

YONG GREEN FOOD

FOOD FOR SUSTAINABILITY

(03) 9417 3338
421 BRUNSWICK STREET
FITZROY VIC 3065

v
VEGAN

gf
GLUTEN FREE

o
ORGANIC

ngo
NO GARLIC OR ONION

r
RAW

PLEASE INFORM US OF YOUR ALLERGIES AS NOT ALL INGREDIENTS ARE LISTED ON THE MENU. WE TAKE CARE WITH THE PREPARATION OF OUR GLUTEN-FREE DISHES, BUT WE CANNOT GUARANTEE SAFETY FOR COELIACS.

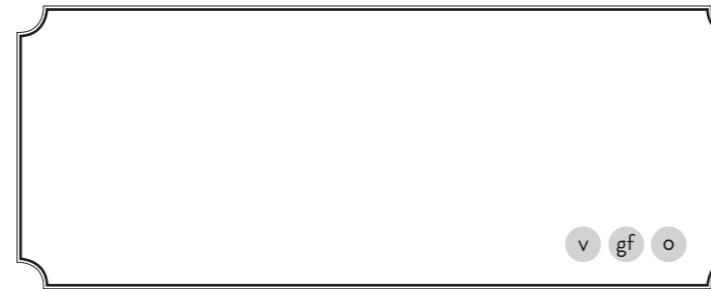
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ENTREE (SHARE)

- RAINBOW ROLL** v gf ngo 14
Colourful mixed veggies wrapped in rice paper and seved with Asian sauce
- RAW NORI ROLL** v gf r 15
Cauliflower wrapped in nori, filled with avocado, cucumber, capsicum and sunflower seeds. Served with wasabi tamari sauce and pickled onion
- MOCK TUNA NORI ROLL** v gf ngo 14
Grain-free nori roll with fresh veggies and soy tuna mixed with soy mayo
- SALAD BOWL** v gf 14
Mixed veggies and nuts. Topped with creamy mashed pumpkin
- OYSTER MUSHROOM CALAMARI** v gf 16.5
Deep-fried king oyster mushroom in rice batter, chickpea batter and chia seeds. Served with aioli and tomato sauce
- KOREAN PANCAKES PLATTER** v 17
Three Korean-style pancakes (kale, chive, kimchi) served with sweet tamari sauce
- BUCKWHEAT CREPE** v gf 14
Shiitake mushroom, spinach, alphalpha, red cabbage, tahini sauce and soy mayo
- CHILLI BEAN NACHOS** v / gf ON REQUEST 16
Corn chips topped with melted tasty cheese, chilli beans, jalapeno, sour cream and guacamole. Cashew cream for vegan
- HOMEMADE KIMCHI GYOZA** v 14
Gyoza skins with soy beef and house-made kimchi filling (5 pcs)
- TOFU DELIGHT** v gf 12
Fried, cubed tofu covered with sticky tamari sauce
- KELP PAD THAI** v gf r 20
Kelp noodle mixed with veggies and chilli cashew sauce. Topped with tamari almonds

MAIN

YIN AND YANG CHARGER 22



MACRO DRAGON BOWL v gf / ngo ON REQUEST 20

o TOFU o TEMPEH o SOY BEEF o WHEAT CHICKEN
*SAUCES o TAHINI o CASHEW CREAM o CHILLI PASTE

Biodynamic brown rice topped with assorted veggies, seaweed and shiitake. Served with organic house-made chickpea miso soup

KIMCHI DRAGON BOWL v gf 19

o TOFU o TEMPEH o SOY BEEF o WHEAT CHICKEN
*SAUCES o TAHINI o CASHEW CREAM o CHILLI PASTE

Biodynamic brown rice topped with stir-fried kimchi, coleslaw, microsalad, cucumber, sesame oil and kizami nori. Served with organic house-made chickpea miso soup

THAI GREEN CURRY o TOFU o TEMPEH v gf 19

Vegetables cooked with fresh Thai herbs and house-made Thai green curry paste. Topped with organic tempeh. Served with biodynamic brown rice

JAPANESE CURRY o TOFU o SOY BEEF v 18.5

Vegetables cooked in curry paste with soy beef. Served with biodynamic brown rice and homemade pickle

MEXICAN CHILLI BEANS gf / v ON REQUEST 18.5

Kidney beans and tomatoes cooked in Mexican spices. Served with biodynamic brown rice, sour cream and guacamole

LENTIL HOT POT v gf 18.5

Lentils cooked in spices with tomato sauce, coriander and smoked eggplant. Served with biodynamic brown rice and hummus

SPICY SILKEN TOFU STEW v gf 19

Biodynamic silken tofu cooked in chilli broth and various vegetables, topped with enoki mushroom and kizami nori. Served with biodynamic brown rice

TOFU KATSU v gf 20

Fried organic tofu patty battered with organic quinoa flakes. Served with biodynamic brown rice, coleslaw and house-made pickle

STIR-FRIED VEGIES o TOFU o TEMPEH v gf / ngo ON REQUEST 20

Assorted veggies and mushrooms. Stir-fried with black garlic sauce. Served with biodynamic brown rice and house-made kimchi

TERIYAKI o TOFU o WHEAT CHICKEN v 18.5

Wheat chicken or organic tofu pan-fried in teriyaki sauce. Served with biodynamic brown rice, steamed vegetables and house-made pickle

PHO o TOFU o SOY BEEF v 17

Vietnamese rice noodles in veggie broth, enoki mushroom, house-made onion pickle and beanshoots. Served with tamari chilli sauce

JAPCHAE o SOY BEEF o TOFU v 18.5

Sweet-potato noodles pan-fried with carrot, zucchini, onion, mushrooms, capsicum and spinach. Served with house-made pickle

WRAPS & BURGERS

CHILLI BEAN WRAP v ON REQUEST 12

Mexican chilli beans wrapped in pita bread with spinach, guacamole, tasty cheese and sour cream

v No cheese or sour cream but cashew cream instead

LENTIL WRAP v 12

Lentils wrapped in pita bread with hummus and spinach

BURGERS v 14

The Jack
BBQ jackfruit served with organic sesame brioche, pickled onion, coleslaw, tomato and salad mix

The K
Tofu patty served with organic sesame brioche, cos lettuce, tomato, red onion, jalapeno and soy mayo

+ Sweet potato chips 4
Sweet Chilli sauce +0.5
Tomato sauce +0.7
Aioli sauce +0.7

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SIDES

SUPER GREEN 7
Organic greens with sesame dressing

SWEET POTATO CHIPS 7
Sweet Chilli sauce +0.5
Tomato sauce +0.7
Aioli sauce +0.7

ORGANIC CHICKPEA MISO SOUP 8
v gf o

SOY KING FISH 8
with tahini sauce
v gf ngo

SOY TUNA 5
with wasabi tamari sauce
v gf ngo

ORGANIC TEMPEH 5
with tahini sauce
v gf ngo

COLESLAW 7
with soy mayo
v gf ngo

KIMCHI 6

DESSERTS

CHOCOLATE CHEESECAKE 9
v gf r
Raw cacao, cashew, coconut oil, agave, almonds, sunflower seeds, sultanas, dates and coconut

RASPBERRY WHITE CHOCOLATE CHEESECAKE 9
v gf r
Cashew, raspberries, agave, cacao butter and coconut

MATCHA CAKE 8.5
v
Flour, soy milk, almond meal, oil, matcha, vanilla, Nuttlex and sugar

TIRAMISU 10.5
v gf r
Rum, espresso, almond, cashew, agave, dates, raw cacao and organic coconut butter

FRESH JUICE o

BLOODY TONIC 10
- Summer
Watermelon, beetroot and lemon

- Winter
Apple, beetroot and lemon

GREEN ENERGY 10
Kale, baby spinach, carrot, apple and orange

IMMUNE BOOSTER 10
Orange, carrot, apple and ginger

SMOOTHIES o

	EXTRAS \$1
o ALMOND MILK	MACA
o COCONUT WATER	LACUMA
o SOY MILK	MATCHA POWDER
	CHIA SEEDS
	RICE PROTEIN
	TUMERIC
	ACAI
	SPIRULINA

VERY BERRY 10
Mixed berries, banana and agave

CACAO SHAKE 10
Raw cacao, banana and agave

MANGO LASSI 10
Organic mango, lemon juice and agave

BEER

MAKGEOLLI (720ml) v 6 / 15
Rice beer, Alc/Vol 6%
Unfiltered and unpasteurised rice beer, semi-sweet and tangy

MOUNTAIN GOAT v 7 / Bottle
ORGANIC STEAM ALE (330ml)
Alc/Vol 4.5%
Smooth and crisp finish with a zing of spritziness

STRUMAN'S ORGANIC LAGER (330ml) v 7 / Bottle
Alc/Vol 4.6%
Full flavoured body with smooth finish

BIODYNAMIC WINE

HOCHKIRCH PINOT NOIR 2015 v 9 / 36
Fruit palate with juicy acid and dark earthy flavours

HOCHKIRCH SYRAH 2013 v 10 / 40
Medium-bodied wine with earth, plums and a touch of black pepper

HOCHKIRCH RIESLING 2015 v 10 / 40
Alsacian-style Riesling with a round acid palate

SOJU / SAKE

SOJU (360ml) 16 / Bottle
Distilled rice spirit, Alc/Vol 17.5%

HOUSE SAKE (350ml) 15 / Bottle
Full-bodied sake, Alc/Vol 15%

COCKTAILS

ESPRESSO MARTINI o SOY MILK o ALMOND MILK 13
Espresso, agave, soju

SANGRIA HOCHKIRCH PINOT NOIR 26
Strawberries, lemon, lime, mint, orange & agave

SPECIALITY LATTE

ORGANIC SUPER LATTE 6
o SOY MILK
o REGULAR MILK
o ALMOND MILK - \$1
Five kinds of medicinal mushroom with lucuma, maca, raw cacao and coconut sugar

ORGANIC MATCHA LATTE 6
o SOY MILK
o REGULAR MILK
o ALMOND MILK - \$1
Organic matcha powder

HOT DRINKS

TEA BY THE POT o BROWN RICE o ORGANIC CHAI o ORGANIC SENCHA 6

TEA BY THE CUP 6
Korean date honey tea

SEASONAL BLEND COFFEE FROM ACOFFEE 4

o SOY MILK
o REGULAR MILK
o ALMOND MILK - \$1
Latte / Cappuccino / Long Black / Short Black
Macchiato / Mocha

RAW CACAO HOT CHOCOLATE 5
o SOY MILK o SWEETENED
o REGULAR MILK o UNSWEETENED
o ALMOND MILK - \$1