



SOULFOODS IS A PLANTBASED CAFÉ, WE AIM  
TO CREATE CRUELTY FREE FOOD THAT WILL

*nourish your soul*

PLEASE ORDER AT THE COUNTER

**COFFEE** | SML \$4.20 / MED \$4.70 / LGE \$5.20

**WHITE**

LATTE, FLAT WHITE, CAPPUCINO, MOCHA

**LONG BLACK**

**SHORT BLACK/PICCOLO**

**BABY CHINO**

**HOT CHOCOLATE**

**CHAI**

**MATCHA/TURMERIC/BEETROOT**

**TEA**

LEMONGRASS & GINGER, ENGLISH BREAKFAST,

GREEN, EARL GREY, PEPPERMINT

**JUICES** | \$8.00 / KIDS \$6.00

**CLEAN GREEN** - Spinach, apple, Cucumber, Celery

**TROPICAL** - Orange, Carrot, Pineapple

**DETOX** - Charcoal Powder, Apple, Lemon, Coconut Water

**BOOSTER** - Orange, Carrot, Beetroot, Ginger

**REFRESHER** - Watermelon, Apple, Pineapple

**HEALTH SHOTS** | \$3.00

**IMMUNITY** – Orange, Lemon, Turmeric, Ginger

**DETOX** – Charcoal powder, Apple, Lemon

**WHEATGRASS** – Wheatgrass powder, Lemon, Water



phone: 03 5942 1225

email: [info@chellessoulfoods.com.au](mailto:info@chellessoulfoods.com.au)

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



= Gluten Free



= Low Fodmap option

## SMOOTHIES | \$8.00 / KIDS \$6.00

**ACAI** - banana, acai, mixed berries, chia seeds, almond milk

**SNICKERS** - banana, cacao powder, peanut butter, choc sauce, almond milk

**GREEN** - banana, avocado, mango, spinach, spirulina, coconut water

**MANGO PASSIONFRUIT** - banana, mango, passionfruit, chia seeds, coconut milk

**COOKIES N CREAM** - banana, cacao nibs, almond butter, almond milk

**BANANA OAT** - banana, cinnamon, oats, chia seeds, vanilla protein, almond butter, almond milk

**SMOOTHIE BOOSTERS +\$2.00** - protein/greens/immunity/charcoal powders

## MYLKSHAKES + COLD DRINKS

Housemade syrups with almond, soy or coconut mylk & coconut icecream \$8.00  
Chocolate or caramel KIDS \$6.00

Iced coffee/chocolate/golden \$8.00  
All served with ice, coconut icecream & your choice of coconut, almond  
or soy milk

Iced long black/latte \$6.00

## SMOOTHIE BOWLS (GF) | ALL BOWLS \$16

### SNICKERS BOWL

Banana, cacao powder, peanut butter & coconut milk topped w/ raw snickers slice, choc sauce & fresh fruit

### GREEN BOWL

Banana, mango, spirulina powder & coconut milk topped w/ fresh fruit & granola

### ACAI BOWL (LFO)

Banana, acai, mixed berries & coconut milk topped w/ raw caramel slice & fresh fruit

### SALTED CARAMEL BOWL

Banana, mesquite powder, salted caramel protein powder, pink himalayan salt topped w/ raw caramel slice + sauce & fresh fruit

### NOTELLA BOWL

Banana, cacao powder, vegan notella topped w/ fresh fruit & granola

### HONEYCOMB BOWL

Banana, cacao powder, mesquite powder topped w/ vegan honeycomb, buckinis & fresh fruit

### TROPICAL SMOOTHIE BOWL (LF)

frozen mango & strawberries topped with fresh fruit, watermelon & shredded coconut

*add ons*

Chia seeds, coconut, buckinis	\$0.50
Peanut butter, choc/caramel sauce	\$1.00
Protein powder, Granola	\$2.00
Raw treats	\$3.00

## BREAKFAST | 8AM - 2.30PM (TAKEAWAY AVAILABLE)

<b>SOURDOUGH TOAST</b> (GFO) (LFO)	\$8
Served with vegemite, peanut butter, almond butter chia jam or vegan notella + Add Banana or Strawberries & chia seeds + \$2.00	
<b>FRUIT TOAST</b>	\$8
Served with chia jam & butter	
<b>BREAKFAST BAGEL</b>	\$16
Bagel with pesto scrambled tofu, avocado, spinach, tomato, mushroom, potato rosti, relish & cashew cheeze	
<b>CRUMPETS</b>	\$16
Holy crumpets with peanut butter & banana OR notella & strawberries + \$3 coconut cream   \$10 - kids	
<b>APPLE CRUMBLE CRUMPETS</b>	\$18
Holy crumpets layered with fresh apple, almond butter, caramelized apple, cinnamon dukkah & vanilla coconut icecream	
<b>BIG VEGAN BREAKFAST</b> (GFO) (LFO)	\$20
Pesto scrambled tofu on sourdough with spinach, cherry tomatoes, mushroom, avocado, potato rosti, almond feta, relish & hemp seeds	
<b>BUCKWHEAT PANCAKES</b> (GF)	\$18
Buckwheat Pancakes – Buckwheat choc chip pancakes topped with caramelized banana, coconut icecream, fresh berries, cinnamon dukkah & maple syrup <u>OR</u> Buckwheat raspberry pancakes with raspberry chia jam, coconut icream, fresh berries & maple syrup   \$10 - kids	
<b>STICKY DATE WAFFLES</b> (GF)	\$18
Buckwheat waffles served with sticky date caramel sauce, cinnamon dukkah, fresh berries & vanilla coconut icecream	
<b>SMASHED AVO</b> (GFO)	\$16
Sourdough w/ mixed lettuce, smashed avo, savoury sukkah, almond feta & cherry tomatoes   \$10 kids	

## LUNCH

<b>LOADED HOT DOG</b>	\$16
Vegan hot dog served with fermented cabbage, lettuce, avocado, mustard, tomato relish, sesame seeds & cashew cheese	

CONTINUES ON NEXT PAGE

**SOUL BOWL** (GF) (LFO) \$18

Spinach, roast pumpkin, falafels, brown rice, avocado, cherry tomatoes, cucumber, alfalfa sprouts & roasted capsicum' hummus

**SATAY NOURISH BOWL** \$18

Sauteed kale & broccolini, roast pumpkin, sweet potato, satay tofu, quinoa, fermented cabbage, avocado, & satay dressing

**JACKFRUIT BOWL** (GF) \$18

Slaw with carrot, cabbage, celery & zucchini on a bed of quinoa, with barbeque jackfruit & topped with coriander, chives & sesame seeds

**CHICKY BABE BURGER** \$20

Vegan chick'n burger with tomato, cheese, avocado, cos lettuce & cashew cheese served on a matcha bun with sweet potato fries | \$12 - kids

**MEXI BOWL** (GF) \$18

Mexican spiced tofu, warm black bean salsa, avocado, cherry tomatoes, cos lettuce, red cabbage, brown rice & coriander served with corn chips & chipotle sauce

**MEXICAN LOADED FRIES** (GF) (LFO) \$15

Sweet potato fries served with cashew cheese, salsa, avocado, cherry tomatoes & chives

**CAESAR SALAD** \$18

Cos lettuce, kale, croutons, cherry tomatoes, coconut bacon, Caesar dressing, savoury dukkah & 'chickn' snitzels

*extras*

Gluten free bread \$1.00

Avocado /Aioli/ Mushrooms/ Fermented Cabbage \$2.00

Almond Fetta/ Potato Rosti/ Scrambled Tofu/ Falafels/ Coconut Icecream \$3.00

## TOASTIES | \$9.95 (GF +\$1)

**TOMATO & CHEESE** (LF) \$7.95

Sourdough bread with tomato & vegan cheddar cheese

**MUSHROOM & CHEESE**

Sourdough bread with roasted mushroom, spinach & vegan cheddar cheese

**PESTO & PUMPKIN** (LFO)

Sourdough bread with pesto, pumpkin. spinach & vegan cheddar cheese

**FALAFEL & RELISH**

Sourdough bread with falafel, spinach, tomato relish & vegan cheddar cheese

**PARMA TOASTIE**

Sourdough bread with vegan chick'n, passata, spinach, coconut bacon & vegan cheddar cheese

**JACKFRUIT TOASTIE** (GFO)

Sourdough bread with barbeque jackfruit, vegan cheddar cheese & spinach

**PB OR NOTELLA & BANANA**

Sourdough bread with peanut butter or vegan notella & banana

\$12.95