

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

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	12.50
Crispy polenta chips, cauliflower puree, sage, and cashew parmesan	
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	
EDAMAME V / GF / NO GO / NF	8.00
Steamed and salted whole green soya beans	
SPRING ROLLS V / NF	10.50
With fresh lettuce, cucumber, herbs, pickled and a punchy Nam Jim dipping sauce	
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.	

NUTRITIONAL BOWLS

BURRITO BOWL V / GF / NF	19.00
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	
BIBIMBAP NUTRITION BOWL V / GF / NF	18.50
Traditional Korean bowl served with marinated tofu, kimchi, salted cucumber, bean shoots, pickled carrot and daikon, shiitake mushrooms, seaweed salad and brown rice. Topped with shredded nori and bibi hot sauce (teriyaki sauce if you don't like it spicy)	
FALAFEL BOWL V / GF	19.00
Housemade falafels, braised cauliflower, roast capsicum and walnut dip, baked lima beans, zucchini ribbon tomato and pickled cucumbers,	
SATAY TEMPEH BOWL V / GF / NGO / NFO	19.00
An abundance of Thai marinated tempeh, roasted capsicum, edamame, broccoli, braised japanese raddish, red cabbage pickle, carrot, spinach and quinoa. Topped with our signature almond based satay sauce,	
MAHALO POKE BOWL V / GF / NGO / NFO	18.50
A modern vegan fusion Hawaiian white rice bowl. Topped with teriyaki tofu, edamame, seaweed salad, fresh shredded carrot, avocado, house made kraut, pickled red cabbage, and broccoli	

MENU KEYS:

V = VEGAN, NO GO = NO GARLIC ONION,

NF = NUT FREE, GF = GLUTEN FREE, RAW = RAW FOOD ENJOY! .

We accept Debit, Visa and Mastercard - Please note: a surcharge applies to all card 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	18.50
Soy bean tempeh in a thick rich curry, with eggplant, lotus root, broccoli, carrots, potato, bean shoots and fresh coriander - add vegan roti or rice + 4.00 EACH	
MIXED UP VEG THAI STIR FRY V / GF / NF	19.50
An array colourful and vibrant veggies, with gailan, cauliflower, carrot, shiitake mushrooms and age dashi tofu. Served with house made almond satay sauce and jasmine rice	
SISTER'S SINGAPORE NOODLES V / GF / NF / NO GO	18.50
Curry spiced noodle stir fry, with tofu, bok choy, shitake mushrooms, carrot and snow peas. Served with bean shoots, Vietnamese mint, basil, sesame seeds and fresh chili	
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	
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 (Almond based and soy free)	
SEVEN VEG LASAGNA V / NF	19.00
Packed with zucchini, pumpkin, mushrooms, eggplant, rainbow chard and spinach. Layered with our home style tomato sauce and creamy vegan bechamel. Served with balsamic dressed winter vegetable and pepita salad	
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	
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 potato fries	
OLD SCHOOL VEGAN BURGER V / NF	19.50
Mushroom and lentil pattie smothered in cheese sauce, with fresh tomato, leaves, mustard, pickled zucchini and shallots on a sesame brioche bun. Served with fries	
BLACK DHAL V / GF / NF	16.50
A light curry with black eyed beans, black lentils, sweet potato and peas simmered in a tomato, coconut and tamarind. Served with cumin poppadoms and a cucumber, mint, tomato, radish and sumac salad add vegan roti or rice + 4.00 EACH	
SIDES	
Tofu or Tempeh	4.00
Asian Slaw	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

CHOCOLATE TART V / GF / NFO	13.50
House made dark chocolate and sour cherry tart, with roasted hazelnuts and coffee cream	
RAW MIXED BERRY CHEESECAKE V / GF / RAW	13.00
A swirl of blueberry and raspberry, made with coconut cream, activated cashews and dates, on a almond, vanilla and coconut crust. Served with mixed berry puree, coconut flakes and strawberries	
STICKY DATE PUDDING V / NF	12.00
Warm banana, date and spelt flour cake, drowned in date butterscotch sauce with french vanilla gelato and a dash of not-honeycomb	

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 Gravitau 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
 Adelaide Hills Orange bitters
 Dry Vermouth

GLASS	BOTTLE
10.50	50.00
11.50	53.00
11.00	50.00
11.00	50.00

GLASS	BOTTLE
11.00	55.00

GLASS	BOTTLE
10.50	49.00
11.00	50.00
11.00	50.00
11.50	50.00

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.

APPLE CRUMBLE V

Spiced rum, apple and lemon juice, aqua faba, dash of maple and complete with a cinnamon and cookie crumble rim.

NEGRONI V

MGC Gin, Adelaide Hills Orange Bitters and Dry Vermouth.

VEGAN WHISKEY SOUR V

Maker's Mark, Lemon Juice, Aqua faba and a dash of maple syrup. Shaken to fluffly 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.

MULLED WINE V

Hot, spiced and delicious. This mix of red wine, apple juice, cointreau, brandy and cinnamon will warm your hands and belly.

MOJITO V

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

HOT TODDY V

Spiced rum, fresh lemon juice and maple syrup. Infused with chai tea, cinnamon, star anise and lemon round to garnish.

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

COFFEE / CHOCOLATE / ELIXIRS

Coffee by St.Ali - Black	4.00
Mork Almond Mylk Hot Chocolate Elixir	6.50
Vegan Chai by 'Chai Boy' made with Soy Milk	5.50
* Soy or Oat	+ .50
* Rebel Mylk	+ 1.00
* Almond Mylk	+ 1.00
Magic Mushroom - A combination 15 different medicinal mushrooms, maca, cacao, mesquite, vanilla, cayenne pepper and spun with Almond Mylk	7.50
LSD - Dandelion Latte with Soy and a dash of maple syrup	6.50
Haldi Ka Doodh (Golden Latte) - Spiced remedy drink spun with Almond Mylk	7.00

Larson and Thompson Teas

English Breakfast Tea, Jasmine Pearls, Peppermint, Lemongrass & Ginger

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

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

SMOOTHIES * All smoothies are / V / GF

AB & J - Strawberries, Almond Butter, Banana, Pea Protein, Hemp Seeds, Almond Milk	12.00
Green O Colada - Pineapple, Banana, Baby Spinach, Spirulina, Desiccated Coconut, Chia Seeds, Coconut Water	12.00
Pure Gold - Turmeric, Ginger, Cardamon, Allspice, Mango, Banana, Apple Juice, Lime, Goji Berries, Rebel Mylk	12.00
* 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 Ginger Berry - 100% natural and organic	7.00
Remedy Kombucha Original - 100% natural and organic	7.00