

SISTER OF SOUL

BREAKFAST MENU UNTIL 3PM

BLUEBERRY AND ACAI SMOOTHIE BOWL RAW / V / GF / NFO	16.00
Unique blend of organic acai, blueberries, and topped with Sister's cacao granola, banana, shredded coconut and goji berries	
TROPICAL ESCAPE SMOOTHIE BOWL RAW / V / GF	16.50
Escape to the tropics with this blend of mango, banana and coconut water. Topped with fresh mango, passionfruit, buckini, coconut, kiwi fruit and strawberries	
BIG VEGAN V / GF OPTIONAL / NF	17.50
House marinated tofu, avocado, wilted spinach, potato and rosemary rosti, tomato corn and coriander salsa, with sisters plum sauce and multigrain toast	
SALTED CARAMEL AND APPLE PANCAKE GF / V / NF	16.50
Topped with fresh raspberries, caramelised apple, pop corn, and salted caramel sauce	
* Add specially made vegan hazelnut gelato + 3.00	
COCONUT PANDAN CHIA PUDDING V / GF / NFO	15.00
Coconut and pandan soaked chia, fresh berries, passionfruit, kiwi fruit, buckini, raw hazelnut and drizzled with maple syrup	
NOT-TELLA CRUMPETS V	15.50
Dr Marty's crumpets, covered in housemade Notella, served with fresh banana, strawberries, specially made hazelnut gelato	
RAINBOW BREKKIE BOWL V / GF / NFO	18.00
A healthy combination of quinoa, black eyed bean and olive tabouli with avocado, smoked almonds, linseed, kale, rainbow pickle, rocket salad and smashed zucchini	
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	14.50
Roasted spiced pumpkin with dukkah, feta (almond feta available), wild rocket, pomegranate vinaigrette and served on multigrain toast	
* Add a free range poached egg + 3.00	
SISTER'S BIG BREAKFAST ON SOURDOUGH TOAST GFO / NF	19.50
Eggs, - Poached, scrambled or fried Served with mushrooms, baby spinach, roasted tomatoes, spring onions, potato and rosemary rosti and tomato chutney	
CHORIZO BLUE CORN BREKKIE TACOS V / NF	15.50
Two blue corn tacos, filled with house made chorizo sausage, kale, avocado, caramelised onion, capsicum, corn, covered in a chipotle mayo with a side of jalapenos	
PEA AND HALLOUMI FRITTERS GF / NF	16.50
Served on a green pea puree, with pickled beetroot and freshly picked nasturtiums	
* Add a free range poached egg + 3.00	
SOURDOUGH OR MULTIGRAIN TOAST NF	6.00
With Cottage industry preserves and butter (Gluten free +2.50)	
FREE RANGE EGGS - on Sourdough toast	10.00

SIDES

Extra egg or Marinated Tofu	3.00
Potato and rosemary rosti, spinach or roasted tomatoes	4.00
Chorizo sausage, avocado, mushrooms, or house made almond feta	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
Your choice of rosemary, sea salt and tomato sauce or Shichimi pepper spice, sea salt and house made sweet chili sauce	
SWEET POTATO FRIES V / GF / NF	10.00
Seasoned rosemary and sea salt and served with house made sour cream	
NASU SHIGI YAKI V / GF / NO GO / NF	10.50
Deep-fried eggplant with red miso sauce	
OKONOMIYAKI NF	11.50
Mixed vegetable japanese pancake, covered with kewpie mayo, tonkatsu sauce and spring onions	
TERIYAKI TOFU SKEWERS V / GF / NF	11.50
Marinated and lightly spiced tofu skewers served with a japanese side salad, a goma dressing and fresh ginger	
VIETNAMESE STYLE SPRING ROLLS V / NF	9.50
With crispy lettuce, Vietnamese mint and nuoc cham dipping sauce	
GOBI PAKORA V / GF / NF	9.50
Indian style battered cauliflower, served on Kasundi, topped with coconut chutney and coriander	
EDAMAME V / GF / NO GO / NF	6.00
Steamed and salted whole green soya beans	
WHITE MISO SOUP V / GF / NF	4.50
Made with vegetable stock, white miso paste, spring onion, wakame and silken tofu	
RED LENTIL DAHL VO / NF	13.50
Served with Malaysian flat bread and yoghurt raita	
GRILLED MEXICAN CORN V / GF / NFO	10.00
grilled corn on the cob, coated in a chipotle mayo, cashew cheese, smoked paprika, with fresh lemon and coriander	
GREEN GYOZA DUMPLINGS V / NF	11.50
Vegetable gyoza's seared in a pan while steaming - Served with tamari dipping sauce	

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, 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	
WARM MOROCCAN CARROT AND BEETS NO GO	16.50
Oven roasted dutch carrot & baby beetroots, dusted with Ras El Hanout (the king of spices) and served with pearl cous cous, currants, almonds, rocket and a beetroot laban smear	
SUPER FUSION SALAD VO / NO GO / 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	
CHINESE FIVE SPICED EGGPLANT, TOMATO AND TOFU SALAD V / GF / NF	15.50
Deep fried eggplant, tossed with salted black beans, crispy tofu, tomatoes and herbs, covered with a sweet and sour five spiced dressing and crispy shallots	

NOTICE:

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 Amerx transactions and 50c surcharge for transactions under \$10 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

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please note a 10% surcharge applies on public holidays

MAINS

MASSAMAN CURRY V / GF / NF	17.50
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 + 2.50	
JUNGLE MADNESS V / GF / NF	18.00
Spicy Thai jungle curry stir fried baby corn, capsicum, baby mushrooms, funghi, lime leaves and Asian greens, fresh chili and steamed jasmine rice	
SISTERS'S SINGAPOREAN NOODLES VO / GF / NO GO / NF	17.00
Curry spiced rice noodle stir fry with egg, bokchoy, carrot, snowpeas and tofu. Served with papaya, bean shoot, ginger, fresh chili and fresh herbs	
RAWSAGNA V / GF / RAW	18.50
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	18.00
All green super-food - Gai lan (Chinese broccoli), wombok, bok choy, fresh tofu, tamari sauce and fresh ginger - Served with brown rice	
* choose from tahini (no GO), karami or satay sauce	
MIXED UP SISTER STIR-FRY V / GF / NO GO ON REQUEST / NF	18.00
Like our Green Sister this super-food includes, capsicum, zucchini, cauliflower, bean shoots, tempeh and tamari sauce - Served with brown rice	
* choose from tahini (no GO), tofu (no GO) or satay sauce	
OM-MAZING YELLOW CURRY VO / GF / NF	17.50
Indian spiced curry, with peas, chana dal and tumeric fried potatoes. Served with jasmine rice, papdums and labne	
GNOCCHI V / NF	18.00
Specially made gnocchi with roasted pumpkin, spinach, house made almond feta and basil oil. Gnocchi never tasted sooo good	
BIG BURRITO VO / NF	17.50
Mexican black beans, avocado, cheddar cheese, quinoa, finely cut fresh vegetables, jalapeño and homemade tomato and corn salsa - Served with a side salad	
NACHOS V / GF / NF	17.00
Delicious melted cheese, sour cream, guacomole, grilled corn, radish and Sister's sweet potato and black bean sauce	
JUMPING JACK BURGER V / GF / NF	18.50
Slow cooked pulled jackfruit, house made bbq sauce, asian slaw, and pickled gerkins - Served with sweet potato chips	
SOUL BURGER NO GO ON REQUEST / NF	17.50
Crumbed tempeh burger with a free range egg, lettuce, tomato, pumpkin, Spanish onion, cheddar cheese, beetroot and balsamic relish - Served with potato fries	
VIETNAMESE PHO V / GF / NF	17.50
Fragrant spiced lemongrass soup, with rice noodles, bean sprouts and bok choy. Topped with fresh herbs, lemon wedge, chilli and vietnamese marinated grilled tofu	
ADD TOFU, TEMPEH, ASIAN SLAW, GREEN VEG OR POTATO FRIES	+ 4.00
DESSERTS	
NOT SO ROCKY ROAD V	12.50
House made vegan marshmallows, cherry jelly, fresh strawberries, dark chocolate ganache with chocolate dirt and sprinkled with toasted almonds and coconut	
BLACK STICKY RICE V / GF / NF	11.50
Steamed black sticky rice and coconut milk topped with caramelized coconut and served with a scoop of the sorbet of the day	
RAW ACAI AND BERRY CHEESECAKE V / GF / RAW	12.00
Served with salted pistachio crumb and a blueberry and acai puree	
PURE GOLD V	12.50
A golden meringue with vegan madarin and lemon curd, olive oil pastry, fresh mandarins, raspberries, and sprinkled with golden dust	
SORBET OF THE DAY - 2 SCOOPS V / GF / NF	8.00



WINES

WHITE WINE

	GLASS	BOTTLE
De Luliis Chardonnay, Hunter Valley - VIC	9.50	43.00
Madame Chardonnay, Beechworth - 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 Reisling, 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
Ngeringa Shiraz - Mount Barker Summit - SA		50.00
Some Young Punks Shiraz/Cab, Clare Valley - SA	10.50	49.00
Exopto Bozeto de Exopto, Tempranillo/Garnacha, Rioja - Spain		60.00

SPARKLING WINE

	GLASS	BOTTLE
Babo Prosecco, Friuli - Italy	12.00	50.00

JUGS

Sangria	25.00
Pimms	25.00
Mojito	25.00

BEERS

TAP

Doss Blockos Pale lager - VIC
Stone and Wood Pacific Ale - NSW
Coopers Pale Ale - SA
Little Creatures Pale Ale - WA
Cascade Light - Tasmania
Brooklyn Lager - USA
Corona - Mexico

CIDERS

Cheeky Rascal Apple Cider - Vic
Lick Pier Ginger Beer - Vic

SPIRITS

Absolut Vodka	8.00
Gordon's Gin	8.00
Tanqueray Gin	8.50
Canadian Club	8.00
Johnny Walker Red	8.00
Bacardi Rum	7.50
Havana Club Dark Rum	9.50
Maker's Mark Bourban	8.50
Jose Cuervo Traditional Tequila	8.00
St Remy Brandy	7.50

APERITIFS AND DIGESTIVES

Pimms	9.50
Campari	8.50
Aperol	7.00

COFFEE / CHOCOLATE / ELIXIRS

Coffee by St.Ali - Black or White Coffee	3.80
* 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 - Please ask staff for brew method	4.50
Hot Chocolate Elixir - Hazelnut (think Ferrero Rocher) or Coconut Milk (think Bounty)	6.50
Soy 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
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

Good Morning Tea, Earl Grey, Jasmine Pearls, Peppermint, Lemongrass & Ginger, Yunnan Oolong, White Peony	4.00
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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

Blueberry Bliss - Blueberries, Banana, Cacao Nibs, Dates, Almonds, Coconut Water, Coconut Flakes, Chia Seeds	9.50
Choco Go-Go - Cacao powder, Banana, Mint, Vanilla Protein Powder, Hazelnut Milk	9.50
Berry Booster - Mixed berries, Coconut Milk, Maca, Protein Powder, Cacao Nibs, Goji Berries and Chia Seeds,	9.50
Banana Bulk - Banana, Peanut Butter, Dates, Cacao Nibs, Macca Powder, Cinnamon, Coconut Flakes, Milk	9.50
The Alkaliser - Pineapple, Lemon, Mint, Coconut Water and Fennel	9.50
Mango Kaffir Lime - Mango, Kaffir syrup, Coconut Milk	9.50
* 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	+ 1.00

FIZZY DRINKS / HEALTH DRINKS

Coke, Diet Coke	4.50
Capi - Lemonade, Ginger Beer or Sparkling Mineral Water	4.50
Mojo Raspberry Passion Kombucha - 100% natural and organic	7.00
Passionfruit Applelacha - passionfruit flavoured apple cider vinegar drink	7.50