

YONG GREEN FOOD

FOOD FOR SUSTAINABILITY

0431 433 337
421 BRUNSWICK STREET
FITZROY VIC 3065

V

VEGAN

GF

GLUTEN FREE

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
DISHERS, BUT WE CANNOT GUARANTEE
SAFETY FOR COELIACS.**

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@YONGGREENFOOD

YONGGREENFOODFITZROY

ENTREE (SHARE)

RAINBOW ROLL V GF R	14
Colorful mixed veggies wrapped in rice paper Served with Asian sauce	
RAW NORI ROLL V GF R NGO	15
Cauliflower wrapped in nori, filled with avocado, cucumber, capsicum, snowpea shoot and sunflower seeds. Served with wasabi tamari sauce	
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 PANCAKE PLATTER V	17
Three Korean-style pancakes (kale, chive, kimchi) Served with sweet tamari sauce	
BUCKWHEAT CREPE V GF NGO	14
Shitake mushroom, spinach, alfalfa, red cabbage, snow pea, tahini sauce and soy mayo	
CHILLIBEAN NACHOS GF / V ON REQUEST	16
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 (6 pcs)	
HOMEMADE VEGGIE DUMPLING V	14
Deep fried dumpling with kale, spinach, onion (7 pcs)	
TOFU DELIGHT V GF	14
Fried, cubed tofu covered with sticky tamari sauce	
CAULI-POP V	14.5
Deep fried cauliflower in chickpea batter, rice batter and bread crumb. Served with chilli mayo	

BURGERS

THE JACK V	16
BBQ jackfruit with organic sesame brioche, coleslaw, tomato, red onion, iceberg lettuce	
THE K V	16
Tofu patty served with organic sesame brioche, iceberg lettuce, tomato, red onion, jalapeno and soy mayo, katsu sauce	
THE B V	14
Soy beef with organic sesame brioche, iceberg lettuce, tomato, Korean style BBQ sauce and soy mayo.	
*SWEET POTATO CHIPS V GF	4
Sweet chili +0.5 Tomato sauce or aioli + 0.7	

MAIN

ORGANIC	
YIN AND YANG CHARGER V GF	24.5
Seasonal organic veggie platter served with miso and brown rice. Ask us what we are serving this week.	
MACRO DRAGON BOWL V GF / NGO ON REQUEST	20
•TOFU •TEMPEH •SOY BEEF •WHEAT CHICKEN <SAUCES> TAHINI / CASHEW CREAM / CHILLI PASTE	
Biodynamic brown rice topped with assorted veggies, seaweed, shitake mushroom and sesame oil. Served with organic house-made chickpea miso soup	
KIMCHI DRAGON BOWL V / GF ON REQUEST	19
•TOFU •TEMPEH •SOY BEEF •WHEAT CHICKEN <SAUCES> TAHINI / CASHEW CREAM / CHILLI PASTE	
Biodynamic brown rice topped with stir-fried kimchi, coleslaw, carrot, cucumber, sesame oil, kizami nori. Served with organic house-made chickpea miso soup	
THAI GREEN CURRY V GF •TEMPEH •TOFU	19
Vegetables cooked with fresh Thai herbs and house-made Thai green curry paste. Served with biodynamic brown rice.	
JAPANESE CURRY V •TOFU •SOY BEEF	18.5
Vegetables cooked in curry paste Served with biodynamic brown rice	
LENTIL CURRY V GF	18.5
Lentils cooked in spices with tomato sauce, coriander and smoked eggplant. Served with green salad with seasonal dressing, hummus and biodynamic brown rice	
MEXICAN CHILLIBEANS GF / V ON REQUEST	18.5
Kidney beans and tomatoes cooked in Mexican spices. Served with green salad with seasonal dressing and sour cream, guacamole and biodynamic brown rice	
KELP PAD THAI V GF R	20
Kelp noodle mixed with veggies and chilli cashew sauce. Topped with tamari almonds	
RAWSAGNA V GF R	19.5
Layered zucchini with mushroom, avocado, cashew cream, Almond and sun-dried tomato sauce, salad mix with yuzu dressing and peeled orange	
TERIYAKI •TOFU •WHEAT CHICKEN V / NGO ON REQUEST	18.5
Wheat chicken or organic tofu pan-fried in teriaki sauce and sriracha with steamed vegetables. Served with biodynamic brown rice	
STIR FRIED VEGGIES •TOFU •TEMPEH V GF / NGO ON REQUEST	20
Assorted veggies and mushrooms. Stir-fried with tamari sauce. Served with biodynamic brown rice	
TOFU KATSU V GF	19.5
Fried organic tofu patty battered with organic quinoa flakes Served with biodynamic brown rice, coleslaw, katsu sauce and soy mayo	
SPICY SILKEN TOFU STEW V GF	19
Silken tofu cooked in chilli broth and various vegetables, topped with enoki mushroom and kizami nori. Served with biodynamic brown rice	
PHO •TOFU •SOY BEEF V / GF ON REQUEST	17
Vietnamese rice noddles in veggie broth, enoki mushroom, beanshoots. Served with sriracha	
UDON •SHOYU •SPICY V	17
Udon noodle in vegan chicken broth, enoki mushroom, kizami nori, smoked tofu and bokchoy	
JAPCHAE •TOFU •SOY BEEF V / GF ON REQUEST	18.5
Sweet-potato noodles pan-fried with carrot, zucchini, onion, mushrooms, capsicum and spinach	
MAPO TOFU V / GF ON REQUEST	19.5
Stir-fried Korean style mapo chilli sauce with organic tofu, soy beef, green bean. Served with biodynamic brown rice.	

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SIDES

SUPER GREEN	V GF NGO	7
Organic green salad with seasonal dressing		
SWEET POTATO CHIPS		9
Sweet chilli sauce	V GF/ NGO ON REQUEST	+0.5
Tomato sauce		+0.7
Aioli sauce		+0.7
ORGANIC CHICKPEA MISO SOUP	V GF/ NGO ON REQUEST	6
SOY KING FISH	V GF NGO	8
with tahini sauce		
SOY TUNA	V GF NGO	5
with wasabi tamari sauce		
ORGANIC TEMPEH	V GF NGO	5
with tahini sauce		
COLESLAW	V GF NGO	7
with soy mayo		

DESSERTS

CHOCOLATE CHEESECAKE	V GF R	9
Raw cacao, cashew, coconut oil, agave, almonds, sunflower seeds, sultanas, date and coconut		
RASPBERRY WHITE CHOCOLATE CHEESECAKE	V GF R	9
Cashew, raspberries, agave, cacao butter and coconut		
TROPICAKE	V GF R	10
Cashew, mango, passionfruit, rice syrup, lime, coconut oil, cacao butter		
PEANUT BUTTER & CHOCOLATE BROWNIE	V GF	9.5
Gluten free flour, peanuts, organic malted brown rice syrup, raw sugar, almond milk, almonds, dutch cocoa, dark chocolate buttons Served with soy ice cream		
(No gluten, but may contain traces of gluten)		

FRESH JUICE

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	
BIG PINEAPPLE	10
Pineapple, celery, cucumber, mint	
FRESH 100% ORANGE JUICE	7

SMOOTHIES

- ALMOND MILK
- SOY MILK
- REGULAR MILK
- COCONUT WATER

VERY BERRY	10
Mixed berries, banana and agave	
CACAO SHAKE	10
Raw cacao, banana and agave	
MANGO LASSI	10
Mango, lemon juice and agave	

COLD DRINKS

LIME CRUSH	8
Lime, lemon, mint, agave, ice	
WATERMELON CRUSH	8
Watermelon, lemon, agave, ice	
ORGANIC SOFT DRINK	5
cola, lemon lime & bitters, lemonade, ginger beer	
KOMBUCHA	6

BEER

MAKGEOLLI (720ml)	V	Glass 6 Jug 15
Rice beer, Alc/Vol 6% Unfiltered and unpasteurised rice beer, semi-sweet and tangy		
MOUNTAIN GOAT ORGANIC STEAM ALE (330ml)	V	7
Alc/Vol 4.5% Smooth and crisp finish with a zing of spritziness		
STRUMAN'S ORGANIC LAGER (330ml)	V	7
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 2015	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
Distilled rice spirit, Alc/Vol 17.5%	
HOUSE SAKE	8
Full-bodied sake, Alc/Vol 15%	
200ml	8
450ml	16

COCKTAILS

ESPRESSO MARTINI	13
•ALMOND MILK •SOY MILK •REGULAR MILK	
Espresso, agave, soju, ice	
WATERMELON SOJU CRUSH	13
Watermelon, lemon, soju, ice	
LIME SOJU CRUSH	13
Lime, lemon, mint, agave, soju, ice	

SPECIALITY LATTE

ORGANIC SUPER LATTE	6
•ALMOND MILK (+\$1) •SOY MILK •REGULAR MILK	
Five kinds of medicinal mushroom with lucuma, maca, raw cacao and coconut sugar	
ORGANIC MATCHA LATTE	6
•ALMOND MILK (+\$1) •SOY MILK •REGULAR MILK	
Organic matcha powder with coconut sugar	

HOT DRINKS

TEA BY THE POT	6
•Organic chai •Organic sencha •Brown rice tea	
TEA BY THE CUP	6
Korean date honey tea	
SEASONAL BLEND COFFEE	4
•ALMOND MILK (+\$1) •SOY MILK •REGULAR MILK	
Latte / Cappuccino / Long Black / Short Black / Macchiato / Mocha	
CACAO HOT CHOCOLATE	5
•SWEETENED	•ALMOND MILK (+\$1)
•UNSWEETENED	•SOY MILK
	•REGULAR MILK