

ABOUT US

We are 100% Plant-Based | Organic-First | Egg & Dairy Free
Organic fresh produce is always our first choice when available.
We source all our organic, spray free, herbicide free and local fresh produce directly from our wonderful "certified" organic supplier and neighbours Eastfield Organics. All our water served and cooked with is filtered.

We don't charge surcharges & have no limits on split bills.

Yes we do fry, but only in Rice Bran Oil and we finish with Organic Olive Oil.

DIETARY PREFERENCES

Your Allergies, Intolerances and Dietary Life Style choices are important to us, so to ensure you are catered for with confidence and ease, we have partnered with TLRT. Our menu has been reviewed in great detail by top TLRT dietitians so you can be assured all ingredients have been carefully critiqued.



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

COFFEE + CHAI + HOT CHOC + TEA

Leaf Organic and Fairtrade Coffee - Equatorial Blend

Milk choices: Bonsoy, Almond, Coconut, Oat

Espresso/Ristretto	3.7
Long Black Macchiato	4.2
Latte Cappuccino Flat White	4.9 5.9
Piccolo Latte Long Macchiato	4.6
Organic Swiss Water Decaf	add 0.5
Dandelion Calmer Sutra Wet Chai	5.7 6.2
Golden Chai Latte	
Dirty Chai - Chai With A Shot Of Coffee	6.2 6.7
MORK Hot Chocolate	4.9 5.9
Organic Certified Teas By Yarra Valley Teas	5.5
Babycino	2
ICED DRINKS	
Add A Scoop Of Coconut Ice Cream	+ 2.5
Iced Latte Iced Chocolate	7.5
Iced Mocha Iced Tea Iced Chai Turmeric Cha	7.7

ADD ONS

Raw Cacao | Maca Powder | Organic Sprouted Brown Rice Protein
Coconut Greens | Peanut Butter | Spirulina | Chlorella | Barley Grass

SMOOTHIES

Milk choices: Bonsoy, Almond, Coconut

CHOCO-NANA 13
Banana, house made chocolate syrup
*Make it a bounty with coconut milk!

BERRY BLAST 13
Seasonal berries, banana

LEAN + GREEN 13
Seasonal organic leafy greens, apple, ginger, cinnamon, coconut water

ADD ONS
Raw Cacao | Maca Powder | Organic Sprouted Brown Rice Protein
Coconut Greens | Peanut Butter | Spirulina | Chlorella | Barley Grass

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

LATE BREAKFAST - BLUNCH

SCRAMBLED TOFU OR VEGAN POACHED EGGS	12
on Zeally Bay macro sourdough	
+ Avo	6
+ Assorted grilled silvan exotic mushrooms	6
+ Facon	5
+ Sauteed spinach	4
+ Roasted tomato	4
+ Mexi beans	6
+ Gluten free strada bakery quinoa toast	2
+ Baked Pumpkin	4
+ Roasted Potato	4
+ Biodynamic Tempeh	6

TOAST 7
Zeally Bay macro sourdough toast,
Soulpod Vegemite or house made jams

ORGANIC GRANOLA 14
Todays select Eastfield organic fruits, coconut & vanilla panna cotta, your choice of milk

SMASHED AVOCADO 19
Zeally Bay macro sourdough, beetroot relish, almond feta, hemp crunch, dehydrated kale, target beets, lime

HOUSE MADE CRUMPETS 17.5
Persian fairy floss, todays select Eastfield's organic fruits, chocolate sauce

BOWLS

THE SOUL BOWL *SIGNATURE DISH ★★★★★ 18.5
Tempeh, brown rice, seasonal salad greens & vegetables, pickled cabbage & our signature sauce

BREAKFAST BOWL 19
Scrambled tofu, silvan king mushrooms, tomato, avocado, spinach, macro sourdough, savoury hemp granola

ORGANIC CAULIFLOWER FRITTERS 19.5
Szechuan spiced organic cauliflower fritters
spicy kaleslaw, sprouting broccolini, watercress, kraut, smashed avocado, almond cheese, and lime

HEAVIER

SLOW-COOKED RED KIDNEY BEANS 18.5
Smoky, mildly-spiced, slow-cooked red kidney beans in rich tomato sauce, organic macro sourdough, almond feta, and green sauce

MARINATED TEMPEH RUBEN 19.5
Kaleslaw, sauerkraut & mayo, caramelised onions, mixed leaf on toasted macro sourdough

GREEN BRUSCHETTA 17.5
Sautéed asparagus, peas, broccolini, kale, edamame, mint, beetroot hummus, almond feta, lime

VEEF BURGER 17.5
Vegan milk bun, facon, cos lettuce, braised onions, dill pickles, mustard & ketchup, chips

THICK CUT CHIPS Side 6 | Large 8.5
Himalayan salt, vegan mayo

SPROUTS (kids)

CRISPY PLANT-BASED HOUSE-MADE NUGGETS 6
with tomato sauce

VEGAN POACHED EGG™ 6.5
with organic sourdough soldiers

SPELT CROISSANT 6
with organic house made jam

CHOCOLATE TOPPED CRUMPET 5

SAUSAGE ROLLS (BUCKWHEAT) 4

BOWL OF CHIPS 6

CARROT FINGERS & CUCUMBER POTS 4.5
with hummus

SOULPOD

**PLEASE ASK US
ABOUT OUR NEXT
VEGAN MASTER CLASS
COOKING DATES.**

SOME OF OUR VALUED SUPPLIERS & PARTNERS

Eastfield Organics	Compassionate Kitchen
Leaf Organic Fairtrade Coffee	Strada Gluten Free Bakery
Zeally Bay Sourdough	Rawlove Superfoods
Silvan King Oyster Mushrooms	The Vegan Dairy
Demeter Biodynamic	Soulfresh
Hello Friends Vegan Cheese	Raw Materials
Rabbit Run Orphanage Rescue	Spiral Foods

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.

