruleed banana, golden oat biscuit and grated dark chocolate	
<b>SORBET OF THE DAY - 2 SCOOPS</b> V / GF / NF	8.00

# WINES

## WHITE WINE

	GLASS	BOTTLE
De Luliis Chardonnay, Hunter Valley - VIC	9.50	43.00
Mount MacLeod Chardonnay, Gippsland - VIC	45.00	
Mahana Gravity Sauvignon Blanc - NZ	11.00	50.00
Domaine Salvard 'Unique' Sauvignon Blanc - France		55.00
Babo Pinot Grigio, Friuli - Italy	11.00	50.00
Jamsheed LaBlonk Plonk Riesling, Beechworth - VIC	10.00	45.00
Mengoba Brezo Blanco - Godello, Bierzo - Spain		60.00

## ROSE WINE

	GLASS	BOTTLE
Mandala Rose - Yarra Valley - VIC	10.00	48.00

## RED WINE

	GLASS	BOTTLE
Founders Block Merlot - Coonawarra - SA	9.50	43.00
Voyager Estate, Girt by Sea, Cabernet Merlot - WA		48.00
Mount Macleod Pinot Noir, Gippsland - VIC	11.00	50.00
Toolangi Shiraz, Yarra Valley - VIC	10.00	45.00
Some Young Punks Shiraz/Cab, Clare Valley - SA	10.50	49.00

## SPARKLING WINE

	GLASS	BOTTLE
Babo Prosecco, Friuli - Italy	12.00	50.00

# COCKTAILS

### ESPRESSO MARTINI

Fresh espresso, Absolut Vodka and Kahlua... thoroughly shaken and topped with a dusting of chocolate.

### FRENCH MARTINI

Whimsical blend of Chambord, Absolut Vodka, Pineapple juice and a dash of coconut water. Topped with freeze dried Raspberry.

### CHAI-TINI

Absolut Vodka, house made Chai syrup and Soy milk. Shaken not stirred, topped with a dusting of cinnamon, Chai it, you'll like it.

### VEGAN WHISKEY SOUR

Maker's Mark, Maple Syrup, Lemon Juice, Aqua faba. Shaken to fluffy perfection and served with a twist of orange.

### BLUE LAGOON

Dive into Absolut Vodka, Blue Curacao, lemon juice, blue berries and lemonade.

### MIDAS ELIXIR

A bright emulsion of Tequila, Turmeric, Cardamom, All Spice, Coconut water and Muddled Lime.

### APEROL SPRITZ

Aperol and Prosecco topped with a dash of Soda Water and a slice of orange.

### NEGRONI

Gin, Campari, Antica Rossa and a twist of orange. Simple and intoxicating.

### DARK AND STORMY

A punchy combo of Havana Club Rum and Lime Juice topped with Lick Pier Midnight Ginger Beer.

### PINA COLADA

No getting caught in the rain with this classic. Bacardi rum, Pineapple juice and our house made Coconut Mylk. Topped off with pineapple and sour cherry.

### SANGRIA

Red Wine, Cointreau and a hint of Brandy topped with lemonade, dusted with cinnamon.

### MOJITO

Muddled mint and lime, Bacardi Rum and a dash of sugar topped with soda. Match made in Heaven.

### PIMMS PUNCH

Lemon, Cucumber, mint and strawberry immersed in a mix of Pimm's, Lemonade and Dry Ginger.

## GLASS BOTTLE

9.50	43.00
45.00	
11.00	50.00
	55.00
11.00	50.00
10.00	45.00
	60.00

## GLASS BOTTLE

10.00	48.00
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## GLASS BOTTLE

9.50	43.00
	48.00
11.00	50.00
10.00	45.00
10.50	49.00

## GLASS BOTTLE

12.00	50.00
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16.00

16.00

16.00

12.00

12.00

13.00

13.00

18.00

16.00

16.00

12.00

12.00

12.00



# BEERS

\* All beers and ciders are vegan friendly

## TAP

Doss Blockos Pale lager - VIC

## BOTTLE

Stone and Wood Pacific Ale - NSW

Coopers Pale Ale - SA

Little Creatures Pale Ale - WA

Cascade Light - Tasmania

Feral Hop Hog IPA - WA

Corona - Mexico

# CIDERS

The Hills Apple Cider - SA

Lick Pier Midnight Ginger Beer - Vic

# SPIRITS

Absolut Vodka

Gordon's Gin

Tanqueray Gin

Canadian Club

Johnny Walker Red

Bacardi Rum

Havana Club Dark Rum

Maker's Mark Bourban

Jose Cuervo Traditional Tequila

St Remy Brandy

# JUGS

Sangria

Pimm's

Mojito

# APERITIFS AND DIGESTIVES

Pimms

Campari

Aperol

## POT

6.50

9.00

7.50

8.00

6.00

9.50

8.50

## BOTTLE

9.50

10.00

8.00

8.00

8.50

8.00

8.00

7.50

9.50

8.50

8.00

7.50

30.00

30.00

30.00

# COFFEE / CHOCOLATE / ELIXIRS

Coffee by St.Ali - Black or White Coffee

\* Bonsoy or Decaf

\* House Made Almond Mylk or House Made Coconut Milk (raw)

\* House Made Hazelnut Mylk (raw)

\* Single Origin

Filter Coffee - Please ask staff for brew method .

Hot Chocolate Elixir -Hazelnut (think Ferrero Rocher)or Coconut Milk (think Bounty)

Soy Chai by 'Chai Boy'

Magic Mushroom - A combination 15 different medicinal mushrooms, maca, cacao, mesquite, vanilla, cayenne pepper and spun with Hazelnut Mylk

Haldi Ka Doodh (Golden Latte) - Spiced remedy drink spun with Almond Mylk

Spiced Carrot Latte - Think carrot cake.... but infinitely better, with Almond Mylk

## Larson and Thompson Teas

Good Morning Tea, Earl Grey, Jasmine Pearls, Peppermint, Lemongrass & Ginger, Yunnan Oolong, White Peony

# JUICES - COLD PRESSED

\* All juices are made in house fresh daily

Green - Kale, Spinach, Cucumber, Lime, Apple, Coconut Water, Spirulina

Watermelon Crush - Watermelon, Orange, Strawberries, Mint

Immunity - Orange, Apple, Carrot, Ginger

Orange - Nothing but Oranges

Apple - Nothing but Apples

# SMOOTHIES

\* All smoothies are RAW / V / GF

Cherry Ripe - Cacao powder, Cherries, Banana, Desicated Coconut, Hazelnut Milk

Strawberry Cornetto - Strawberries, Banana, Chia Seeds, Cacao Nibs, Coconut Milk

The Incredible Bulk - Banana, Hemp Seeds, Pea Protein Powder, Baby Spinach, Chia Seeds, Spirulina, Almond Milk

Pure Gold - Tumeric, Ginger, Cardamon, Allspice, Mango, Banana, Apple Juice, Lime, Goji Berries, Coconut Milk

Mango Lassi - Mango, Cold Pressed Apple Juice, Maple Syrup Coconut Milk

\* Bonsoy

\* House Made Almond Mylk or House Made Coconut Milk (raw)

\* House Made Hazelnut Mylk (raw)

\* Add Vegan Pea Protein / Maca / Spirulina / Cacao Nibs / Goji Berries / Hemp Protein

# FIZZY DRINKS / HEALTH DRINKS

Coke, Diet Coke

Capi - Lemonade, Ginger Beer or Sparkling Mineral Water

Remedy Kombucha Raspberry Lemonade - 100% natural and organic

Remedy Kombucha Original - 100% natural and organic

3.80

+ .50

+ 1.00

+ 1.50

+ .70

4.50

6.50

5.00

7.50

6.00

6.50

4.00

8.00

7.50

7.50

7.00

7.00

10.50

10.50

11.00

10.50

10.00

+ .50

+ 1.00

+ 1.50

+1.00

4.50

4.50

7.00

7.00