

SISTER OF SOUL

STEP INTO THE LIGHTNESS : VEGAN FARE

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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	11.00
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	

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	19.50
Housemade falafels, braised cauliflower, roast capsicum and walnut dip, baked lima beans, zucchini ribbon tomato and pickled cucumbers,	
SATAY TEMPEH BOWL V / GF / NFO	19.50
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 POKÉ 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	19.00
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, 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)	
XO ROLLED NOODLE STIR-FRY V / NF	19.50
Fresh rolled rice noodle stir fry in a spicy XO sauce, with shiitake mushrooms, carrot, choy sum, snow peas and jackfruit. Topped with fresh coriander and crisy shallots	
SEVEN VEG LASAGNE V / NF	19.50
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	
SPAGHETTI BOLOGNESE V / NFO	19.50
Rich and hearty bolognese with celery, carrot, mushroom, herbs and textured vegetable protein, cooked in a red wine and tomato sauce, topped with cashew parmesan, basil and EVOO	
RAINBOW TEMPEH BURGER V / NF / NO GO	19.50
Crumbed tempeh schnitzel, with a beetroot relish, tomato, carrot, mixed leaves and sour cream, served in a beetroot brioche bun. Served with fries	
OLD SCHOOL VEGAN BURGER V / NF /	19.50
Mushroom and lentil pattie with a cheese sauce, 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	
	+ 4.00 EACH
SIDES	
Tofu or Tempeh	4.00
Green Veg / Asian Greens	4.00
Side of Potato Fries	4.00
Housemade Kimchi	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 BROWNIE V / GF	13.00
Decadent dark chocolate brownie, salted caramel hazelnuts, smashed raspberries and french vanilla gelato	
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	
TIRAMISU V / NF	13.50
An Italian classic made vegan. Coffee, chocolate liqueur dipped sponge cake, layed with vegan mascapone and dusted with organic cocoa powder	

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	10.50	50.00
Bannockburn Sauvignon Blanc - VIC	11.50	53.00
Babo Pinot Grigio, Friuli - Italy	11.00	50.00
Bannockburn Riesling, Geelong - VIC	11.00	50.00

ROSE WINE

Luke Lambert Rose - Yarra Valley - VIC	11.00	55.00
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RED WINE

Some Young Punks Shiraz/Cab, Clare Valley - SA	11.00	50.00
Mount Macleod Pinot Noir, Gippsland - VIC	11.00	50.00
Laughing Jack Shiraz, Barossa Valley - SA	11.00	50.00
SYP Squids Fist Sangiovese / Shiraz, Clare Valley - SA	11.50	50.00

SPARKLING WINE

Babo Prosecco, Friuli - Italy	12.00	50.00
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BEERS / CIDER * All beers / ciders are vegan friendly

Furphy Refreshing Ale - VIC	7.50
Stone and Wood Pacific Ale - NSW	9.50
Moon Dog Tropical Lager - VIC	9.00
Coopers Pale Ale - SA	8.00
Little Creatures Pale Ale - WA	9.00
The Hills Apple Cider - SA	9.50

APERITIFS AND DIGESTIVES

Pimms	9.50
Aperol	7.00
Mr Black Cold Pressed Coffee Liqueur	9.50
Adelaide Hills Orange bitters	9.50
Dry Vermouth	9.50

COCKTAILS

MOCHA MARTINI V	16.50
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	16.00
Spiced rum, apple and lemon juice, aqua faba, dash of maple and complete with a cinnamon and cookie crumble rim.	

NEGRONI V	19.00
MGC Gin, Adelaide Hills Orange Bitters and Dry Vermouth.	

VEGAN WHISKEY SOUR V	16.00
Maker's Mark, Lemon Juice, Aqua faba and a dash of maple syrup. Shaken to fluffy perfection and served with a twist of orange.	

BLACKBERRY BRAMBLE V	15.00
Refreshing summer time cocktail of Gordon's Gin, cold pressed lemon juice and blackberry liqueur .	

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

TOMMY'S MARGARITA V	16.50
Tequila, cold pressed lime juice, agave, served on ice and with a salt rim	

MOJITO V	14.00
Muddled mint and lime, Havana Club White Rum and a dash of sugar topped with soda. Match made in Heaven.	

ROSÉ SANGRIA V	15.00
Rosé wine, raspberry liqueur, watermelon, strawberry and topped with lemonade	

BOURBON ICED TEA V	16.00
Maker's Mark Bourbon, Lavender Syrup, lemon and Earl Grey Tea	

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 Bourban	8.50
Jose Cuervo Traditional Tequila	8.00

COFFEE / CHOCOLATE / ELIXIRS

Coffee by St.Ali - Black	4.00
* Soy or Oatly	+ .50
* Coconut Mylk	+ 1.00
* Almond Mylk	+ 1.00

Mork Almond Mylk Hot Chocolate Elixir	6.50
Vegan Chai 'Māyā Chai' by Alex. Spun with Soy Milk	5.50

Magic Mushroom - A combination 15 different medicinal mushrooms, maca, cacao, mesquite, vanilla, cayenne pepper and spun with Almond Mylk	7.50
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LSD - Dandelion Latte with Soy and a dash of maple syrup	6.50
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Haldi Ka Doodh (Golden Latte) - Spiced remedy drink spun with Almond Mylk	7.00
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Larson and Thompson Teas	4.50
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
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Immunity - Orange, Apple, Carrot, Ginger	7.50
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Orange - Nothing but Oranges	7.00
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SMOOTHIES * All smoothies are / V / GF

Blueberry Bliss - Blueberries, Banana, Spinach,Coconut, Maple Syrup, Chia, Hemp Seeds, Coconut Mylk	12.00
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Apple Pie - Apple, Banana, Almond Butter, Spice Mix, Protein Powder, Almond Mylk	12.00
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Pure Gold - Tumeric, Ginger, Cardamon, Allspice, Mango, Banana, Apple Juice, Lime, Goji Berries, Coconut Mylk	12.00
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* Add Vegan Pea Protein / Maca / Spirulina / Cacao Nibs / Goji Berries / Hemp Protein	+1.00
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FIZZY DRINKS / HEALTH DRINKS

Coke, Diet Coke, Lemon Lime Bitters	4.50
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Capi - Lemonade, Ginger Beer or Sparkling Mineral Water	4.50
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Remedy Kombucha Ginger Lemon - 100% natural and organic	7.00
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Remedy Kombucha Peach - 100% natural and organic	7.00
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