



# The Rainbow-Silence-Heart



vegetarian eatery

## MENU

### Lunch through Dinner

*On a plate, in a box or chilled in tubs*

#### Daily inspirations 9.80 - 12.80 (V/ GF)\*

Meals taking inspiration from around the vegetarian world; it could be Thai Curry, Moussaka, Pea & Paneer Curry, Mexican Stuffed Capsicum...see chalkboard for today's

#### Salad Plate 6.50/ 8.00 (V/ GF)\*

Daily selection of salads always including Greek and Roasties but accompanied by a couple of others for example Chickpea shred; Kumara & Green Bean; CousCous... see display

#### Dips 7.50 (V) (GF +2.00)

Tunisian Spiced Carrot dip and Beetroot Hummus made here and served with thin slices of toasted Turkish bread, add a little Greek salad + 2.00

#### Dhal 8.00 (V/ GF)

Lightly spiced red lentil dhal with your choice of basmati or brown rice, raita OR chutney

#### Tofu Balls 10.30 (V/ GF)

Organic tofu blended with toasted sesame and sunflower seeds, carrot and leek, served with blanched bok choy and rice

#### Frittata 8.80

Made with free range eggs, fresh vegetables and herbs, served with choice of salad

#### Focaccia 8.30

Fresh pesto, sun-dried tomato paste, mushroom, fetta and olives toasted and finished off with roquette

#### Bliss Burger 8.80 (V)

Our home made pattie of brown lentils, peanuts, and vegetables, topped with carrot, beetroot, roquette and fresh tofu mayon- naise, sandwiched within a toasted Turkish roll

#### Lasagna Stack 9.80

5 layers of pumpkin, tomato, spinach, fresh basil and cottage cheese, topped with mozzarella and served with salad

#### Neatloaf 9.80 (WF)

A much loved dish internationally and locally, Neatloaf is a blend of tofu, cottage cheese, egg and grains topped with a special sauce and baked. Served with choice of salad

#### Neatwich 8.50

Thick slices of Neatloaf sandwiched within a toasted Turkish roll with chutney, tomato and lettuce.

#### Unsausage Roll/ Ris-souls x 2 9.50 (WF/ DF\*)

2 forms of the same delicious blend of walnuts, oats, cottage cheese and vegetables accompanied by chutney. Choose 2 salads with Unsausage, 3 salads with Ris-souls

#### Accompaniments

salad 4.00	raita 1.50
toasted Turkish bread 1.20	fruit chutney 1.00
rice 2.00 (white) 2.50 (brown)	sweet-chilli sauce .50
roti 3.00	dollop of dip 2.00
tofu mayo 2.00	pappadams (x3) 1.20

V= vegan GF= gluten free WF= wheat free DF= dairy free

\* option generally available

#### Breakfast (Saturday am)

Free range eggs, organic tofu, real hash-browns, rich French toast, signature pumpkin scones

#### Omelettes 7.30+ (GF/DF)

Light 3-egg omelette served with toasted Turkish bread OR real Hash-Browns +1.30 and patience (our hash browns take time).

**Want both, +3.00**

'Simple' - just the eggs with parsley 7.30

'Greek' - fresh spinach; fetta; tomato 8.50

'Mushroom & Garlic' 8.30

'Garden Veg' - zucchini; parsley; red onion & capsicum 8.30

'Pesto & Spinach' - fresh spinach & our pesto 8.50

*Make up your own or add*

Zucchini; Red Capsicum; Red Onion; Mushroom; Garlic; Spinach; Tomato + .50 each

Fetta; Pesto; Cheddar + 1.00 each

**Scrambles** egg 6.50 +/ Tofu 7.00+ (V)

Start with 2 Free-Range Eggs and parsley OR Organic Tofu *add any of*

Zucchini; Red Capsicum; Red Onion; Mushroom; Garlic; Spinach; Tomato + .50 each Pesto; Sun-dried Tomato + 1.00 each

#### Chicago French Toast 8.00

Rich and delicious, Turkish bread drenched in whipped free range eggs, served with Maple Syrup OR Apricot Butter.

#### Muesli 5.80 (V/ WF)

House made with toasted grains and seeds, dried fruits and nuts. Choice of hot or cold milk - Regular or Skinny; Soy +.30

**add** Yoghurt; Honey +.50 each

#### Greek Yoghurt Bar (GF)

In a bowl or as a liquid breakfast, choose how large, choose your add-ins (see display)

#### Loaded Fruit Toast 5.50

Served with creamy continental butter

#### Pumpkin Scone 3.00

Fresh from the oven and served with creamy continental butter

**The Rainbow-Silence-Heart**

280 Bridge Rd Richmond 3121

Ph: 9428 3225

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



# The Rainbow-Silence-Heart



vegetarian eatery

## Sweets

*Some fully indulgent but others vegan or gluten free for those who prefer. Either way all ingredients used are pure. This list changes from time to time.*

### Lemon Custard Slice 3.50

True egg custard with plenty of fresh lemon juice & zest

### Sticky Date Pudding 3.00

Served warm to melt the caramel topping into the little pudding

### Chocolate Chip Cookie 2.50

Authentic, made using a recipe from our San Fran sibling

### Ginger biscuit 2.00

Deliciously gingery

### Chocolates 2.30

Vegan, gluten free and mouth watering delicious, in 5 flavours

### Heavenly Healthy Slice 3.00

Vegan, gluten and sugar free. Solid fresh and dried fruits & nuts

### Muesli biscuit 1.80

Pretty self descriptive, vegan

### Pumpkin Scone 3.00

A stalwart, arguably more appropriately described as delicious damper

### Greek Yoghurt Bar (GF)

naturally thick and creamy with a choice of nuts, fried fruits and exotic syrups to add.

### Vegan Cake (V)

Could be chocolate, could be carrot, or could be apple and fig (also available to pre-order)

## Drinks

*Cool drinks freshly made or in a bottle, excellent real chai and coffee, quality loose teas*

### Coffee 2.50/ 3.20

(grinders) real or decaf however you like it

### Chai Latté 3.80

Milk freshly infused with Indian spices and black tea

### Dandelion in a Pot 3.00

Infusion of ground dandelion root

### Hot Chocolate 3.20

### Carob Supreme 3.20

Think hot chocolate but with syrupy carob instead of chocolate

**Tea infusions 3.00** pot for 1/ **5.00** pot for 2

**Irish Breakfast** - classic, full flavoured black tea

**Oolong Formosa** - a softer, highly aromatic tea best without additives

**Russian Caravan** - a blend of world teas producing a striking bold smoky flavour

**Jasmine** - black tea infused with the scent of the Jasmine flower

**Earl Grey** - classic black tea with pure oil from the bergamot fruit

**Gunpowder** - extra special single estate green tea from China

**Genmai Barley Houjicha** - green tea roasted with barley, from Japan

**Peppermint** - pure fresh whole leaves from organic Australian gardens

**Chamomile** - single pure herb from Greece, the home of chamomile, sweet, aromatic, calming

**Lemon Garden** - refreshing blend of lemon verbena, lemon balm, with spearmint and raspberry leaves, from organic Australian gardens

\* soy milk **+.30** \* honey **+.20**

### Fresh Juice 3.80/ 5.20-5.50+

'**Topline**' - carrot; celery; beetroot; ginger **3.80/ 5.20**

'**Zinger**' - orange; lemon; apple; ginger **3.80/ 5.50**

**Orange**, straight up, or as a Sundae w a dollop of icecream **3.80/5.50**

### Choose your own blend

base ingredients: carrot; apple; orange; celery; beetroot; ginger

enhancements: lemon; spinach; parsley; mint; extra ginger + **30c each**

### Mango Lassi 3.80/ 5.50

Smooth blend of mango purée and yoghurt

### Greek Yoghurt Smoothie 5.50+

Check out the yoghurt bar to choose your add-ins, eg. mixed berry & rose syrup (**6.00**) or date molasses w walnut & cardamom (**6.00**)

### Milkshake 4.80

chocolate/ strawberry/ caramel/ vanilla

### Iced Coffee 3.80/ 5.50

Espresso coffee over ice cream with milk

**The Rainbow-Silence-Heart**

280 Bridge Rd Richmond 3121

Ph: 9428 3225

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