



# The Rainbow-Silence-Heart



vegetarian eatery

## MENU

### Lunch through Dinner

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

#### Daily inspirations V\* GF\*

Meals taking inspiration from around the vegetarian world, see chalk board for today's

#### Salad Plate 7.70/ 9.30 V\* GF\*

Select from the freshly made salads, see display for today's

#### Dips 8.30 V GF\*

Tunisian Spiced Carrot dip and Beetroot Hummus made here and served with thin slices of toasted Turkish bread, add a little **salad +2.50. GF bread +1.50**

#### Dhal 9.00 V GF

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

#### Frittata 10.30 GF

Made with free range eggs, fresh vegetables and herbs, served with choice of 2 salads

#### Focaccia 9.30

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

#### Bliss Burger 9.80 V

Our house made pattie of brown lentils, peanut and vegetables topped with raw carrot, beetroot, roquette and fresh tofu mayonnaise, sandwiched within a toasted Turkish roll

#### Neatloaf 11.80 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 2 salads.

#### Neatwich 9.50

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

#### Lasagna Stack 11.80

5 layers of pumpkin, tomato, spinach, fresh basil and cottage cheese, topped with mozzarella and served with choice of 2 salads

#### Unsausage Roll/ Ris-souls x 2 11.50 DF\*

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

#### Tofu Balls 12.50 V GF

Organic tofu blended with toasted sesame and sunflower seeds, carrot and leek, served with blanched bok choy and rice (**salad substitute +1.50**; extra Tofu Ball **+3.00**)

#### Accompaniments

salad 5.00	raita 1.80
toasted Turkish bread 1.50	fruit chutney 1.00
rice 2.00 (white) 2.50 (brown)	sweet-chilli sauce .80
roti 3.00	dollop of dip 2.50
tofu mayo 2.80	pappadams (x3) 1.50

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 7.80+ (GF)

Light 3-egg omelette served with toasted Turkish bread OR real Hash-Browns **+2.00** and patience (our hash browns take time).

**Want both, +3.00**

#### 'Simple' - just the eggs with parsley 7.80

'Greek' - fresh spinach; fetta; tomato **10.80**

#### 'Mushroom & Garlic' 10.00

'Garden Veg' - zucchini; parsley; red onion & capsicum **10.50**

'Pesto & Spinach' - fresh spinach & our pesto **10.30**

*Make up your own or add*

Zucchini; Red Capsicum; Red Onion; Cheddar; Garlic; Spinach; Tomato **+ 1.00 each**

Fetta; Pesto; Mushroom **+ 1.50 each**

#### Scrambles egg 6.50 +/ Tofu 7.00+ (V) (GF)

Create your own scramble and enjoy it served with Turkish Toast. Start with 2 Free-Range Eggs and parsley OR blended Organic Tofu

*add any of*

Zucchini; Red Capsicum; Red Onion; Cheddar; Garlic; Spinach; Tomato **+ 1.00 each** Pesto; Sun-dried Tomato; Mushroom **+ 1.50 each**

#### Chicago French Toast 9.50

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

#### Muesli 5.80 (V)

House made with toasted grains and seeds, dried fruits and nuts (no sugar no oil added).

Choice of hot or cold milk – Regular or Skinny; Soy **+ .50**  
**add** Yoghurt; Honey **+1.00 each**

#### Loaded Fruit Toast 5.50

Served with creamy continental butter

#### Pumpkin Scone 3.90

Fresh from the oven and served with creamy continental butter

#### The Rainbow-Silence-Heart

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## 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 4.00

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 wateringly delicious, in 5 flavours

### Heavenly Healthy Slice 3.50

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

### Muesli biscuit 1.80

Pretty self descriptive, vegan

### Pumpkin Scone 3.90

A stalwart, arguably more appropriately described as delicious damper

### Vegan Cake 4.00(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 3.00/ 3.50 mug

(grinders) real or decaf, latte/ flat/ cappuccino/ long/ short black/ macchiato

### Chai Latté 4.00 (honey +.20)

Milk freshly infused with Indian spices and black tea

### Hot Chocolate

Standard 3.80

Deluxe Italian, thick and rich Hazelnut; Mint; Chilli; Classic 4.50

### Carob Supreme 3.80

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 +.50 \* honey +.20

## Fresh Juice 4.20/ 5.80+

'**Topline**' - carrot; celery; beetroot; ginger **4.20/ 5.80**

'**Zinger**' - orange; lemon; apple; ginger **4.20/ 5.80**

**Orange**, straight up, or as a Sundae w a dollop of icecream **4.20/ 5.80**

## Choose your own blend

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

enhancements: lemon; spinach; parsley; mint; extra ginger + **50c each**

## Mango Lassi 4.20/6.20

Smooth blend of mango purée and yoghurt

## Greek Yoghurt Smoothie 5.80+

Mixed berry & rose syrup 6.00

Banana & date molasses 6.00

Walnut, date molasses, cardamom 6.00

## Milkshake 4.80

chocolate/ strawberry/ caramel/ vanilla

## Iced Coffee 4.20/5.80

Espresso coffee over ice cream with milk

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