

SISTER OF SOUL

STEP INTO THE LIGHTNESS : PLANT BASED FARE

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10% surcharge applies on weekends

20% surcharge applies on public holidays

AS A 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 including ethical, health or environmental.

What we eat can impact our mood and be attributable to the growing number of allergies and intolerances people suffer from.

We divert several tonnes of waste and coffee grinds away from landfill to the St Kilda Veg Out Community Gardens to enrich the soil and help locals grow veggies, fruit and herbs. Definitely worth a visit!

STARTERS FROM 12 NOON

POTATO FRIES V / GF / NF / NO GO	10.00
Sprinkled with rosemary and sea salt. Served with a side of tomato sauce	
OKONOMIYAKI V / NF	13.00
Vegan twist on classic Japanese pancake. Packed with pumpkin, cabbage and zucchini. Drizzled with tonkatsu sauce and vegan mayo. Finished with fresh spring onion and nori powder	
POLENTA JENGA V / GF / NF OPTIONAL	14.00
Four pieces of crispy polenta chips, cauliflower puree, sage, and cashew parmesan	
VIETNAMESE STYLE SPRING ROLLS V / NF	10.50
Four pieces of crispy deep-fried spring rolls and served with a punchy Nam Jim dipping sauce	
PANKO EGGPLANT BAO BUN V / NF / NO GO OPTIONAL	8.50 EACH
Soft and fluffy bao bun filled with panko crumbed eggplant, shredded wombok, carrot daikon pickle, nori powder, spring onion and a tangy yuzu mayo	
NASU DENGAKU V / NF / GF / NO GO OPTIONAL	12.50
A classic Japanese dish of decadent red miso glazed eggplant, grilled and garnished with toasted sesame and spring onion	
EDAMAME V / GF / NF / NO GO	6.00
Steamed and salted whole green soya beans	
GREEN GYOZA DUMPLINGS V / NF	13.00
Four pieces of vegetable gyoza steamed then seared in a pan and served with a black vinegar and tamari dipping sauce	

NUTRITIONAL BOWLS

BIBIMBAP NUTRITION BOWL V / NF / GF OPTIONAL	23.50
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	
* add free range fried egg	+4.00
ROAST VEG BARLEY BOWL V / NF OPTIONAL / SOY FREE	23.50
Thyme roasted sweet potato, turnips and zucchini with wilted kale. Accompanied with creamy hummus, scented pearl barley and toasted walnuts. Drizzled with an orange and maple dressing	
CHINESE EGGPLANT AND CHAR SOBA BOWL V / NF	23.50
A warm bowl of fried eggplant, bean curd, fresh tomato, salted black bean, and coriander, tossed together with an infused Chinese five spice sweet and sour black vinegar dressing. Finished with crispy fried shallots and fresh chili	
SATAY TEMPEH BOWL V / GF	27.00
An abundance of Thai marinated tempeh, roasted capsicum, broccoli, pickled red cabbage, fresh carrot, and quinoa. Topped with our signature house-made almond satay	

SIDES

Tofu or Tempeh	6.00
Side of Potato Fries	6.00
Housemade Kimchi	6.50
Almond and Cashew Feta	6.50
Avocado	6.00
Asian Greens	9.00

MAINS

THAI RED CURRY V / GF / NF	24.00
A warming and rich coconut cream and chili curry, served with pineapple, potato, green beans, bamboo shoots and fresh cherry tomatoes and white rice. Topped with crispy tempeh and Thai basil	
* add vegan roti	+ 4.50
NASI GORENG V / NF / GF OPTIONAL	23.00
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 free range fried egg	+4.00
GREEN SISTER STIR-FRY V / GF / NF / NO GO OPTIONAL	24.50
All green superfood – 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 almond satay sauce (Soy Free)	
CURRY LAKSA V / NF	22.50
A traditional aromatic Malaysian curry, made with coconut milk, lemongrass, garlic and chilli, served with hokkien noodles, fresh tofu, eggplant, carrot and broccoli. Topped with crispy bean shoots, fresh tomato and coriander	
MEE GORENG V / NF	23.00
Indonesian stir-fried chow mein noodles, in a mildy spiced and sticky sauce with tofu, carrot, capsicum and shiitake. Garnished with fresh bean shoots and crispy fried shallots	
TOFU TIKKA MASALA V / GF / NF	21.50
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	+4.50
LINGUINE BOLOGNESE V / NF OPTIONAL	24.50
Rich and hearty Bolognese with celery, carrot, mushroom, herbs, textured vegetable protein. Cooked in a red wine and tomato sauce, topped with cashew parmesan, fresh basil and EVOO	
BLACK BEAN BURRITO V / NF	23.50
Authentic spiced black bean burrito, with grilled capsicum, corn, spinach and short-grain rice, wrapped in a tortilla. Covered with a chipotle and tomato sauce and served with avocado, pickled jalapenos and a fresh apple, carrot and cabbage slaw	
SATAY SOUL BURGER V	23.50
A crunchy crumbed tempeh pattie burger, layered with chili mayo, lettuce, carrot, pickled onion and coriander, with our house-made almond satay sauce. Served in a brioche bun and with a side of fries	

DESSERTS

MANGO STICKY RICE V / GF / NF	12.00
Thai style glutinous rice, served with a sweet and salty pandan coconut cream, mango gelato and puffed black rice	
BISCOFF AND TAMARIND CHEESECAKE V	12.00
A tangy and sweet coconut and cashew mylk cheesecake swirled with sour tamarind. Garnished with delicious biscoff biscuit and salted caramel	
JAFFA CAKE V / NF	12.00
Chocolate and orange marmalade cake, orange and vanilla cream, sprinkled with dehydrated orange	

MENU KEYS:

V = VEGAN, NO GO = NO GARLIC ONION, GF = GLUTEN FREE, NF = NUT FREE

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 * All wines are vegan-friendly

WHITE WINE

Toolangi Chardonnay, Yarra Valley – VIC	13.00	58.00
Bannockburn Sauvignon Blanc, Geelong – VIC	13.50	58.00
Quealy Pinot Grigio, Balnarring – VIC	13.00	58.00
Bannockburn Riesling, Geelong – VIC	13.00	58.00

ROSE WINE

Lambert Crudo Rose, Yarra Valley – VIC	13.00	58.00
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RED WINE

Voyager Estate ‘Girt by Sea’ Cab / Merlot, Margaret River – WA	13.00	58.00
Garagiste Le Stagiaire Pinot Noir, Mornington Peninsula – VIC	13.00	58.00
Laughing Jack Shiraz, Barossa Valley – SA	13.00	58.00
Spinifex Grenache, Barossa Valley – SA	13.00	58.00

SPARKLING WINE

Babo Prosecco, Friuli – Italy	13.00	58.00
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BEERS / CIDERS * All beers, ciders and spirits are vegan-friendly

BOTTLE / CAN

Furphy Refreshing Ale – VIC	9.50
Stone and Wood Pacific Ale – NSW	11.00
Moon Dog Lager – VIC	11.50
Mornington Pale Ale – VIC	11.00
Cascade Light – TAS	9.00
Corona – Mexico	11.00
Balter IPA – QLD	12.50
The Hills Apple Cider – SA	10.50
Napoleone Pear Cider – VIC	12.50

SPIRITS

Absolut Vodka	9.50
Gordon’s Gin	9.50
Melbourne Gin Company	11.00
Canadian Club	9.00
Johnnie Walker Red	9.00
Bacardi White Rum	10.00
Sailor Jerry’s Spiced Rum	11.00
Maker’s Mark Bourbon	9.50
Jose Cuervo Traditional Tequila	9.50

MOCKTAILS

KILLING THYME Incredibly refreshing, prepared with house-made thyme and ginger syrup, lemon juice and soda water	9.50
SISTER’S COLADA Creamy, fresh and well rounded. Made with pineapple and orange juice, coconut syrup, lime juice with a pinch of cinnamo and blended with ice	11.00
SWEET PASH A little sweet, a little tart with a hint of bitterness. Passionfruit syrup, lime juice, with a dash of tonic and garnished with a lime twist	10.00
VIRGIN MOJITO / VIRGIN MARY All the goodness of the traditional drinks, minus the booze	9.50

*All mocktails can be boozed up, just ask the team



COCKTAILS * All cocktails are vegan-friendly

MOCHA MARTINI A devastatingly smooth combo of Mr Black Cold Brew Coffee Liqueur, Mozart Dark Chocolate, Absolut Vodka and fresh espresso. Thoroughly shaken and topped with a dusting of chocolate	19.00
BLOODY MARY Say it three times without fear ‘cause Mary’s gone vegan!! Vodka, tomato juice, tabasco, vegan worcestershire, horseradish, lemon, salt and pepper	18.50
PASSIONFRUIT MARGARITA A margarita that has a spicy kick and is refreshing and tingly all at once. House-made passionfruit syrup, jalapenos, tequila, lime juice. Served on ice	21.00
SMOKY MEZCAL SOUR The spicy-sweet fig-ginger syrup rounds out the smoky mezcal and bright lemon juice in this cocktail	20.00
VEGAN WHISKEY SOUR Vegan twist on a classic cocktail. Maker’s Mark, lemon juice and a dash of maple syrup. Shaken to fluffy perfection and served with a twist of orange	18.50
TOMMY’S MARGARITA Tequila, lime juice, agave. Served on ice and with a salt rim	20.00
APEROL SPRITZ Aperol and Prosecco topped with a dash of soda water and a slice of orange	16.50
NEGRONI Gin, Adelaide Hills orange bitters, dry vermouth and a twist of orange. Simple and intoxicating	21.50
APPLE CRUMBLE Spiced rum, apple and lemon juice, and dash of maple syrup. Complete with a cookie crumble rim and dusted with cinnamon	19.50
MOJITO Muddled mint and lime, white rum and a dash of sugar. Topped with soda	17.0 for Single / 45.0 for Jug
LYCHEE MOJITO It’s everything you love from the classic...now with lychees. Muddled mint and lime, white rum and lychees. Topped with soda	19.50
SOUTHSIDE Gin, lime juice, sugar syrup and fresh mint	20.00
PIMMS JUG – 1 litre Cucumber, lemon, mint and strawberry immersed in a mix of Pimm’s, lemonade and dry ginger ale	45.0

COFFEE / CHOCOLATE / ELIXIRS

Coffee by St Ali – Black	4.70
Coffee by St Ali – With Soy, Oat or Dairy	4.90
* Decaf	+ 0.50
* House-Made Almond Mylk (raw) or Coconut Mylk	+ 1.50
Filter Coffee - Batch Brew / Cold Brew	4.90
Vegan Chai – Maitri Chai made by Sister of Soul	7.00
* House-Made Almond Mylk (raw) or Coconut Mylk	+ 1.50
Hot Chocolate – Choose your favourite mylk	6.50
Matcha Latte – Traditional Japanese Green Tea Leaves. Spun with Soy Mylk and a dash of maple syrup. Dusted with Cinnamon and 70% Mork Chocolate	6.50
Magic Mushroom – A combination of 8 different medicinal mushrooms, maca, cacao, mesquite, vanilla and cayenne pepper. Spun with Almond Mylk	7.50
LSD – Dandelion Latte. Spun with Soy Mylk and a dash of maple syrup	6.50
Haldi Ka Doodh (Golden Latte) – Spiced turmeric remedy drink. Spun with Almond Mylk	7.00

Teas by St Ali

English Breakfast, Earl Grey, Sencha Green, Peppermint, Lemongrass & Ginger	4.50
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JUICES – COLD PRESSED * All juices are made in-house fresh daily

Up-Beet – Beetroot, Celery, Apple, Pineapple, Ginger, Coconut Water	8.00
Watermelon Crush – Watermelon, Orange, Strawberries, Mint	8.00
Immunity – Orange, Apple, Carrot, Ginger	8.00
Orange – Nothing but Oranges	7.50

SMOOTHIES * All smoothies are V / GF

Green Oasis – Spinach, Mango, Pineapple, Apple Juice, Maca Powder, Coconut Water	13.00
Kickstarter – Banana, Cacao, Shot of Coffee, Protein Powder, Dates, Chia Seeds and Soy Mylk	13.00
AB & J – Strawberries, Banana, Almond Butter, Protein Powder and Soy Mylk	13.00
Pure Gold – Mango, Banana, Apple Juice, Goji Berries, Turmeric, Allspice, Ginger, Cardamon, and Coconut Water	13.00
* Add Vegan Protein / Maca / Spirulina / Goji Berries / Hemp Seeds	+1.00

FIZZY DRINKS / HEALTH DRINKS

Coke, Diet Coke or Lemon Lime Bitters	5.00
Capi – Lemonade, Ginger Beer or Sparkling Mineral Water	5.00
Buchi Kombucha Ginger Turmeric – 100% natural and organic	7.50
Buchi Kombucha Hibiscus Galangal – 100% natural and organic	7.50