

SISTER OF SOUL

STEP INTO THE LIGHTNESS : VEGETARIAN / VEGAN FARE

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please note a 15% surcharge applies on public holidays

BREAKFAST MENU UNTIL 3PM

BERRY BLISS SMOOTHIE BOWL RAW / V / GF / NFO	16.00
A healthy sugar free blend of blueberries, strawberries, banana, medjool dates and coconut water. Topped with fresh berries, buckini granola and crushed pistachios	
SISTER'S ONE BIG BREAKFAST VO / GF OPTIONAL / NF	19.50
Big breakfast (with a choice of either free range eggs or marinated tofu) complete with roasted mushrooms, avocado, tomato kasundi, potato and sweet potato rosemary rosti, wilted spinach and sourdough toast	
CHOCOLATE AND BANANA PANCAKE V / GF / NO GO / NF	18.50
A chocolately rich pancake topped with fresh berries, salted caramel and specially made coconut ice-cream,	
LET THEM EAT..... FRENCH TOAST 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	
RAINBOW BUDDHA BOWL V / GF	18.50
A nourishing combination of dukkah coated roasted cauliflower, chick peas, sauteed kale with red aleppo, picked rainbow veg, roast beetroot and sunflower seed dip and roquette salad	
SCRAMBLED TOFU V / GFO / NF	14.50
Fragrant ginger, garlic and tumeric scrambled tofu, with a side of house made kimchi, spring onion, fresh chilli, fried shallots and corriander. Served with multigrain toast	
SMASHED AVOCADO ON SOURDOUGH TOAST 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	
MIDDLE EASTERN SMASHED PUMPKIN VO / GF OPTIONAL / NFO	15.00
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	
SISTER'S GRILLED HALLOUMI BREKKIE BURGER 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	
SOURDOUGH OR MULTIGRAIN TOAST NF	6.00
With Yarra Valley jam and butter (Gluten free +2.50)	
FREE RANGE EGGS - on Sourdough toast	10.00

SIDES

Extra Egg or Marinated Tofu	3.00
Wilted Spinach	4.00
Potato and Sweet Potato Rosemary Rosti	4.00
Mushrooms	4.50
Housemade Kimchi	4.50
Almond Feta	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

POTATO FRIES V / GF / NF	8.00
Sprinkled with rosemary and sea salt and served with a side of tomato sauce	
POLENTA JENGA V / GF / NF OPTIONAL	10.50
Crispy polenta chips, cauliflower puree, sage, and cashew parmesan	
OKONOMIYAKI NF	11.50
Mixed vegetable japanese pancake, covered with kewpie mayo, tonkatsu sauce and spring onions	
TERIYAKI TOFU SKEWERS V / GF / NF / NO GO	11.50
Marinated and lightly spiced tofu skewers served with nori, a japanese side salad, a goma dressing and fresh ginger	
VIETNAMESE STYLE SPRING ROLLS V / NF	9.50
With fresh lettuce, cucumber and herbs, pickled veg and a punchy Nam Jim dipping sauce	
GABI PAKORA V / GF / NF / NO GO	9.50
Indian style battered cauliflower, served on Kasundi, topped with coconut chutney and coriander	
EDAMAME V / GF / NO GO / NF	7.00
Steamed and salted whole green soya beans	
WHITE MISO SOUP V / GF / NF	5.00
Made with vegetable stock, white miso paste, spring onion, wakame and silken tofu	
FALAFAL AND SMOKED HUMMUS V / GF / NF	10.50
Housemade fragrant falafal accompanied with smoked hummus, beetroot pickle and black aleppo garnish	
GREEN GYOZA DUMPLINGS V / NF	11.50
Vegetable gyozas seared in a pan while steaming - Served with tamari dipping sauce	
BBQ MUSHROOM BAO BUN V / NF	7.50
Fluffy steamed bao bun, filled with Chinese barbaque mushrooms, cucumber, pickled carrot, spring onion, shredded wombok and coriander.	

SALADS

RAW SPAGHETTI BOLOGNESE V / GF / RAW	17.50
Fresh zucchini spaghetti with walnut and mushroom bolognese, fresh cherry tomatoes, basil and a cashew parmesan	
BIBIMBAP NUTRITION BOWL 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	
MOROCCAN QUINOA SALAD VO / GF / NGO / NFO	17.50
Ras el hanout spiced quinoa, broccoli, baby carrots, sugar snap peas, golden raisins, feta (almond feta available) mint, parsley, preserved lemon, pumpkin seeds, pistachios, dressed in a light rice wine vinaigrette,	

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

MASSAMAN CURRY 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	
JUNGLE MADNESS V / GF / NF	18.50
Spicy Thai jungle curry stir fried snake beans, baby king brown mushrooms, capsicum, broccoli, bok choy, lotus root, roast sweet potato and coriander Served w crispy rice crackers and steamed white rice	
NASI GORENG 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 + 3.00	
RAWSAGNA V / GF / RAW	19.50
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	
GREEN SISTER STIR-FRY V / GF / NO GO ON REQUEST / NF	18.50
All green super-food - Gai lan (Chinese broccoli), wombok, bok choy, choi sum, tofu, bean shoots, tamari sauce and fresh ginger - Served with brown rice	
* choose from tahini (No GO), karami or satay sauce (Soy Free)	
SPICY BLACK BEAN UDON NOODLE SISTER STIR-FRY V / NF	18.50
Gailan, shitake, spring onion, carrot, sugar snaps and soy nuggets. Stir fried in a spicy Chinese black bean sauce, with black sesame and snowpea tendrils and topped with spicy sriracha sauce	
TOFU TIKKA MASALA CURRY V / GF / NF	16.00
A spicy south Indian dish of tofu, sweet potato, cauliflower and peas in a rich tomato, coconut and brown lentil curry. Served with cumin poppadoms and a fresh side salad -	
add roti / vegan roti or rice. +3.00	
GNOCCHI V	19.00
Specially made gnocchi served with a classic napoli sauce, roast pumpkin, spinach, house made almond feta and basil oil	
BIG BURRITO 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	
JACK BLACK BURGER V / NF	19.00
Slow cooked jackfruit, house made bbq sauce, asian slaw and pickled gerkins, on a vegan charcoal bun and served with sweet potato fries	
BEETROOT AND BLACKBEAN BURGER VO / NF	19.00
House made beetroot and black bean burger, sliced beetroot, tomato, carrot, pickled onion, cheese, lettuce and mustard mayo, served in a beetroot brioche bun with potato fries	
VEGAN PHO V / GF / NF	18.50
An aromatic Vietnamese rice noodle soup. Pack full of flavour with oyster and enoki mushrooms, bok choy, snake beans and marinated grilled tofu. Garnished with bean shoots, fresh herbs, chilli and fresh lime	
ADD TOFU, TEMPEH, ASIAN SLAW, GREEN VEG, MIXED VEG OR POTATO FRIES	+ 4.00

DESSERTS

CHOCOLATE TART V / GF / NFO	12.50
House made dark chocolate and sour cherry tart, with roasted hazelnuts and coffee cream	
RAW CHAI CHEESECAKE V / GF / RAW	12.00
Chai infused coconut cream, blended together with chai spice, cashews and dates, sitting on top of a cacao and almond crust. Served with chia raspberry jam, fresh berries and cacao nibs	
STICKY DATE PUDDING V / NF	12.00
Warm banana, date and spelt flour cake, drowned in date butterscotch sauce with rum and raisin gelato, and a dash of not-honeycomb	
SORBET OF THE DAY - 2 SCOOPS V / GF / NF	8.00

WINES

WHITE WINE

	GLASS	BOTTLE
Le Stagiaire Chardonnay, Mornington Peninsula - VIC	10.50	50.00
Mahana Gravity Sauvignon Blanc - NZ	11.50	53.00
Domaine Salvard 'Unique' Sauvignon Blanc - France		55.00
Babo Pinot Grigio, Friuli - Italy	11.00	50.00
Bannockburn Riesling, Geelong - VIC	10.50	50.00
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
Some Young Punks Shiraz/Cab, Clare Valley - SA	10.50	49.00
Mount Macleod Pinot Noir, Gippsland - VIC	11.00	50.00
Laughing Jack Shiraz, Barossa Valley - SA	10.00	45.00
SYP Squids Fist Sangiovese / Shiraz, Clare Valley - SA	10.50	49.00
Adelina Granache, Clare Valley - SA		60.00

SPARKLING WINE

	GLASS	BOTTLE
Babo Prosecco, Friuli - Italy	12.00	50.00

COCKTAILS

MOCHA MARTINI

A devastatingly smooth combo of Mr Black Cold Pressed Coffee liqueur, Dark Chocolate Mozart, Absolute Vodka and fresh espresso. Thoroughly shaken and topped with a dusting of chocolate.

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, Lemon Juice, Aqua faba and a dash of maple syrup. Shaken to fluffy perfection and served with a twist of orange.

SOS GIN & TONIC

Melbourne Gin Company dry gin, Orange Marmalade and Rosemary, topped with tonic. Aromatic, a lil' sweet and oh so smooth

MULLED CIDER

Warming combo of Apple Cider, Orange Juice and Spiced Sugar Syrup and dusted with Cinnamon.

MULLED WINE

Hot, spiced and delicious. This mix of red wine, apple juice, house made chai syrup, Cointreau, Brandy and cinnamon will warm your hands and your belly

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 Sailor Jerry's Spiced Rum, Lime Juice, topped with Chilli Ginger Beer.

SANGRIA

Red Wine, Cointreau and a hint of Brandy topped with Lemonade, dusted with Cinnamon.

MOJITO

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

PIMMS PUNCH

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



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

Melbourne Gin Company

Canadian Club

Johnny Walker Red

Bacardi Rum

Havana Club White Rum

Havana Club Dark Rum

Sailor Jerry's Spiced Rum

Maker's Mark Bourban

Jose Cuervo Traditional Tequila

APERITIFS AND DIGESTIVES

Pimms

Campari

Aperol

Mr Black Cold Pressed Coffee Liqueur

COFFEE / CHOCOLATE / ELIXIRS

Coffee by St.Ali - Black or White Coffee 4.00

* Bonsoy or Decaf +.50

* House Made Almond Mylk or House Made Coconut Milk (raw) +1.00

* House Made Hazelnut Mylk (raw) +1.50

* Single Origin +.70

Filter Coffee - Batch Brew / Aeropress / Pour Over 4.00 / 5.00 / 5.50

Hot Chocolate Elixir -Hazelnut (think Ferrero Rocher)or Coconut Milk (think Bounty) 6.50

Vegan Chai by 'Chai Boy' 5.00

Magic Mushroom - A combination 15 different medicinal mushrooms, maca, cacao, mesquite, vanilla, cayenne pepper and spun with Hazelnut Mylk 7.50

LSD - Dandelion Latte with Bonsoy and a dash of maple syrup 6.50

Haldi Ka Doodh (Golden Latte) - Spiced remedy drink spun with Almond Mylk 6.00

Spiced Carrot Latte - Think carrot cake.... but infinitely better, with Almond Mylk 6.50

Larson and Thompson Teas

English Breakfast Tea, Earl Grey, Jasmine Pearls, Peppermint, Lemongrass & Ginger, Yunnan Oolong, White Peony 4.50

JUICES - COLD PRESSED

* All juices are made in house fresh daily

Green - Kale, Spinach, Cucumber, Lime, Apple, Coconut Water, Spirulina 8.00

Watermelon Crush - Watermelon, Orange, Strawberries, Mint 7.50

Immunity - Orange, Apple, Carrot, Ginger 7.50

Orange - Nothing but Oranges 7.00

Apple - Nothing but Apples 7.00

SMOOTHIES

* All smoothies are RAW / V / GF

Cherry Ripe - Cacao powder, Cherries, Banana, Desicated Coconut, Hazelnut Milk 10.50

AB & J - Strawberries, Almond Butter, Banana, Pea Protein, Hemp Seeds, Almond Milk 11.00

Green O Colada - Pineapple, Banana, Baby Spinach, Spirulina, Dessicated Coconut Chia Seeds, Coconut Water 11.00

Pure Gold - Tumeric, Ginger, Cardamon, Allspice, Mango, Banana, Apple Juice, Lime, Goji Berries, Coconut Milk 10.50

Mango Lassi - Mango, Cold Pressed Apple Juice, Maple Syrup Coconut Milk 10.00

* Bonsoy +.50

* House Made Almond Mylk or House Made Coconut Milk (raw) +1.00

* House Made Hazelnut Mylk (raw) +1.50

* Add Vegan Pea Protein / Maca / Spirulina / Cacao Nibs / Goji Berries / Hemp Protein +1.00

FIZZY DRINKS / HEALTH DRINKS

Coke, Diet Coke 4.50

Capi - Lemonade, Ginger Beer or Sparkling Mineral Water 4.50

Remedy Kombucha Raspberry Lemonade - 100% natural and organic 7.00

Remedy Kombucha Original - 100% natural and organic 7.00

POT

6.50

9.00

7.50

8.50

6.50

9.50

9.00

BOTTLE

9.50

10.00

8.50

8.50

10.00

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