

# SISTER OF SOUL

## STEP INTO THE LIGHTNESS : VEGAN FARE

77 SWAN STREET, RICHMOND, MELBOURNE, 3121 • 7013 8779

www.facebook.com/sisterofsoulstkilda / @sister\_of\_soul

@sisterofsoul\_stk\_rich / admin@sisterofsoul.com.au

please note a 15% surcharge applies on public holidays

## STARTERS FROM 12 NOON

<b>POTATO FRIES</b> V / GF / NF	8.50
Sprinkled with rosemary and sea salt and served with a side of tomato sauce	
<b>POLENTA JENGA</b> V / GF / NF OPTIONAL	13.50
Crispy polenta chips, cauliflower puree, sage, and cashew parmesan	
<b>SALT AND PEPPER TOFU</b> V / GF / NF	12.50
Silken sichuan S + P tofu with wilted asian greens with spiced black vinegar topped with spicy chilli jam	
<b>EDAMAME</b> V / GF / NO GO / NF	8.00
Steamed and salted whole green soya beans	
<b>WHITE MISO SOUP</b> V / GF / NF	6.00
Made with vegetable stock, white miso paste, spring onion, wakame and silken tofu	
<b>FALAFEL AND BEETROOT HUMMUS</b> V / GF / NF	11.50
Housemade chickpea falafel accompanied with pickled beetroot, roast beetroot hummus and black Aleppo garnish	
<b>GREEN GYOZA DUMPLINGS</b> V / NF	12.50
Vegetable gyozas seared in a pan while steaming - Served with tamari dipping sauce	
<b>BBQ MUSHROOM BAO BUN</b> V / NF	8.50
Fluffy steamed bao bun, filled with Chinese barbaque mushrooms, cucumber, pickled carrot, spring onion, shredded wombok and coriander.	

## BOWLS / SALADS

<b>BURRITO BOWL</b> V / GF / NF	20.00
Spicy Mexican black beans and sweet potato in a tomato and chipotle sauce, with avocado, brown rice, jalapeno salad, charred corn, coriander and sour cream	
<b>MEDITERRANEAN BOWL</b> V / GF / NF	20.00
Roasted lebanese eggplant, millet tabouli, pink pickled turnips, dill cucumber and cherry tomato salad, drizzled with tahini sauce and pomegranate seeds	
<b>MOROCCAN QUINOA SALAD</b> V / GF / NGO / NFO	19.50
Ras el hanout spiced quinoa, broccoli, baby carrots, sugar snap peas, golden raisins, almond feta, mint, parsley, preserved lemon, pumpkin seeds, pistachios, dressed in a light lemon vinaigrette,	

### MENU KEYS:

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

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>THAI GREEN CURRY</b> V / GF / NF	19.00
A spicy green curry with tempeh, broccoli, lotus root, cauliflower, choy sum, baby corn and bamboo shoot in a lemongrass, kaffir lime and coconut milk broth with basil and chilli - add vegan roti or rice	
<b>JUNGLE MADNESS</b> V / GF / NF	20.50
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	
<b>NASI GORENG</b> 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	
<b>GREEN SISTER STIR-FRY</b> V / GF / NO GO ON REQUEST / NF	20.50
All green super-food - Gai lan (Chinese broccoli), wombok, bok choy, choy sum, tofu, bean shoots, tamari sauce and fresh ginger - Served with brown rice * choose from tahini (No GO), karami or satay sauce (Almond based and soy free)	
<b>SPICY BLACK BEAN UDON NOODLE SISTER STIR-FRY</b> V / NF	20.00
Gailan, shitake, spring onion, carrot, sugar snaps and tofu. Stir fried in a spicy Chinese black bean sauce, with black sesame and snowpea tendrils and topped with spicy sriracha sauce	
<b>GNOCCHI</b> V	20.50
Freshly made potato gnocchi cooked in a smoky roasty red capsicum and tomato sauce, topped with almond feta, olives and fresh roquette	
<b>JACK BLACK BURGER</b> V / NF	20.50
Slow cooked jackfruit, house made bbq sauce, asian slaw and pickled gerkins, on a vegan charcoal bun and served with potato fries	
<b>SMOKED TOFU BURGER</b> V / NF	20.50
House marinated tofu, kimchi, vegan cheese, sliced tomato, grilled pumpkin, fresh greens and sriracha mayo on a vegan brioche bun and shichimi fries	

## SIDES

Tofu or Tempeh	4.00
Asian Slow	4.00
Green Veg / Asian Greens	4.00
Side of Potato Fries	4.00
Housemade Kimchi	4.50
Almond Feta	4.50

### 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.

## DESSERTS

<b>CHOCOLATE TART</b> V / GF / NFO	13.50
House made dark chocolate and sour cherry tart, with roasted hazelnuts and coffee cream	
<b>RAW MANGO AND PASSIONFRUIT CHEESECAKE</b> 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	
<b>SORBET OF THE DAY - 2 SCOOPS</b> V / GF / NF	8.00

AS A 100% PLANT BASED RESTAURANT,

SISTER OF SOUL IS PROUD TO BE

PART OF ONE OF THE BIGGEST

SOCIAL CHANGES IN THIS WORLD.

People choose a plant based lifestyle for many reasons - ethical / health or environmental.

What we eat can impact our mood and be attributable the growing number of allergies people suffer from. Sister of Soul is sensitive to this, with a menu that is plant based, celiac friendly and low fodmap.

We aim to highlight how wholesome / nourishing and flavoursome plant based food can be without harming our fellow sentient beings, and lower our carbon footprint.



## WINES \* All wines are vegan friendly

### WHITE WINE

Garagiste Le Stagiaire Chardonnay, Mornington Peninsula - VIC  
 Mahana Gravity Sauvignon Blanc - NZ (organic)  
 Babo Pinot Grigio, Friuli - Italy  
 Bannockburn Riesling, Geelong - VIC

### ROSE WINE

Luke Lambert Rose - Yarra Valley - VIC

### RED WINE

Some Young Punks Shiraz/Cab, Clare Valley - SA  
 Mount Macleod Pinot Noir, Gippsland - VIC  
 Laughing Jack Shiraz, Barossa Valley - SA  
 SYP Squids Fist Sangiovese / Shiraz, Clare Valley - SA

### SPARKLING WINE

Babo Prosecco, Friuli - Italy

## BEERS / CIDER \* All beers / ciders are vegan friendly

Furphy Refreshing Ale - VIC  
 Stone and Wood Pacific Ale - NSW  
 Moon Dog Lager - VIC  
 Coopers Pale Ale - SA  
 Little Creatures Pale Ale - WA  
 Cascade Light - Tasmania  
 Feral Hop Hog IPA - WA  
 The Hills Apple Cider - SA

## APERITIFS AND DIGESTIVES

Pimms  
 Aperol  
 Mr Black Cold Pressed Coffee Liqueur

GLASS	BOTTLE
10.50	50.00
11.50	53.00
11.00	50.00
10.50	50.00

GLASS	BOTTLE
10.00	48.00

GLASS	BOTTLE
10.50	49.00
11.00	50.00
10.00	45.00
10.50	49.00

GLASS	BOTTLE
12.00	50.00

BOTTLE
7.50
9.50
8.50
8.00
9.00
7.00
10.00
9.50

## COCKTAILS

### MOCHA MARTINI V

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 V

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

### VEGAN WHISKEY SOUR V

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 V

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

### APEROL SPRITZ V

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

### DARK AND STORMY V

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

### MOJITO V

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

### PIMMS PUNCH V

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

## SPIRITS \* All spirits / aperitifs / digestives are vegan friendly

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

## COFFEE / CHOCOLATE / ELIXIRS

16.00	Coffee by St.Ali - Black	4.00
	<b>Almond Mylk Hot Chocolate Elixir</b>	6.50
	<b>Vegan Chai</b> by 'Chai Boy' made with Bonsoy	5.50
	* Bonsoy or Decaf	+ .50
	* Rebel Mylk	+ 1.00
	* Almond Mylk	+ 1.00
	<b>Magic Mushroom</b> - A combination 15 different medicinal mushrooms, maca, cacao, mesquite, vanilla, cayenne pepper and spun with Almond Mylk	7.50
12.00	<b>LSD</b> - Dandelion Latte with Bonsoy and a dash of maple syrup	6.50
	<b>Haldi Ka Doodh (Golden Latte)</b> - Spiced remedy drink spun with Almond Mylk	7.00
	<b>Spiced Carrot Latte</b> - Think carrot cake.... but infinitely better, with Almond Mylk	7.00
12.00	<b>Larson and Thompson Teas</b>	4.50
	English Breakfast Tea, Jasmine Pearls, Peppermint, Lemongrass & Ginger8	

## JUICES - COLD PRESSED \* All juices are made in house fresh daily

	<b>Watermelon Crush</b> - Watermelon, Orange, Strawberries, Mint	7.50
	<b>Immunity</b> - Orange, Apple, Carrot, Ginger	7.50
	<b>Orange</b> - Nothing but Oranges	7.00

## SMOOTHIES \* All smoothies are RAW / V / GF

12.00	<b>AB &amp; J</b> - Strawberries, Almond Butter, Banana, Pea Protein, Hemp Seeds, Almond Milk	12.00
	<b>Green O Colada</b> - Pineapple, Banana, Baby Spinach, Spirulina, Dessicated Coconut, Chia Seeds, Coconut Water	12.00
	* Add Vegan Pea Protein / Maca / Spirulina / Cacao Nibs / Goji Berries / Hemp Protein	+1.00

## FIZZY DRINKS / HEALTH DRINKS

8.50	Coke, Diet Coke	4.50
8.50	Capi - Lemonade, Ginger Beer or Sparkling Mineral Water	4.50
10.00	Remedy Kombucha Ginger Berry - 100% natural and organic	7.00
8.00	Remedy Kombucha Original - 100% natural and organic	7.00
8.00		
9.50		
10.00		
8.50		
8.00		