



CROYDON

Organic fresh produce is always our first choice when available and of good quality. We source all of our organic, spray free, herbicide free and local fresh produce directly from our wonderful organic local suppliers.

All of our products are checked and nutritionally endorsed by 'Soulpod Nutrition' nutritionists.

breakfast all day

Vegan poached, fried eggs or scrambled tofu on organic macro sourdough 14.5

- + Avo (half) 6
- + Assorted grilled exotic mushrooms 6
- + Facon (2 pieces) 5
- + Sautéed spinach 4
- + Roasted tomato 4
- + Grilled haloumi 6
- + Gluten free Strada Bakery quinoa toast 3
- + Baked organic pumpkin 5
- + Organic tempeh (grilled) 7

Breakfast focaccia 14.5

Vegan fried egg, facon, tomato chutney, spinach, organic focaccia

Warm bruschetta 19.5

Grilled bread, confit tomato, almond feta, balsamic, basil, pickled Spanish onion, black garlic

Florentine 21

Two vegan poached eggs, spinach, English muffins, hollandaise.

Smashed avocado 21

Grilled bagel, smashed avo hummus, beetroot relish, torn mint, almond feta, shaved radish, hemp crunch, lime, balsamic glaze, watercress

Add Vegan poached egg +5 | Vegan haloumi +6

French toast 18.5

Seasonal organic fresh fruit compote, shiro miso salted caramel, soy whip, toasted almonds, smashed chocolate coated honeycomb, Persian fairy floss

bowls

The soul bowl *signature dish 19.5

Tempeh, brown gaba rice, seasonal salad greens & vegetables, pickled cabbage & our signature goddess sauce

Add Avocado hummus +6 | Almond feta +4

Keto | low fodmap bowl 19

Fired zucchini, Chinese greens, broccolini, kale, edamame, mint, mixed leaves, konjac noodles, warmed coconut & lime oil, kale & pepita pesto

Add grilled organic tempeh +7
salt & pepper tofu bites +6

Organic cauliflower fritters 20.5

Szechuan spiced organic cauliflower fritters spicy kaleslaw, sprouting broccolini, watercress, kraut, avocado hummus, almond cheese and lime

some of our valued suppliers & partners

Zeally Bay Sourdough | Demeter Biodynamic Rabbit Run Orphanage Rescue | Compassionate Kitchen | Strada Gluten Free Bakery | Spiral Foods | Melba Organic Coffee | Feel Good Foods Raw wines | Concept Green Urban



Scan this code to see what you can eat on our menu

heavier

Mushroom stroganot 19.5

Brown organic gaba rice, tofu, baby broccolini, roasted kipfler potatoes, crispy onions

Arancini Trio 23

Arancini ortolana, ragu & pumpkin & mushroom, tomato concasse, kale pesto

Salt and pepper tofu 19.5

Spicy kaleslaw, broccolini, fired zucchini, avocado, hummus, coriander, mint and watercress salad, roasted almonds and lime

Tacos duo nopal 17

Soft blue corn tortillas, grilled cactus, tangy slaw, avocado, chipotle sauce

Gnocchi ragout 21

Walnut ragout, black garlic parmesan wafer, pangrattato

On hummus 18.5

House made hummus, blackened corn and quinoa fritter, kalamata olives, tomatoes, almond feta, hemp dukkah, garlic roasted chickpeas, olive oil, zaatar, grilled bread

VSP™ 16.5

Shiitake mushroom meat, vegan cheese, sriracha sauce, bbq sauce, vegan garlic mayo and thick chips

SP Cheese Board 39

Three hand picked vegan cheeses, seasonal fruits, melba toast, deli meats,

burgers & toasties

Pod burger 18.5

Matcha bun, ailoi & beet relish, buds patty, fried onions, maple facon, cheddar, lettuce, pickles, thick chips or fried kipflers

Shroom Burger 19.5

Activated charcoal bun, fried mushrooms, sweet soy & sriracha, ginger, peanut & sesame slaw, thick chips or fried kipflers

The Reuben 14.5

Tempeh, spicy slaw, pickled cabbage, caramelised onions, pickles, cheese, organic sourdough

Chicken Snity 14.5

Beetroot bun, chicken schnitzel, slaw, facon, cheese, aioli, organic focaccia

sides

Thick cut chips side 6.5 | large 9

Himalayan salt, vegan mayo

Fried kipfler potatoes side 6.5 | large 9

With garlic and rosemary

Salt and pepper tofu bites side 6.5 | large 9

Flash roasted Brussel sprouts side 6.5 | large 9

With mustard cream & cashew parmesan

Wok-tossed green beans side 6.5 | large 9

With garlic & chilli

sprouts (kids 12 and under)

Crispy plant-based nuggets 6

with tomato sauce

Mini sausage rolls (buckwheat) 4

Bowl of chips 6.5



hot drinks

Melba organic coffee

Macchiato Espresso Ristretto	3.5
Piccolo latte Long macchiato	
Long black Magic	4
Latte Cappuccino Flat white	4 5
Babycino	2
Extra shot	+0.3
Almond	+1.0
Oat	+1.0
Melba organic syrups	+1.0

Mushroom Warrior Complex

+ 1

For an additional nutritional boost. A blend of mixed medicinal mushrooms that support heart health, brain function, mental acuity, physical performance, supports the balance of blood sugar and act as anti-inflammatory

speciality drinks

Wet chai	5.5
Organic dry chai by Melba	5.5
Dirty chai - Chai with a shot of coffee	6
Golden latte	5.5
Matcha latte	5.5
Dandelion chai	5.5
Chocolate	
Organic Melba chocolate	
Hot chocolate	4 5
Mocha	4.5 5.5
Tea	
Organic certified teas by Yarra Valley Teas	4.5

iced drinks

Iced latte	6
Iced mocha Iced chai	6.7
Iced chocolate with ice cream	8.5
Add a scoop of coconut ice cream + 2.5	

vacuum smoothies

Choc Nana Bounty (good for the soul)	12.5
Banana, organic Melba chocolate, coconut milk	
Miso Salted Caramel (gut health & energy)	12.5
Banana, miso salted caramel, vegan choc coated popcorn, mesquite, whipped topping, soy milk	
Berry Blast (immune boosting)	12.5
Seasonal berries, banana, almond milk	
Pine Lime Sunrise (aids digestion)	12.5
Pineapple chunks, fresh lime, coconut water, coconut milk	
Green Latifah (source of wholefood vitamin B12)	12.5
Banana, spinach, raw prebiotic greens superfood blend, almond milk	
Wild Blueberry (heavy metal detox)	13.5
Wild organic blueberries, banana, barley grass, spirulina, dulse flakes coconut water	

Add ons + 2

Raw cacao | Maca powder | Plant based protein powder | Peanut butter | Spirulina | Barley grass
Mesquite

fermented shots

Turmeric	20ml 3.5
(immune booster)	
Turmeric boosts the immune system. Anti-inflammatory, anti-oxidant & supports brain function	
Ginseng, ginkgo & brahmi	20ml 3.5
(Memory & stamina)	
Supports memory & concentration, increases energy levels, improves circulation	
Horseradish	20ml 3.5
(Modulates seasonal allergies)	
Supports hay fever & sinus conditions, anti-inflammatory, immune boosting	

souldogs

Puppychino	3
Puppy friendly oat milk puppychino with a tasty dog treat	

Soulpod 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.

wines & beers

and other natural Wine Co organic
glass bottle

Soulpod Organic Label

2019 Rosé	7	18
2018 Shiraz	7	18

Redden Bridge Organic

2016 The Koch Shiraz	8	26
2016 The Koch Cabernet	8	26
2018 The Koch Pinot Gris	8	28

Pig in the House Bio Organic

2019 Chardonnay	8	24
2019 Cabernet Sauvignon	8	24

cocktails

SoulMelon Cooler	13.5
Melon liquor, Malibu, Pineapple Juice, Fresh Pineapple	
Soul Espresso Martini	14.5
Coffee, Tia Maria, Vodka, Sugar Syrup	
SoulBurst	13.5
Spiced rum, peach schnapps, strawberry liquor, lime	



Yes we do fry, but only in Rice Bran Oil and we finish with Organic Olive Oil.
A 15% surcharge will apply on public holidays and 10% on weekends. We have no limits on split bills.