



SOULMAMA

GLOBAL VEGETARIAN CAFÉ

Starters

Haloumi Stack 14.5

Pan seared haloumi with cherry tomatoes, wilted spinach and a balsamic glaze (wgf) (cf) (ogf)

Warm Mediterranean Tart 10

Eggplant and spinach tart on a bed of rocket and drizzled with a tahini dressing (V) (cf)

Quinoa and Butternut Pumpkin Salad 15.5

With sage oil and baby spinach with optional tofu or fetta (wgf) (cf) (VO)

Japanese Gyoza 9.50

With a soy mirin and ginger dipping sauce (V) (cf)

Soy-valaki 14.50

Tender marinated soy strips and smokey onions wrapped up in a fresh flour tortilla. (V)

Pan seared Pumpkin and Black Bean Quesadilla 15.5

Topped with sour cream and guacamole (VO)

Potato Ricotta and Cashew Kofta's 11.5

With a spicy creamy tomato sauce

Mezze platter 25

A selection of house marinated olives, dip, and homemade bread (VO)

Hand Cut Sweet Potato Fries 9.5

With sweet chilli and sour cream (VO) (wgf)

Soulmama's Bowl of Fries 8.5

(V) (cf) (ogf) (wgf)

79-81 Fitzroy Street, St. Kilda VIC 3189

Tel: (03) 9534 5472

Web: www.soulmama.com.au

Mains

Indonesian Fried Rice 19

A hot and sour stir-fry with seasonal vegetables chilli lemongrass and tamarind. (wgf) (V)
Optional with shredded egg omelette **20**

Thai Green Laksa Noodles 19

Fresh asian greens and noodles in a mild Thai green laksa sauce. Topped with bean shoots and shallots (V)
Optional with tofu or tempeh **19**

Potato and Eggplant Rogan Josh 18.5

This famous spicy Kashmiri dish injected with Soul served with fresh tomato, coriander and ginger and poppadoms and pickles (VO) (wgf)

Soul Burger 18

Marinated portobello mushroom served in a house-baked focaccia bun with lashings of fresh greens and tomato and a side of fries (V)
Optional sweet potato fries **19**

Wild Mushroom Polenta Stack 18.5

With a fresh napoli and basil pesto (wgf) (cf) (VO)
With fresh shaved parmesan **19.5**

Moroccan chickpea and fennel Tagine 17.5

With cous cous yoghurt harissa and homemade flat bread (V)

Fajitas 22.5

A selection of tex mex goodies and fresh guacamole to wrap up in flour tortillas roasted on an open flame (VO)

Symbols: (V) Vegan, (VO) Vegan option, (wgf) Wheat and gluten free, (cf) Chilli free, (ogf) Onion and garlic free

Pizza

Roasted Eggplant Pizza 15

With house-made marinated labna and a fresh chermoula

Portobello Mushroom and Tomato Pizza 16.5

With fresh bocconcini and drizzled with basil pesto

Potato and Green Olive Tapenade Pizza 14.5

Finished with rosemary oil and sea salt (V)

Roasted Pumpkin Pizza 15.5

With roasted capsicum and pecorino mustard aolio

Caramelized Onion and Blue Cheese Pizza 16.5

With parmesan and rocket

DESSERT

Boca Nigra 12.5

“Black Mouth” cake served with macerated raspberries and mascarpone

Almond and Ginger Pudding 10.5

With poached rhubarb and vanilla custard (V)

Ameretto and Honey Double Chocolate Mousse 10.5

Served with an almond biscuit tuile

Soul's Sticky Date Pudding 10

Served with rich caramel sauce and vanilla ice cream (V)

Vanilla and Black Cherry Black Bottom Cream Pie 10

Mocha Truffle Sponge Finger Sandwich 11.5

With malt honey comb and double cream

Dessert Tasting Plate 29

Chef selection of desserts to share or not!

SoulMama's Own Ice Cream \$3 a scoop

Vanilla (V) Chocolate, Rhubarb and Vanilla Sorbet (V), Lemon and Thyme Sorbet (V),
Strawberry and Cointreau Sorbet (V), Malted Honey Comb Crunch (V)



SOUL MAMA

GLOBAL VEGETARIAN CAFÉ

Sparkling

NV Sasha Brut Sparkling 7 32

Pyrenees Vic *Sustainable viticulture practices*

Whites

Leeuwin Estate Riesling 35

Margaret River WA *Sustainable viticulture practices*

Wild Gully Dry White 6 30

King Valley Vic *Preservative free and vegan friendly*

Main Divide Pinot Gris 7 32

Multi Regional NZ *Organic in conversion (off dry)*

Kuku Sauvignon Blanc 8 40

Malborough NZ *Sustainable viticulture practices*

Deviation Road Sauvignon Blanc 37

Adelaide Hills SA *Sustainable viticulture practices*

Seresin Sauvignon Blanc 50

Malborough NZ *Biodynamic in conversion*

Red Shed Chardonnay 8 38

Yarra Valley Vic *Sustainable viticulture practices*

Pierro Semillon Sauvignon Blanc 'LTC' 55

Margaret Valley WA *Chemical free vineyards*

Jones Road Chardonnay 49

Mornington Peninsula Vic *Sustainable viticulture practices*

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Rose

Kangarilla Road 'Primi' Rose 8 40

McLaren Vale SA *Biodynamic in conversion*

Reds

Wilds Gully Dry Red 6 32

Yarra Valley Vic *Preservative free and vegan friendly*

Momo Pinot Noir 7 36

Marlborough NZ *Organic*

Mr Mundy Merlot 8 39

Heathcote Vic *Sustainable viticulture practices*

Wood Park Sangiovese 42

King Valley Vic *Chemical free vineyards*

Molly Dooker Maitre D' Cab Sauvignon 8 40

McLaren Vale SA *Sulphur free*

Granite Hills Shiraz 9 44

Macedon Ranges Vic *Organic and biodynamic in conversion*

Hewitson Miss Harry Rhone GSM 40

Barossa Valley SA *Organic and biodynamic in conversion*

Sweet G B

Pizzini Brachetto 35

King Valley Vic

Cocktails

Kiwi Mojito

Fresh The classic lime, mint and rum favorite delicately balanced against the tartness and texture of kiwi 18

'Allo Collins

Sweet and tart Juniper berries and aloe creating a sherbet experience in this perfect summer sipper 18

Lychee Bomb

Buzz and punch The classic 'Bomb' served long and twisted to add the flavor and texture of lychee and aloe 18

Ginger Sling

Oranges and cherries A fruity and sweet beginning gives way to a honeyed finger finish with delicious spicy overtones 18

Dirty Sanchez

Sweet and savory Macerated olives and tequila begin, travelling through lemon and vanilla, finishing with a chilli whip An experience! 18

French Hickory

Smokey The flavor of the roselle flower permeates through the warmth and sweetness of plums, oranges and cognac 18

Chilli Espresso Martini

Classic The added heat of the chilli infusion creating a new experience in this frothy topped caffeine charged number 18

Classic Martini

Shaken or Stirred 18

French Martini

Vodka, Chambord and pineapple juice 18

Margarita

Tequila, cointreau and fresh lemon juice 18

Champagne Cocktail

Bitters soaked sugar cube, topped with sparkling white wine 14

Long Island Ice Tea

Tequila, bacardi, gin, vodka, triple sec, lemon juice and coke 18

Cosmopolitan

Vodka, cointreau, cranberry juice and fresh lime 18

Caprioska

Vodka, fresh lime and raw sugar 18

Spirits

Vodka

Wyborowa 8 Absolut 9 Absolut Vanilla 9 Stolichnaya 9.5
Zubrowka 9.5 Grey Goose 11

Gin

Seagrams 8 Gordans 8 Tanqueray 9 Bombay Sapphire 9

Rum

Coruba 8 Bundaberg 8 Bacardi 8 Malibu 8 Captain Morgan 8
Matusalem Reserva 15 yo 11

Blended Scotch Whiskey

J&B Rare 8 Johnnie Walker Red 8.5 Chivas Regal 10 Johnnie Walker Black 9.5

Irish Whiskey

Jamersons 12 yo 9.5 Bushmills 10 yo 9.5

American Whiskey

Southern Comfort 8 Jim Beam White Label 8 Canadian Club 8.5
Jack Daniels 8.5 Wild Turkey 9 Makers Mark 9.5

Tequila

Sierra 8 Jose Cuervo Especial 9.5 Don Julio Blanco 11

Fortifieds

Penfolds Club Reserve 7 Hanwood 10 yo 8 Hardy's Cellar Reserve 8
Hanwood 12 yo 8 Galway Pipe 9
Stanton & Killeen Rutherglen Tawny 12 yo 8
Stanton & Killeen Rutherglen Muscat 12 yo 8
Stanton & Killeen Rutherglen Tokay 12 yo 8
Penfolds Grandfather 17

Cognac

Hennessy VSOP 13 Courvoisier VS 13 Chabot VS 13

Cider - Tap

Bulmers Original Cider Pot 480 Pint 8.5

Beer - Tap

Carlton Draught Pot 4.5 Pint 8
Beez Neez Pot 4.8 Pint 8.5
Pure Blonde Pot 4.8 Pint 8.5
Stella Artois Pot 4.8 Pint 8.5

Beer - Local

Boag's Light 5
Victoria Bitter 6
Crown Lager, Cascade Premium, Coopers Sparkling Ale, Coopers Pale Ale 7
Boag's Premium 7
Little Creatures Pale Ale 7.5
James Squire Amber Ale 8

Beer – Imported

Corona (Mexico), Heineken (Holland), Peroni (Italy), Becks (Germany) 8
Asahi (Japan) 9