



HEART & Soul

PLANT-BASED CAFE

Please order at
the counter

At Heart & Soul we are honored to serve you food prepared to make a difference. A difference interconnecting your body, mind, heart and soul.

We hope you enjoy our wholesome plant-based menu; prepare to eat yourself to health and happiness! Feel free to ask for our vegetarian and gluten free options and if you need more information regarding allergies. Our buffet is fully vegan and gluten free.

GF = Gluten Free
V = Vegan

GFA = Gluten Free Options Available
VA = Vegetarian Options Available

www.heartandsoulcafe.com.au
@heartandsoulcrounlla



Please rate us on Trip Advisor.
Now delivering to you with:



Uber
Eats

Breakfast

HEART & SOUL FAVOURITES

All Day Big Breakfast GF, V 21

scrambled tofu, slaw salad, balsamic reduction, cherry tomato, avocado, sautéed mushroom, hummus, lemon & our homemade super seed bread

Big Breakfast recommended extras:

2 Pieces of halloumi +5, 2 pieces of grilled tofu +5

Pancakes GF, V, VA 17

2 buckwheat pancakes with apple-fig compote, coconut yogurt, agave or honey and strawberries

French Toast GF, V, VA 17

2 pieces of French toast with coconut yogurt, agave or honey, banana, strawberries and chocolate sauce

ON TOAST

Smashed Avocado GFA, V, VA 17

2 pieces of sourdough with a side of lemon wedge

1st piece of toast: avocado, feta or tofu, rocket

2nd piece of toast: avocado, tomato, feta or tofu, parsley

Smashed Avocado recommended extras:

grilled tomato +2, grilled mushroom +3

Beet It GFA, V, VA 17

a piece of sourdough or selected bread options (see below) with beetroot hummus, grilled halloumi or tofu, coleslaw, cherry tomatoes and balsamic reduction

Pumpkin Boost GFA, V, VA 16

a piece of sourdough with hummus, pumpkin, walnuts, chili flakes, fresh coriander and olive oil

Peanut Butter Banana GFA, V, VA 14

a piece of sourdough with peanut butter, banana, strawberries, almond flakes, shredded coconut, agave or honey and cinnamon powder

Toast & sides

pick your choice of bread

Sourdough V

2 pieces of toast 4

Fruit Sourdough V

2 pieces of toast 5

Rice Bread GF, V

2 pieces of toast 6

H&S Super Seed Bread GF, V

3 pieces of toast 7

pick your condiments or sides in the next column

Condiments

Butter +1
Jam V +1.5
Honey +1
Agave V +1

Peanut butter V +1.5
Vegemite V +1
Pesto V +2
Hummus V +2

Sides

Avocado V +3
Sautéed mushrooms V +3
Sautéed tomato V +2
Feta +3
Soy feta V +2
Scrambled tofu V +3

Roasted pumpkin V +3
1 piece of halloumi +3
2 pieces of halloumi +5
1 piece of grilled tofu V +3
2 pieces of grilled tofu V +5

PORRIDGE

pick your choice of milk to go with porridge

Dairy Milk

full cream milk, skim milk

Plant-Based Milk GF, V +1

soy milk, almond milk, rice milk, macadamia milk, coconut milk

pick your choice of porridge

Good Grain Porridge V, VA 14

oat and quinoa porridge made on selected milk with banana, strawberries, agave or honey, pistachio and side of selected milk

Black Rice Porridge GF, V, VA 15

black sticky rice porridge with coconut yogurt, strawberries, almond flakes, topped with shredded, dessicated coconut and side of coconut cream

More on the otherside →

Bowls

pick your choice of muesli

Heart & Soul GF Coconut Quinoa or
Heart & Soul Oats and Almonds

we make our very own delicious muesli in house

ACAI BOWLS

Regular Acai Bowl **GFA, V 16**

banana, mango and blended acai with selected muesli, seasonal fruit, almond flakes and shredded coconut

Watermelon Acai Bowl **GFA, V 16**

watermelon, banana and blended acai with selected muesli, seasonal fruit, almond flakes and shredded coconut

MUESLI BOWL

Muesli Bowl **GFA, V, VA 15**

selected muesli with coconut yogurt, seasonal fruits, agave or honey, almond flakes, shredded coconut on top and side of selected milk (see below)

pick your choice of milk to go with your muesli bowl

Dairy Milk

full cream milk, skimmed milk

Plant-Based Milk **GF, V +50c**

soy milk, almond milk, rice milk, macadamia milk, coconut milk

SOUL BOWL

Green Goddess Bowl **GFA, V 16**

banana, kale, green spirulina and avocado blended on coconut water with selected muesli, seasonal fruits, almond flakes and shredded coconut on top

PROTEIN BOWLS

Vanilla Protein Bowl **GFA, V 16**

vegan vanilla protein mixture blended with banana and almond milk with selected muesli, seasonal fruits, almond flakes and shredded coconut on top

Espresso Protein Bowl **GFA, V 16**

vegan espresso protein mixture blended with banana and almond milk with selected muesli, seasonal fruits, almond flakes and shredded coconut on top

Lunch

HEART & SOUL FAVOURITES

Corn Fritters **GF, V 17**

3 corn fritters with mixed lettuce, tomato chutney and avocado

Avocado Pizza **V, VA 17**

avocado, pesto, tomato, feta or tofu, kalamata olives, jalapeno, fresh coriander and lemon on a toasted flat bread

BUDDHA BOWLS

Quinoa Paradise **GF, V 16**

quinoa, kale, avocado, sweet potato, kidney beans, sweet corns, hummus, pumpkin seeds and a lemon wedge

Hello Halloumi **GFA, V, VA 16**

couscous or quinoa, nuts and seeds mix, grilled halloumi or tofu, chickpea, shredded cos lettuce, pesto, cherry tomatoes, carrot and celery julienne and a lemon wedge

Holy Guacamole **GFA, V 16**

avocado, tomato, kalamata olives, jalapeno, fresh coriander, lemon wedge and a side of toasted flat bread

BURGERS

Pick your choice of burger bun

Multi Grain Bun or
Gluten Free Bread **GF +2**

Pick your choice of fries

Sweet Potato Fries or
Potato Fries

Pick your choice of burger

Heart & Soul Vegan Burger **GFA, V 21**

selected bun, vegan mushroom and walnut patty, baby cos lettuce, vegan aioli, tomato slice, sliced sautéed mushrooms and alfalfa sprouts with a side of selected fries

Halloumi or Tofu Burger **GFA, V, VA 21**

selected bun, grilled halloumi or tofu, rockets, pesto, sliced tomatoes and fennel with a side of selected fries

Flat Mushroom Burger **GFA, V 19**

selected bun, grilled flat mushroom, rockets, pesto, sliced tomatoes and fennel with a side of selected fries

Vegan Chickpea Burger **GFA, V 19**

selected bun, vegan chickpea patty, baby cos lettuce, coleslaw and vegan aioli with a side of selected fries

WRAPS

Kofta Wrap **V 15**

beetroot hummus, avocado, rocket, koftas, tomato chutney on a flat bread with a side of hummus

Halloumi Wrap **16**

shredded cos lettuce, vegan aioli, avocado, grilled halloumi, red cabbage, carrot hummus with a side of hummus

Tofu Wrap **V 15**

shredded cos lettuce, vegan aioli, avocado, grilled tofu, red cabbage, carrot hummus with a side of hummus

BOWL OF FRIES

Bowl of Sweet Potato Fries **V 12**

Bowl of Potato Fries **V 10**

At The Counter

MIXED PLATES

choose a plate size

Large Plate **GF, V**
4 choices of dishes **17**

Medium Plate **GF, V**
3 choices of dishes **15**

Small Plate **GF, V**
2 choices of dishes **13**

pick from our buffet choices of hot foods and salads at the counter. all buffet food is gluten free and vegan

Homemade sweets available at the counter!

we have a selection of homemade sweets, cakes and breads available. come and select your perfect dessert or something to go with your tea and coffee

EAT WELL BE WELL

*catering available.
connect with us via
info@heartandsoulcafe.com.au*

GF = Gluten Free **V** = Vegan **GFA** = Gluten Free Options Available **VA** = Vegetarian Options Available



HEART & Soul
PLANT-BASED CAFE