

SISTER OF SOUL

BREAKFAST MENU UNTIL 3PM

SNICKERS SMOOTHIE BOWL RAW / V / GF	16.00
Peanut butter, banana, medjol date and protein powder blended with almond milk, topped with choc buckini, cacao nibs, pepitas, peanuts, banana and raw chocolate sauce	
SISTER'S 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	
PUMPKIN AND MAPLE PANCAKE V / GF / NO GO / NFO	18.50
Buckwheat pancake, with saffron poached pear, Peanut butter gelato, pumpkin mousse, pepitas, peanuts and maple syrup	
LET THEM EAT..... FRENCH TOAST V / NO GO	17.00
House made vegan brioche, not-honeycomb, specially made pistachio and fig gelato, complimented with blueberry lemon curd, saffron poached pear, strawberries and maple syrup	
RAINBOW BUDDHA BOWL V / GF / NF	19.00
A nourishing combination of dukkah coated roasted cauliflower, chick peas, saveteed kale with red aleppo, picked rainbow veg, roast beetroot and sunflower seed dip and roquette salad	
MEDITERRANEAN BREKKIE BOWL V / GF / NF	19.00
Roasted lebanese eggplant, millet tabouli, pink pickled turnips, dill cucumber and cherry tomato salad, drizzled with tahini sauce and pomegranate seeds	
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 + 4.00	
MIDDLE EASTERN ROASTED PUMPKIN VO / GFO / NFO	16.00
Roasted spiced pumpkin with dukkah, feta (almond feta available), wild roquette, pomegranate vinaigrette, pepitas and a side of multigrain toast	
* Add a free range poached egg + 4.00	
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 potato fries	
* Add a free range fried egg 3.00	
SOURDOUGH OR MULTIGRAIN TOAST NF	6.00
With butter and preserves (Gluten free +2.50)	
FREE RANGE EGGS - on Sourdough toast	10.00

SIDES

Extra Egg or Marinated Tofu	4.00
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	8.50
Sprinkled with rosemary and sea salt and served with a side of tomato sauce	
POLENTA JENGA V / GF / NF OPTIONAL	13.50
Crispy polenta chips, cauliflower puree, sage, and cashew parmesan	
OKONOMIYAKI NF	13.50
Mixed vegetable japanese pancake, covered with kewpie mayo, tonkatsu sauce and spring onions	
SALT AND PEPPER TOFU V / GF / NF	11.50
Silken sichuan S + P tofu with wilted asian greens with spiced black vinegar topped with spicy chilli jam	
VIETNAMESE STYLE SPRING ROLLS V / NF	10.50
With fresh lettuce, cucumber and herbs, pickled veg and a punchy Nam Jim dipping sauce	
GOBI PAKORA V / GF / NF / NO GO	11.50
Indian style battered cauliflower, served on Kasundi, topped with coconut chutney and coriander	
EDAMAME V / GF / NO GO / NF	8.00
Steamed and salted whole green soya beans	
WHITE MISO SOUP V / GF / NF	6.00
Made with vegetable stock, white miso paste, spring onion, wakame and silken tofu	
FALAFAL AND SMOKED HUMMUS V / GF / NF	11.50
Housemade chickpea falafal accompanied with rainbow pickled salad, roast beetroot hummus and black Aleppo garnish	
GREEN GYOZA DUMPLINGS V / NF	12.50
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.	

BOWLS / SALADS

RAW SPAGHETTI BOLOGNESE V / GF / RAW	19.00
Fresh zucchini spaghetti with walnut and mushroom bolognese, fresh cherry tomatoes, basil and a cashew parmesan	
BIBIMBAP NUTRITION BOWL V / GF OPTIONAL / NF	18.00
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 +4.00	
MOROCCAN QUINOA SALAD VO / GF / NGO / NFO	18.50
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,	
PAPAYA SALAD V / GF / RAW	19.00
Green papaya, green mango, pink pomelo, snake beans, cherry tomatoes and cucumber. Aromatic herbs, nam jim dressing and finished with peanuts and red chilli	

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

STEP INTO THE LIGHTNESS : VEGETARIAN / VEGAN FARE

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

📍 www.facebook.com/sisterofsoulstkilda / 📱 @sister_of_soul

📧 @sisterofsoulstkilda / admin@sisterofsoul.com.au

please note a 15% surcharge applies on public holidays

MAINS

THAI GREEN CURRY V / GF / NF	19.00
A spicy green curry with tempeh, broccoli, lotus root, cauliflower, choi sum, baby corn and bamboo shoot in a lemongrass, kaffir lime and coconut milk broth with basil and chilli - add roti/ vegan roti or rice + 4.00	
JUNGLE MADNESS V / GF / NF	19.50
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	18.50
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 + 4.00	
RAWSAGNA V / GF / RAW	20.50
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	19.50
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	19.00
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	
BLACK DAHL V / GF / NF	16.50
A light curry with black eye beans, black lentils, sweet potato and peas simmered in tomato, coconut milk and tamarind, served with cumin poppadoms and a cucumber, mint, tomato, radish and sumac salad - add roti / vegan roti or rice. +4.00	
GNOCCHI V	19.50
Freshly made potato gnocchi cooked in a smoky roasty red capsicum and tomato sauce, topped with almond feta, olives and fresh roquette	
BIG BURRITO VO / NF	18.50
Spicy Mexican black beans, sweet potato, 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	19.50
Slow cooked jackfruit, house made bbq sauce, asian slaw and pickled gerkins, on a vegan charcoal bun and served with sweet potato fries	
SMOKED TOFU BURGER V / NF	19.50
House smoked and panko crumbed marinated tofu, kimchi, vegan cheese, grilled pumpkin, fresh greens and sriracha mayo on a vegan brioche bun and shichimi fries	
VEGAN PHO V / GF / NF	19.00
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	13.50
House made dark chocolate and sour cherry tart, with roasted hazelnuts and coffee cream	
RAW MANGO AND PASSIONFRUIT CHEESECAKE V / GF / RAW	13.00
A swirl of mango and passionfruit cake, made with coconut cream, activated cashews and dates, on a almond, vanilla and coconut crust. Served with fresh mango puree, coconut flakes, strawberries and flowers	
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
Eden Road Chardonnay, Tumbarumba - NSW	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

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	16.00
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.	

TROPICAL ESCAPE	14.00
A bright emulsion of Tequila, Turmeric, Cardamom, All Spice, Coconut water and Muddled Lime..	

VEGAN WHISKEY SOUR	12.00
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	12.00
Melbourne Gin Company dry gin, Orange Marmalade and Rosemary, topped with tonic. Aromatic, a lil' sweet and oh so smooth	

MOONLIGHT MARGARITA	16.00
A refreshing mix of Tequila, Gin, fresh lime juice, shichimi pepper salt .	

APEROL SPRITZ	13.00
Aperol and Prosecco topped with a dash of Soda Water and a slice of orange.	

NEGRONI	18.00
Gin, Campari, Antica Rossa and a twist of orange. Simple and intoxicating.	

DARK AND STORMY	15.00
A punchy combo of Sailor Jerry's Spiced Rum, Lime Juice, topped with Chilli Ginger Beer.	

SANGRIA	12.00 for single / 30 for Jug
Red Wine, Cointreau and a hint of Brandy topped with Lemonade, dusted with Cinnamon.	

MOJITO	12.00 for single / 30 for Jug
Muddled mint and lime, Havana Club White Rum and a dash of sugar topped with soda. Match made in Heaven.	

PIMMS PUNCH	12.00 for single / 30 for Jug
Lemon, Cucumber, mint and strawberry immersed in a mix of Pimm's, Lemonade and Dry Ginger Ale.	



BEERS

* All beers and ciders are vegan friendly

BOTTLE

Furphy Refreshing Ale - VIC	7.50
Pirate life Pale Ale - SA	11.00
Stone and Wood Pacific Ale - NSW	9.50
Moon Dog Lager - VIC	8.50
Coopers Pale Ale - SA	8.00
Little Creatures Pale Ale - WA	9.00
Cascade Light - Tasmania	7.00
Feral Hop Hog IPA - WA	10.00
Corona - Mexico	9.50

CIDERS

The Hills Apple Cider - SA
Napoleone Pear Cider - Vic

SPIRITS

Absolut Vodka	8.50
Gordon's Gin	8.50
Melbourne Gin Company	10.00
Canadian Club	8.00
Johnny Walker Red	8.00
Havana Club White Rum	9.50
Sailor Jerry's Spiced Rum	10.00
Maker's Mark Bourban	8.50
Jose Cuervo Traditional Tequila	8.00

APERITIFS AND DIGESTIVES

Pimms	9.50
Campari	8.50
Aperol	7.00
Mr Black Cold Pressed Coffee Liqueur	9.50

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)	+ 1.50
* House Made Hazelnut Mylk (raw)	+ 2.00
* 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'	5.50

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	7.00
Spiced Carrot Latte - Think carrot cake.... but infinitely better, with Almond Mylk	7.00

Larson and Thompson Teas	4.50
English Breakfast Tea, Earl Grey, Jasmine Pearls, Peppermint, Lemongrass & Ginger, Yunnan Oolong	

JUICES - COLD PRESSED

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

Cherry Ripe - Cacao powder, Cherries, Banana, Desicated Coconut, Hazelnut Milk	11.50
AB & J - Strawberries, Almond Butter, Banana, Pea Protein, Hemp Seeds, Almond Milk	12.00
Green O Colada - Pineapple, Banana, Baby Spinach, Spirulina, Dessicated Coconut Chia Seeds, Coconut Water	12.00
Pure Gold - Tumeric, Ginger, Cardamon, Allspice, Mango, Banana, Apple Juice, Lime, Goji Berries, Coconut Milk	11.50
Mango Lassi - Mango, Cold Pressed Apple Juice, Maple Syrup Coconut Milk	11.00
* 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 Raspberrry Lemonade - 100% natural and organic	7.00
Remedy Kombucha Original - 100% natural and organic	7.00