

# SOULPOD



Scan this code to see what you can eat on our menu.



## BOWLS

### THE SOUL BOWL \*SIGNATURE DISH

Tempeh, biodynamic brown rice, seasonal salad greens & vegetables, pickled cabbage & our signature sauce

Add Avocado Hummus +6 | Almond Feta +3 | Cashew Cheese +3



18.5

### KETO | LOW FODMAP BOWL

Fired zucchini, Chinese greens, broccolini, kale, edamame, mint, mixed leaves, konjac noodles, warmed coconut & lime oil, kale & pepita pesto

Add grilled organic tempeh +7 | Salt & Pepper Tofu Bites +6

19

### ORGANIC CAULIFLOWER FRITTERS

Szechuan spiced organic cauliflower fritters, spicy kaleslaw, sprouting broccolini, watercress, kraut, avocado hummus, almond cheese and lime



19.5

### BLACKENED CORN & QUINOA FRITTERS

Baked pumpkin, roasted onion, watercress, cashew cheese

17.5



### SALT AND PEPPER TOFU

Spicy kaleslaw, broccolini, fired zucchini, avocado hummus, coriander, mint and watercress salad, roasted almonds and lime

18.5

### SLOW COOKED MEXI BEANS

Smokey, mildly-spiced, slow-cooked red kidney beans in rich tomato sauce, organic macro sourdough, almond feta, and green sauce

17.5

Add Blue Corn Chips +3 | Avocado +6

HEAVIER

BREAKFAST / BLUNCH

### VEGAN POACHED EGGS or SCRAMBLED TOFU 14

on organic macro sourdough

+ Avo (half)	6
+ Assorted grilled Silvan exotic mushrooms	6
+ Facon (2 pieces)	5
+ Sautéed spinach	4
+ Tomato confit	4
+ Mexi beans	6
+ Gluten free Strada bakery quinoa toast	2
+ Baked Pumpkin	4
+ Biodynamic Tempeh (grilled)	7

### EGGS BENNY 21

Two vegan poached eggs, spinach, tomato confit, English muffins, hollandaise, cress

### SOUL SMASHED AVOCADO HUMMUS 19

Zeally Bay macro sourdough, beetroot relish, mint, almond feta, hemp crunch, chilli, lime, balsamic glaze, cress

Add vegan poached egg +3

### WHOLEMEAL FERMENTED CRUMPETS 18.5

Seasonal organic fresh fruit compote, shiro miso salted caramel, coconut whip, toasted almonds, smashed chocolate coated honeycomb, Persian fairy floss

### PEANUT BUTTER & BANANA

### SMOOTHIE BOWL

Banana, peanut butter, chia seeds, hemp seeds, maca, buckinis, nuts, coconut

Add vegan protein powder +2

14.5

## THE SIN BIN



Yes we agree, these items are naughty..... but everybody needs a little bit of a naughty, don't they?

### THE POD BURGER

Vegan bun, patty, facon, tomato, cos lettuce, braised onions, dill pickles, mustard & ketchup, chips

17.5



### SOUL NACHOS

Stone ground blue corn tortilla chips, mexi-beans, house made cheese sauce, pickled cabbage

Add Avocado hummus + 3 | Tomato Confit + 4

19.5

### VSP TM

Shiitake mushroom meat, vegan cheese, sriracha sauce, bbq sauce, vegan garlic mayo and thick chips

14.5



### THICK CUT CHIPS

Himalayan salt, vegan mayo

Side 6.5 | Large 9

(kids 12 and under)

### CRISPY PLANT-BASED NUGGETS

with tomato sauce

6

### SPELT CROISSANT

with organic house made jam

6

### MINI SAUSAGE ROLLS (BUCKWHEAT)

4

### BOWL OF CHIPS

6

### CARROT FINGERS & CUCUMBER POTS

with hummus

4.5

### KID SIZED SMOOTHIES

7

### SOULPOD DELI

Our daily deli assortment is full of grab&go products developed specifically for you to eat on the run during your busy schedule or take home to enjoy.

Buckwheat sausage rolls, Toasties, Croissants, F.L.A.Ts, Open Tarts, Raw Desserts, Drinks and so much more. Please also feel free to enjoy any of these items in-house.

Soulpod have partnered with TLRT and will endeavour to accommodate requests for meals for guests who have food allergies or intolerances; however, there is always a risk of cross-contamination due to the potential of trace allergens in the working environment and supplied ingredients in our kitchen. We use products such as gluten, peanuts, other nuts, sesame seeds and capsicum and cannot guarantee a total absence of these products in any of our meals or products. Customers with food allergies must be aware of this risk. Soulpod will not assume any liability for adverse reactions from the food consumed, or items one may come in contact with whilst eating any of our products.



# HOT DRINKS

## ORGANIC COFFEE

Macchiato   Espresso   Ristretto	3.5
Piccolo Latte   Long Macchiato   Long Black   Magic	4
Latte   Cappuccino   Flat White	4   5
Bullet Proof with MCT Oil	5.5
Babycino	2
Extra Shot	+0.3
Bonsoy	+0.5
Coconut	+0.5
Almond	+1.0
Oat	+1.0
Organic Syrups	+0.5

**Mushroom Warrior Complex** + 1  
For an Additional Nutritional Boost A blend of mixed Medicinal Mushrooms that support heart health, brain function, mental acuity, physical performance, supports the balance of blood sugar and act as anti-inflammatories.

## SPECIALITY DRINKS

Wet Chai	5.5
Dry Chai by Luke	5.5
Dirty Chai - Chai with a shot of coffee	6
Golden Latte	5.5
Matcha Latte   Matcha Maple Latte	5.5
Dandelion Latte	5.5

## CHOCOLATE

MORK Hot Chocolate 50%	4   5
MORK Hot Chocolate Dark 85%	4   5
MORK Mocha	4.5   5.5
Carob Mushroom Warrior Hot Chocolate	5.5

## TEA

Organic Certified Teas By Yarra Valley Teas	4.5
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# ICED DRINKS

Iced Latte	6
Iced Mocha   Iced Chai	6.7
Add A Scoop Of Coconut Ice Cream	+ 2.5
Iced Chocolate with ice cream	8.5

## SMOOTHIES

<b>Choco-nana</b> (good for the soul) Banana, housemade chocolate syrup, coconut milk	12.5
<b>Miso Salted Caramel</b> (gut health & energy) Banana, Miso salted caramel, vegan choc coated popcorn, mesquite. whipped topping, soy milk	12.5
<b>Berry Blast</b> (immune boosting) Seasonal berries, banana, almond milk	12.5
<b>Green Latifah</b> (source of wholefood vitamin B12) Banana, spinach, raw prebiotic greens, superfood blend, almond milk	12.5
<b>Wild Blueberry</b> (heavy metal detox) Wild organic blueberries, banana, barley grass, spirulina, dulse flakes coconut water	13.5
<b>Add Ons</b> + 2	
Raw Cacao   Maca Powder   Plant Based Protein Powder   Peanut Butter   Spirulina   Chlorella   Barley Grass   Mesquite	

## FERMENTED SHOTS

<b>Turmeric (Immune Booster) 20ML</b> Turmeric boosts the immune system. Anti-inflammatory, anti-oxidant and supports brain function	3.2
<b>Ginseng, Ginkgo &amp; Brahmi (Memory &amp; Stamina) 20ML</b> Supports memory and concentration, increases energy levels, improves circulation	3.2
<b>Horseradish (Modulates Seasonal Allergies) 20ML</b> Supports hay fever and sinus conditions, anti-inflammatory, immune boosting	3.2

# ABOUT US

Organic fresh produce is always our first choice when available and of good quality. We source all of our organic, spray free, herbicide free and local fresh produce directly from our wonderful organic local suppliers.

All of our products are checked and nutritionally endorsed by 'Soulpod Nutrition' nutritionists.

Yes we do fry, but only in Rice Bran Oil and we finish with Organic Olive Oil.  
A 15% surcharge will apply on public holidays. We have no limits on split bills.

## SOME OF OUR VALUED SUPPLIERS & PARTNERS

Sweet Nectar | Zeally Bay Sourdough | Silvan King Oyster Mushrooms | Demeter Biodynamic | Rabbit Run Orphanage Rescue | Compassionate Kitchen | Strada Gluten Free Bakery | Rawlove Superfoods | The Vegan Dairy | Soulfresh Raw Materials | Spiral Foods | Melba Organic Coffee | MORK Hot Chocolate | Calmer Sutra | Feel Good Foods



[www.soulpodfoods.com.au](http://www.soulpodfoods.com.au)