

# SISTER OF SOUL

## STEP INTO THE LIGHTNESS : VEGETARIAN / VEGAN FARE

73 ACLAND STREET, ST.KILDA, MELBOURNE, 3182 ☎ 9593 8550

📍 [www.facebook.com/sisterofsoulstkilda/](https://www.facebook.com/sisterofsoulstkilda/) @sister\_of\_soul

📷 @sisterofsoul\_stk\_rich / stkilda@sisterofsoul.com.au

please note a 15% surcharge applies on public holidays

## BREAKFAST MENU UNTIL 3PM

**SISTER'S ONE BIG BREAKFAST** V / GFO / NF / NO GO ON REQUEST 21.00

Big breakfast with scrambled tofu, roasted mushrooms, avocado, tomato kasundi, potato and sweet potato rosemary rosti, wilted spinach and sourdough toast. (Gluten free +2.50)

**APPLE CRUMBLE PANCAKE** V / GF / NO GO 19.50

Buckwheat pancake, topped with stewed apples, crumble made with almonds, walnuts, coconut and hemp seeds, topped with cinnamon gelato

**CHOC RIPPLE PORRIDGE** V / NO GO 19.50

Warming oats, sweetened with dates and cooked with cacao, chia seed and soy milk, topped with a raspberry sauce, fresh banana, maple syrup and cacao nibs

**SMASHED AVOCADO** V / GFO / NFO 17.00

Freshly smashed avocado, with roasted tomato, almond and cashew feta topped with red aleppo and basil oil. Served on sourdough toast (Gluten free +2.50)

**SOURDOUGH OR MULTIGRAIN TOAST** V / GFO / NF 7.00

Served with vegan butter and jam or vegemite (Gluten free +2.50)

## SIDES

Kasundi	3.50
Scrambled Tofu or Marinated Tofu	4.00
Wilted Spinach	4.00
Potato and Sweet Potato Rosemary Rosti	4.00
Roasted Tomato	4.50
Mushrooms	5.00
Housemade Kimchi	5.00
Almond Feta	5.00
Avocado	5.00

## 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 13.50

Crispy polenta chips, cauliflower puree, sage, and cashew parmesan

**VIETNAMESE STYLE SPRING ROLLS** V / NF 12.00

With fresh lettuce, cucumber and herbs, pickled veg and a punchy Nam Jim dipping sauce

**EDAMAME** V / GF / NO GO / NF 8.50

Steamed and salted whole green soya beans

**GREEN GYOZA DUMPLINGS** V / NF 12.50

Vegetable gyozas seared in a pan while steaming - Served with tamari dipping sauce

## NUTRITIONAL BOWLS

**BIBIMBAP NUTRITION BOWL** V / NF / GFO 19.50

Traditional korean bowl served with marinated tofu, kimchi, salted cucumber, bean shoots, pickled carrot and daikon, shiitake mushrooms, seaweed salad, brown rice and topped with shredded nori and bibi hot sauce

**SUPER FUSION SALAD** V / GF / NF / NO GO 18.50

Red and White quinoa, blanched broccoli and cauliflower, edamame, goji berries, pepitas, sunflower seeds, parsley, coriander and karami dressing

## SIDES

Tofu or Tempeh	4.50
Broccoli or Asian Greens or Mixed Veg	4.50
Side of Potato Fries	4.50
Housemade Kimchi	5.00
Almond and Cashew Feta or Avocado	5.00
Avocado	5.00

## MAINS

**THAI GREEN CURRY** V / GF / NF 20.50

A spicy green curry with tempeh, broccoli, lotus root, cauliflower, choi sum, baby corn and bamboo shoot in a lemongrass, kaffir lime and coconut cream broth with basil and chilli

add vegan roti or rice + 4.00

**NASI GORENG** V / GF OPTIONAL / NF 19.50

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 20.50

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 (Soy Free)

**XO ROLLED NOODLE STIR-FRY** V / NF 20.50

Fresh rolled rice noodle stir fry in a spicy XO sauce with shiitake, carrot, choy sum, snow peas and jackfruit. Topped with fresh coriander and crispy shallots

**TOFU TIKKA MASALA** V / GF / NF 18.50

A spicy South Indian dish of tofu, black lentils, potato and peas simmered in a rich coconut and tomato curry. Served with cumin poppadoms, and a refreshing cucumber, tomato, radish and sumac salad

add vegan roti or rice +4.00

**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 extra virgin olive oil

**BIG BURRITO** V / NF 20.50

Spicy Mexican black beans, sweet potato, avocado, cheddar cheese, brown rice, finely cut fresh vegetables, jalapeño and homemade tomato and corn salsa - Served with a side salad

**RAINBOW TEMPEH BURGER** V / NF / NO GO 20.50

Crumbed tempeh schnitzel, with a beetroot relish, tomato, carrot, mixed leaves and sour cream, served in a beetroot brioche bun. Served with potato fries

**MISO UDON NOODLE BROTH** V / NF 19.50

Thick udon noodles, bok choy, carrot, wakame, shiitake mushroom, silken tofu, menma and spring onion in a hearty miso broth. Topped with spring onion, and shichimi

## DESSERTS

**STICKY DATE PUDDING** V / NFO / NO GO 13.00

Warm banana and date spelt flour cake, covered in date butterscotch sauce with cinnamon gelato and a sprinkle of nut crumble

**RAW CHERRY RIPE CHEESECAKE** V / GF / RAW 13.00

Cherry and chocolate swirl cashew cheesecake, sour cherry sauce, house made raw chocolate and coconut

## MENU KEYS:

V = VEGAN, VO = VEGAN OPTION AVAILABLE, NO GO = NO GARLIC ONION,  
NF = NUT FREE, NFO = NUT FREE OPTIONAL GF = GLUTEN FREE, RAW = RAW FOOD ENJOY!

## NOTICE - ALLERGIES / DIETARIES, PLEASE LET US KNOW

Please inform the 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 and Mastercard. A 1.4% surcharge applies to all card transactions  
We do not split bills and there are no variations to the menu during busy service periods and weekends - thank you

## WINES

### WHITE WINE

	GLASS	BOTTLE
Garagiste Le Stagiaire Chardonnay - VIC V	10.50	50.00
Bannockburn Sauvignon Blanc, Geelong - VIC V	11.50	53.00
Nunc Pinot Gris, Yarra Valley - VIC V	11.00	50.00
Bannockburn Riesling, Geelong - VIC V	11.00	50.00

### ROSE WINE

	GLASS	BOTTLE
Murdoch Hills Rose - Adelaide Hills - SA V	11.00	50.00

### RED WINE

	GLASS	BOTTLE
Voyager Estate 'Girt by Sea' Cab / Merlot, Margaret River - WA V	11.00	50.00
Mount Macleod Pinot Noir, Gippsland - VIC V	11.00	50.00
Laughing Jack Shiraz, Barossa Valley - SA V	11.00	50.00
SYP Squids Fist Sangiovese / Shiraz, Clare Valley - SA V	11.50	50.00

### SPARKLING WINE

	GLASS	BOTTLE
Babo Prosecco, Friuli - Italy V	12.00	50.00

## COCKTAILS

<b>MOCHA MARTINI</b> V	17.00
A devastatingly smooth combo of Mr Black Cold Pressed Coffee liqueur, Dark Chocolate Mozart, Absolut Vodka and fresh espresso. Thoroughly shaken and topped with a dusting of chocolate	

<b>RUM CHAI</b> V	16.50
Warm up with our housemade chai on soy and made better with spiced rum, dash of maple syrup, complete with cinnamon and orange twist	

<b>VEGAN WHISKEY SOUR</b> V	17.00
Maker's Mark, lemon juice, and a dash of maple syrup. Shaken to fluffy perfection and served with a twist of orange	

<b>SOUTHSIDE</b> V	18.00
Gin, lime juice, sugar syrup and fresh mint	

<b>TOMMY'S MARGARITA</b> V	18.00
Tequila, cold pressed lime juice, agave, served on ice and with a salt rim	

<b>APEROL SPRITZ</b> V	14.00
Aperol and Prosecco topped with a dash of soda water and a slice of orange	

<b>NEGRONI</b> V	19.50
Gin, Adelaide Hills Orange Bitters, Dry Vermouth and a twist of orange. Simple and intoxicating	

<b>MOJITO</b> V	16.00 for single / 40.00 for Jug
Muddled mint and lime, white Rum and a dash of sugar topped with soda.	

<b>PIMM'S PUNCH</b> V	14.00 for single / 35.00 for Jug
Lemon, cucumber, mint and strawberry immersed in a mix of Pimm's, lemonade and dry ginger ale	



## BEERS

\* All beers, ciders, spirits, aperitifs and digestives are vegan friendly

### BOTTLE

Furphy Refreshing Ale - VIC	8.00
Stone and Wood Pacific Ale - NSW	9.50
Moon Dog Lager - VIC	9.50
Coopers Pale Ale - SA	8.50
Little Creatures Pale Ale - WA	9.00
Cascade Light - TAS	7.00
Corona - Mexico	9.50

## CIDERS

The Hills Apple Cider - SA	9.50
Napoleone Pear Cider - VIC	10.50

## SPIRITS

Absolut Vodka	8.50
Gordon's Gin	8.50
Melbourne Gin Company	10.00
Canadian Club	8.00
Johnnie Walker Red	8.00
Bacardi White Rum	9.50
Sailor Jerry's Spiced Rum	10.00
Maker's Mark Bourbon	8.50
Jose Cuervo Traditional Tequila	8.00

## APERITIFS AND DIGESTIVES

Pimm's	9.50
Adelaide Hills Orange Bitters	9.50
Aperol	7.00
Mr Black Cold Pressed Coffee Liqueur	9.50

## COFFEE / CHOCOLATE / ELIXIRS

Coffee by St.Ali - Black	4.00
* Oat, Soy or Decaf	+ .50
* House Made Almond Mylk or House Made Coconut Mylk (raw)	+ 1.50
* House Made Hazelnut Mylk (raw)	+ 2.00

<b>Filter Coffee</b> - Batch Brew	4.00
<b>Mork Hot Chocolate Elixir</b> - Hazelnut (think Ferrero Rocher) or Coconut Mylk (think Bounty)	6.50
<b>Vegan Chai</b> - Māyā Chai by Alex	5.50
<b>Magic Mushroom</b> - A combination of 15 different medicinal mushrooms, maca, cacao, mesquite, vanilla, cayenne pepper and spun with Hazelnut Mylk	7.50
<b>LSD</b> - Dandelion Latte with Soy 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

<b>Larson and Thompson Teas</b>	4.50
English Breakfast Tea, Earl Grey, Jasmine Pearls, Peppermint, Lemongrass & Ginger	

## JUICES - COLD PRESSED

\* All juices are made in-house fresh daily

<b>Green</b> - Kale, Spinach, Cucumber, Lime, Apple, Coconut Water, Spirulina	8.00
<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
<b>Apple</b> - Nothing but Apples	7.00

## SMOOTHIES

\* All smoothies are V / GF

<b>Blueberry Bliss</b> - Blueberries, Banana, Spinach, Coconut, Maple Syrup, Chia, Hemp and Coconut Mylk	12.50
<b>Apple Pie</b> - Apple, Banana, Almond Butter, Spice mix, Protein Powder, Soy Milk	12.50
<b>Green O Colada</b> - Pineapple, Banana, Baby Spinach, Spirulina, Dessicated Coconut Chia Seeds, Coconut Water	12.50
<b>Pure Gold</b> - Turmeric, Ginger, Cardamon, Allspice, Mango, Banana, Apple Juice, Lime, Goji Berries, Coconut Mylk	12.50
<b>Mango Lassi</b> - Mango, Cold Pressed Apple Juice, Maple Syrup, Coconut Mylk	11.50
* Add Vegan Pea Protein / Maca / Spirulina / Cacao Nibs / Goji Berries / Hemp Protein	+1.00

## FIZZY DRINKS / HEALTH DRINKS

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