

SISTER OF SOUL

STEP INTO THE LIGHTNESS : VEGAN FARE

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please note a 15% surcharge applies on public holidays

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 including ethical, health or environmental.

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

Sister of Soul is sensitive to this by catering to a wide variety of dietaries.

Our goal is to highlight how delicious and nourishing plant based food can be - all while lowering our carbon footprint, and without harming our fellow sentient beings.

STARTERS FROM 12 NOON

POTATO FRIES V / GF / NF / NO GO	9.00
Sprinkled with rosemary and sea salt. Served with a side of tomato sauce	
OKONOMIYAKI V / NF	13.50
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	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	
SALT AND PEPPER TOFU V / GF / NF	11.50
Silken sichuan S + P tofu with wilted asian greens, spiced black vinegar and topped with spicy chilli jam	
MISO SOUP V / GF / NF	6.00
A nourishing bowl of Shiro miso, silken tofu, wakame seaweed, spring onion and a dash of sesame oil	
EDAMAME V / GF / NO GO / NF	9.50
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 and brown rice. Topped with shredded nori and bibi hot sauce	
EGGPLANT AND CHA SOBA BOWL V / NF	19.50
Crispy tofu and eggplant, fresh tomato, green beans, shiso and coriander with warm green tea noodles. Brought together with fermented black bean and spiced black vinegar dressing. Finished with fried shallots and red chilli	
AUTUMN BOWL V / GFO	18.50
Thyme roasted heirloom baby carrots, parsnip and kale. Served with hearty pearl barley, with a hint of lemon zest, smokey babaganoush, roasted pickled beetroot and middle eastern dukkha spice	
swap farro for quinoa	+ 2.00
SATAY TEMPEH BOWL V / GF	20.50
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	4.50
Broccoli or Asian Greens or Mixed Veg	5.00
Side of Potato Fries	5.00
Housemade Kimchi	5.50
Almond and Cashew Feta	5.50

MAINS

GOLDEN THAI CURRY V / NF	20.50
A mildly spiced coconut curry with turmeric, galangal and lemongrass. Served with potato, pineapple, bamboo, green beans, choy sum, tempeh, fresh basil and chilli	
add vegan roti or rice	+ 4.00
RED STIR FRY V / NFO / GF	21.00
Roast pumpkin, cashew, tofu, mushroom, gai lan and lotus root. Wok tossed in a vibrant, spicy red curry paste with Thai basil and fried shallots. Served with jasmine rice	
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	21.00
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 (Soy Free)	
XO ROLLED NOODLE STIR-FRY V / NF	21.00
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	21.00
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	21.00
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	
SATAY VEGGIE BURGER V	20.50
Housemade chickpea and veggie patty, layered with lettuce, tomato, shredded carrot, coriander, almond satay and sriracha mayo. Served in a toasted brioche bun with side of fries	

DESSERTS

STICKY DATE PUDDING V / NFO	13.00
Warm banana and date spelt flour cake, covered in date butterscotch sauce with cinnamon gelato and a sprinkle of nut crumble	
CHOCOLATE ROUGH CHEESECAKE V / GF	13.00
Dark chocolate and coconut baked cheesecake with vanilla frosting, coconut and chocolate shards and fresh berries	

MENU KEYS:

V = VEGAN, NO GO = NO GARLIC ONION, GF = GLUTEN FREE, GFO = GLUTEN FREE OPTIONAL
NF = NUT FREE, NFO = NUT FREE OPTIONAL, 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 * All wines are vegan friendly

WHITE WINE

Garagiste Le Stagiaire Chardonnay - VIC	11.00	51.00
Bannockburn Sauvignon Blanc, Geelong - VIC	12.00	54.00
Nunc Pinot Gris, Yarra Valley - VIC	11.50	52.00
Bannockburn Riesling, Geelong - VIC	11.50	52.00

ROSE WINE

Mount Macleod Rose - Gippsland - VIC	11.50	52.00
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RED WINE

Voyager Estate 'Girt by Sea' Cab / Merlot, Margaret River - WA	11.50	52.00
Garagiste Le Stagiaire Pinot Noir - VIC	11.50	52.00
Laughing Jack Shiraz, Barossa Valley - SA	11.50	52.00
SYP Squids Fist Sangiovese / Shiraz, Clare Valley - SA	12.00	55.00

SPARKLING WINE

Babo Prosecco, Friuli - Italy	12.50	55.00
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BEERS / CIDERS * All beers, ciders and spirits are vegan friendly

BOTTLE / CAN

Furphy Refreshing Ale - VIC	8.00
4 Pines Pacific Ale - NSW	9.50
Moon Dog Lager - VIC	9.50
Mornington Pale Ale - VIC	9.50
Cascade Light - TAS	7.00
Corona - Mexico	9.50
Balter IPA - QLD	12.00
The Hills Apple Cider - SA	10.00
Napoleone Pear Cider - VIC	11.00

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

GLASS BOTTLE

11.00	51.00
12.00	54.00
11.50	52.00
11.50	52.00

GLASS BOTTLE

11.50	52.00
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GLASS BOTTLE

11.50	52.00
11.50	52.00
11.50	52.00
12.00	55.00

GLASS BOTTLE

12.50	55.00
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COCKTAILS * All cocktails are vegan friendly

MOCHA MARTINI 18.00

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

BLOODY MARY 17.00

Say it three times without fear cause Mary's gone vegan!! Vodka, tomato juice, tabasco, vegan worcestershire, horseradish, lemon, salt and pepper

RUM CHAI 17.00

Warm up your day with our house-made chai on soy, made better with spiced rum and a dash of maple syrup. Complete with cinnamon and orange twist

GINGER'S LAST WORD 18.50

A classic cocktail with a ginger soul. Gin, green Chartreuse, Maraschino liqueur, lime and fresh ginger

VEGAN WHISKEY SOUR 17.50

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

TOMMY'S MARGARITA 19.00

Tequila, lime juice, agave, served on ice and with a salt rim

THAI STYLE MARGARITA 19.50

Spicy Margarita to get your tongue tingling. Tequila, lime juice, agave, Thai chilli and coriander. Served on ice

APEROL SPRITZ 16.00

Aperol and Prosecco topped with a dash of soda water and a slice of orange

NEGRONI 20.50

Gin, Adelaide Hills Orange Bitters, Dry Vermouth and a twist of orange. Simple and intoxicating

APPLE CRUMBLE 18.50

Spiced rum, apple and lemon juice, dash of maple syrup and complete with cinnamon and cookie crumble rim

MOJITO 16.50 for single / 40.00 for Jug

Muddled mint and lime, white Rum and a dash of sugar topped with soda

LYCHEE MOJITO 18.50

It's everything you love from the classic...now with lychees. Muddled mint and lime, white Rum, lychees topped with soda

SOUTHSIDE 19.00

Gin, lime juice, sugar syrup and fresh mint

PIMMS JUG - 1 litre 42.00

Cucumber, lemon, mint and strawberry immersed in a mix of Pimm's, lemonade and dry ginger ale -

COFFEE / CHOCOLATE / ELIXIRS

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

Filter Coffee - Batch Brew 4.00

Mork Hot Chocolate Elixir - Hazelnut (think Ferrero Rocher) or Coconut Mylk (think Bounty) 6.50

Vegan Chai - Māyā Chai by Alex 5.50

Magic Mushroom - A combination of 15 different medicinal mushrooms, maca, cacao, mesquite, vanilla, cayenne pepper and spun with Hazelnut Mylk 7.50

LSD - Dandelion Latte with Soy and a dash of maple syrup 6.50

Haldi Ka Doodh (Golden Latte) - Spiced remedy drink spun with Almond Mylk 7.00

Teas by Ali 4.50

English Breakfast Tea, Earl Grey, Sencha Green, Peppermint, Lemongrass & Ginger

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 V / GF

BB n' T - Blueberries, Brazil Nuts, Tahini, Banana, Maple Syrup and Coconut Mylk 12.50

Kickstarter - Banana, Cacao, Shot of Coffee, Protein Powder, Dates, Chia Seeds, Soy Mylk 12.50

Apple Pie - Apple, Banana, Almond Butter, Spice Mix, Protein Powder, Soy Mylk 12.50

Green O Colada - Pineapple, Banana, Baby Spinach, Spirulina, Dessicated Coconut, Chia Seeds, Coconut Water 12.50

Pure Gold - Mango, Banana, Apple Juice, Goji Berries, Turmeric, Allspice, Ginger, Cardamom and Coconut Mylk 12.50

* Add Vegan Protein / Maca / Spirulina / Goji Berries / Hemp Seeds +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