

SMALL BITES

SOUP OF THE DAY / 7

A seasonal soup served with slices of fresh sourdough or GF bread. Please ask your server for allergens.

HUMMUS & CHICKPEA FLATBREAD (VG.GF.SS) / 7

Homemade turmeric hummus served with a soft homemade GF chickpea flatbread

RICE PAPER WRAPS (VG.GF.NFO.N) / 8

Two rice paper wraps with carrots, mango, cucumber, avocado, kale, fresh strawberry, basil, mint, coriander and lemon served with a homemade almond butter dipping sauce.

BEETROOT AND CARROT FALAFEL (VG.GF.N.SS) / 8

Starter portion of homemade beetroot and carrot falafel coated in sesame seeds served with a tricolour quinoa rainbow mix (butternut squash, broccoli, peppers), homemade salsa, tahini raita and green goddess dressing.

MAINS

RICE PAPER WRAPS (VG.GF.N. NFO) / 12

Rice paper wraps with carrots, mango, cucumber, avocado, kale, fresh strawberry, basil, mint, coriander and lemon served with a homemade almond butter dipping sauce.

BEETROOT AND CARROT FALAFEL (VG.GF.N.SS) / 12

Main portion of homemade beetroot and carrot falafel coated in sesame seeds served with a tricolour quinoa rainbow mix (butternut squash, broccoli, peppers), homemade salsa, tahini raita and green goddess dressing..

BBQ CAULIFLOWER WINGS (GF.VG.N.SS) / 14

Sticky buffalo cauliflower wings with a broccoli cauliflower coconut rice served with a nutty oriental almond butter sauce.

YEOTOWN EARTH BOWL (M.SS.N.NFO) / 14

Lemon massaged kale, sprouted chickpea and millet mix, spiced sweet potato, maple sprouts and coconut bacon served with caramelised pecans, pumpkin seeds and a lemon tahini dressing.

JAPANESE ADZUKI BEAN HOT POT (VG.GF.C.N.SS.NFO) / 14

A warming, flavourful, nutrient-dense Japanese stew Served with brown rice and creamy wasabi coleslaw.

ROASTED VEGETABLE QUINOA WRAPS (VG. GF. NF.SS.M) / 14

A portobello mushroom and roasted vegetable wrap served with quinoa, homemade Italian dressing and a red pepper hummus.

YEOTOWN BOUNCE BACK VEGAN BURGER (VG.G.GFO.M.N) / 16

Beluga lentils, caramelised onions, quinoa, beet, carrot, walnuts, with aioli ketchup with roasted sweet potato fries and seeded bun. Bun contains gluten (gluten free option available).

CITRUS CRUSTED SALMON (CF. VGO.N.NFO) / 18

VGO: Tofu kebab (SY) / 16

A pistachio and orange crusted salmon served with garlic grilled seasonal veg, sun-dried tomato and herbed millet finished with a tangy homemade green caper dressing.

SIDES

HOMEMADE SPICY KIMCHI (VG.GF) / 3.5

Our in house fermented spicy vegan kimchi.

CRISPY SESAME KALE (VG.GF.SS) / 3.5

Oven-baked crispy kale served with a drizzle toasted sesame oil.

WASABI COLESLAW (VG.N.SS) / 4

Red and white cabbage mix coated in a spicy, wasabi infused pine nut avocado dressing.

MAPLE SPROUTS WITH COCONUT "BACON" (VG.GF.N) / 3.5

Toasted pecans with maple glazed brussel sprouts laced with our salty coconut "bacon".

MIXED SIDE SALAD / 4

A leafy side of fresh mixed greens and light dressing.

LEMON & HERB BABY POTATOES (VG.GF) / 4

Roasted & salted potatoes served with lemon and freshly chopped parsley.

CRUNCHY SWEET AND SPICY SESAME CABBAGE (VG.GF.SS.SU) / 3.5

Red and white cabbage mix drizzled with toasted sesame oil, chilli flakes and golden raisins.

ASIAN CHARRED G+G TENDERSTEM BROCCOLI (VG.GF) / 4

Pan charred tenderstem broccoli with sliced garlic, julienne ginger and GF soy sauce.

DESSERTS

DARK CHOCOLATE BROWNIE BALL (CE.GF.N) / 3.5

A Yeotown favourite organic, dark chocolate brownie ball with coconut flakes.

YEOTOWN PALEO COOKIES (CE.N) / 5

Our popular chewy, naturally sweetened homemade dark chocolate chip cookies made using a low GI coconut sugar and our homemade almond/coconut flour blend.

+ 1 Scoop nice cream / 1.5

+ Warm oat milk / 1.5

+ Warm golden turmeric moon milk / 2

YEOTOWN DARK CHOCOLATE BROWNIE (CE.GF.N) / 6.5

Served with our homemade chocolate sauce, fresh raspberries and crushed pistachios. Add a scoop of nice cream +3.5

MEDLEY OF SEASONAL FRUITS WITH TURMERIC ORANGE CASHEW CREAM (VG.GF.N.NFO) / 9

Fruity & refreshing dish of seasonal mixed fruits served with homemade turmeric, passion fruit and orange cashew cream, fruit coulis and candied nuts.

CHOCOLATE ORANGE GANACHE (VG.GF.N.NFO) / 8

A rich, in-house-made ganache using Doterra wild orange essential oil and fresh orange zest served with a homemade zesty chocolate sauce and a dehydrated orange. Add nice cream : + 1 Scoop / + 2 Scoop

ANCHO CHILLI INFUSED SEARED PINEAPPLE (VG.GF.N.NFO) / 9

Served with a homemade "Miricle leaf" Moringa and zesty lime cashew cream, a sprinkle of pine pollen, finished with a slice of fresh lime and beetroot powder.

CHIA & OAT WAFFLES (VG.GF.N.NFO) / 11

Golden and crispy chia and oat waffles served with fresh fruits and a homemade berry date coulis caramel sauce.

VEGAN "NICE" CREAM SELECTION (VG.GF.N. NFO)

A selection of plant-based ice creams

+ 1 Scoop / 3.50

+ 2 Scoop / 4.50

+ 3 Scoop / 5.50

Please ask a member of staff for today's flavours.

BAR SNACKS

POPCORN / 3.5

TOASTED SEEDS / 3.5

CRISPY KALE (SS.) / 3.5

ALLERGEN GUIDE :

Note: Please be aware that our dishes are prepared in a kitchen where allergens are present throughout, therefore we cannot guarantee that any dishes or drinks will be free from trace ingredients. Please let your waiter know before ordering if you have any allergies or intolerances

Vegan - (VG), Vegan option - (VGO), Gluten-free - (GF), Gluten-free option - (GFO). Celery - (C), Gluten - (G), Mustard - (M), Nuts - (N), Nut free option (NFO), Sesame Seeds - (SS), Sulphites - (SU), Soya - (SY), Contains Fish - (CF), Contains Eggs - (CE).