

SISTER OF SOUL

BREAKFAST MENU UNTIL 3PM

CACAO KAPOW!	RAW / V / GF / NFO	16.00
A healthy sugar free blend of cacao powder, frozen banana, dates and soy milk . Topped with fresh bananas, strawberries, raw nut crunch granola, buckini and cacao nibs		
BIG VEGAN	V / GF OPTIONAL / NF / NO GO ON REQUEST	17.50
House marinated tofu, avocado, wilted spinach, potato and rosemary rosti, tomato corn and coriander salsa, with sisters plum sauce and multigrain toast		
CARROT (PAN)CAKE	GF / V / NO GO / NFO	16.50
A sweet take on the traditional cake - a spiced buckwheat pancake, with an apple, sultana and carrot compote, walnuts and orange flavoured coconut yoghurt		
	<i>* Add specially made vegan pistachio gelato</i>	+ 3.00
GOLDEN PORRIDGE	V / GF / NO GO / NFO	16.00
A healthy, hearty bowl of creamy rice flake porridge, with warming fresh tumeric and ginger, enriched with flaxmeal, topped with an orange, date and vanilla compote, walnuts and maple syrup		
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 BREKKIE BOWL	V / GF / NFO	18.00
A healthy combination of quinoa, black eyed bean and olive tabouli with, walnuts, linseed, kale, rainbow pickle, roquette salad and smoked hommus		
SMASHED AVOCADO ON SOURDOUGH TOAST	VO / GF OPTIONAL / NF	16.00
Avocado, feta (almond feta available), cherry tomatoes, fresh basil and black aleppo		
	<i>* Add a free range poached egg</i>	+ 3.00
MIDDLE EASTERN SMASHED PUMPKIN	VO / GF OPTIONAL / NFO	14.50
Roasted spiced pumpkin with dukkah, feta (almond feta available), wild rocquette, pome-granite vinaigrette and served on multigrain toast		
	<i>* Add a free range poached egg</i>	+ 3.00
SISTER'S BIG BREAKFAST ON SOURDOUGH TOAST	GF OPTIONAL / NF / NO GO ON REQUEST	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		
SISTER'S GRILLED HALLOUMI BREKKIE BURGER	NF / NO GO ON REQUEST	15.50
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		
	<i>* Add a free range fried egg</i>	+ 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 Rosemary Rosti	4.00
Roasted Tomatoes or Mushrooms	4.50
Housemade Kimchi, Almond Fetta, or 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
Your choice of rosemary, sea salt and tomato sauce or Shichimi pepper spice, sea salt and house made sweet chili sauce		
POLENTA JENGA	V / GF / NF OPTIONAL	10.00
Crispy polenta chips, celeriac puree, sage, and cashew parmasen		
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 / NO GO	9.50
Indian style battered cauliflower, served on Kasundi, topped with coconut chutney and corriander		
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		
SOUTH INDIAN DAHL MAKHANI	VO / NF	15.00
Spiced urad lentil and dark red kidney bean dahl, drizzled with coconut cream, served with roti and garden salad		
FALAFAL AND SMOKED HOMMUS	V / GF / NF	10.50
Housemade fragrent falafal accompanied with smoked hommus, beetroot pickle and black aleppo garnish		
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 parmasen		
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
PAPAYA SALAD	V / GF / NFO / NO GO	17.00
Fresh papaya salad, with fresh cucumbers, cherry tomatoes, asian herbs, with a lemon-grass and lime dressing and roasted maple spiced cashews		
	add marinated tofu or soy nuggets	+3.00
SUPER FUSION SALAD	VO / 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		
ROOTS AND ALL WINTER SALAD	VO / NO GO / NF / GF	17.00
Roasted japanese pumpkin, beetroot and parsnip, spiced with cumin and mustard seeds. with wilted kale, pickled celeriac, pepitas, sunflower seeds and orange blossom labne		

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 Amex 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

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please note a 10% surcharge applies on public holidays

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		
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, and roast sweet potato, Served w crispy rice crackers and steamed white rice		
NASI GORENG	V / GF / 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		
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, choi sum, tofu, tamari sauce and fresh ginger - Served with brown rice		
	<i>* choose from tahini (No GO), karami or satay sauce (Soy Free)</i>	
UDON NOODLE SISTER STIR-FRY	V / NF	18.00
A beautiful bowl of udon noodles, stir fried king brown mushrooms, choi sum, crispy soy nuggets, an array of vibrant veggies in a garlic, ginger, hot sriracha teriyaki sauce. Topped with black sesame and snow pea tendrils		
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		
GNOCCI	V	18.50
Specially made gnocchi served with a classic napoli sauce, roast pumpkin, spinach, house made almond feta and basil oil		
BIG BURRITO	VO / NF	17.50
Mexican black beans, avocado, cheddar cheese, brown rice, 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		
JACK BLACK BURGER	V	18.50
Slow cooked jackfruit, house made bbq sauce, asian slaw and pickled gerkins, on a vegan charcoal bun and served with sweet potato chips		
ZEN BURGER	NO GO / NF	18.50
Panko crumbed eggplant, seaweed & carrot salad, red shiso pickled cucumber, tomato & kewpie mayo served on a toasted potato flour bun. Shichimi fries and washu mayo		
VEGAN MISO RAMEN	V / NF	18.50
Delicious egg free ramen noodles, enoki mushrooms, corn kernels, bamboo shoot, wom-bok, spring onion, ginger, marinated tofu in a vegetable miso broth. Served with nori, chilli and sesame oil and shichimi pepper		

DESSERTS

CHOCOLATE TART	V / GF / NFO	12.50
House made dark chocolate and sour cherry tart, with roasted hazelnuts and coffee cream		
IF YOU LIKE PINA COLADAS	V / NF	11.50
Rum soaked pineapple, sponge cake, dehydrated cherries on a cloud of coconut foam		
BERRY PASSIONATE RAW CHEESECAKE	V / GF / RAW	12.00
Layered raw passionfruit and raspberry cheesecake, served with passionfruit jam, strawberries and coconut flakes		
LAVENDER DREAMS	V	11.00
Luscious lavender cream covered cake, made with spelt flour, sultanas, walnuts, zucchini and cinnamon. Served with garden flowers and rose kissed grapes		



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 Riesling, 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
Mornington Peninsula IPA - VIC
Corona - Mexico

CIDERS

The Hills Apple Cider - SA
Lick Pier Ginger Beer - Vic

SPIRITS

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

APERITIFS AND DIGESTIVES

Pimms
Campari
Aperol

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

* All smoothies are RAW / V / GF	
Cherry Ripe - Cacao powder, Cherries, Banana, Desiccated Coconut, Hazelnut Milk	10.50
Strawberry Cornetto - Strawberries, Banana, Chia Seeds, Cacao Nibs, Coconut Milk	10.50
The Incredible Bulk - Banana, Hemp Seeds, Pea Protein Powder, Baby Spinach, Chia Seeds, Spirulina, Almond Milk	11.00
Pure Gold - Turmeric, Ginger, Cardamon, Allspice, Mango, Banana, Apple Juice, Lime, Goji Berries, Coconut Milk	10.50
Acai Superfood - Acai, Mixed Berries, Banana, Dates, Desiccated Coconut, Chia Seeds, Coconut Water	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