

# Yum Cha

## Steamed



1. BBQ 'Pork' Bun 叉燒麥飽 \$5  
Fluffy whole wheat bun with 'pork' in hoisin sauce (2 pieces) **LO**

2. Quinoa Vegetable Bun 藜麥素菜飽 \$5  
(2 pieces) **LO**

3. Wrapped Vegetable Roll 羅漢齋卷 \$6  
Julienned vegetables wrapped in fresh tofu sheets (2 pieces) **GF**

4. Steamed Dim Sim 燒賣 \$6  
With shiitake mushrooms and vegetable medley (3 pieces) **LO**

5. Beijing Water Dumpling 水餃 \$6  
Shiitake mushrooms & vegetables, wrapped in wheat pastry (3 pieces) **LO**

6. Snow Pea Dumpling 荷豆餃 \$6  
With water chestnut & vegetables, wrapped in crystal chia pastry (3 pieces) **LO LG**



7. Spinach Chia Dumpling 奇異子菠菜餃 \$6  
With mixed vegetables, wrapped in crystal chia pastry (3 pieces) **LO LG**



8. Chia 'Prawn' Dumpling 奇異子蝦餃 \$6  
With water chestnut, wrapped in crystal chia pastry (3 pieces) **LO LG**

9. Chao Zhou Peanut Dumpling 潮州粉果 \$6  
With mixed vegetables, wrapped in crystal chia pastry (3 pieces) **LO LG**

## Fried

10. 'Oyster' Fritters 炸生蠔 \$6  
Deep fried mushroom in battered seaweed shell (3 pieces) **LG GF+**

11. Spring Rolls 春卷 \$5  
(3 pieces)



12. Pan Fried Radish Rice Cakes 煎蘿蔔糕 \$6  
With 'ham' & shiitake mushrooms (3 pieces) **LG GF+**

13. Crispy & Fluffy Tofu Layers 素我 \$6  
Marinated in Chinese spices **LG GF+**

14. Curry Triangles 眉豆咖哩角 \$6  
Beans & vegetables, wrapped in wheat pastry (3 pieces)

15. Soy 'Drumsticks' 腐皮素雞腿 **LG GF+** \$6  
Made from fluffy marinated tofu sheets (3 pieces)

16. Deep Fried Wontons 炸雲吞 \$6  
With soy 'mince', coriander and shiitake mushroom filling (6 pieces)

17. Crispy Seaweed Rolls 紫菜卷 \$6  
Battered and wrapped around sauteed vegetables (3 pieces) **LG GF+**



18. Satay Skewers 串燒沙爹 \$6  
Crisp and tender wheat protein with peanut satay sauce (4 skewers)

19. Shanghai Pot Stickers 上海焗貼 \$6  
With sautéed asian vegetables filling (3 pieces)

20. Taro 'Meat' Balls 芋頭球 **GF** \$6  
With shiitake mushrooms & water chestnuts (3 pieces)

## Sharing Platters

21. Crisp Lettuce Wraps 馬蹄玉鬆生菜包 **LG** \$6/wrap  
Wok tossed filling made with soy mince, water chestnut, mushroom and diced veg medley (minimum 3 wraps)



22. Peking 'Duck' Wraps 北京鴨 \$23.00  
Crispy 'duck', pickled vegetables served with hand made crepes and hoisin sauce (5 wraps)

23. Deluxe Entree \$8pp  
叉燒 串燒沙爹 酥炸生蠔, 素餃, 涼拌牛蒡絲 **LG**  
BBQ 'Pork', Satay Skewers, 'Oyster' Fritters, Spinach Chia Dumplings & Burdock Salad (minimum 4 people)



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# Mains

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|---|---------|---|---------|
| 24. Caramelised 'Pork Ribs'<br>鎮江骨(菇)<br>Tempura fried king mushrooms, tossed in sticky black caramelised vinegar   | \$19.80 | 34. Sichuan Style Eggplant<br>四川炸茄子<br>Lightly battered and tossed in red vinegar, soy sauce & chilli glaze <b>GF</b>   | \$19.80 |
| 25. Pan-Fried Taro Stuffed Fresh Mushrooms 珍珠元寶 <b>LG</b><br>Served with steamed broccoli and goji berries, finished with a mushroom sauce  | \$19.80 | 35. Hot & Spicy Mushroom Steak<br>黑椒菇柳扒時菜<br>With soy slices, capsicum, peppercorns served over chinese broccoli <b>LG GF+</b>  | \$19.80 |
| 26. Mongolian Soy Slices<br>鐵板蒙古玉片<br>In a sweet & spicy sauce on a bed of crispy rice noodles served on a sizzling hotplate  | \$19.80 | 36. Malaysian Curry<br>馬來咖哩薯仔雞塊豆<br>With tofu, soy nuggets and potatoes <b>GF</b>   | \$19.80 |
|  27. BBQ Roast 'Pork' 麥芽叉燒<br>Wheat protein sauteed in sticky hoisin sauce, topped with roasted cashew nuts                                 | \$19.80 | 37. Monk's Choice in Clay Pot<br>罗汉煲<br>Bean vermicelli, stir fried vegetables and tofu cubes in a fermented red bean curd sauce <b>GF+ LG</b>  | \$19.80 |
|  28. Shangtung 'Chicken'<br>香酥山東不是雞<br>Crispy wheat protein with pickled vegetables, sweet chilli, rice vinegar sauce & topped with peanuts | \$19.80 | 38. Lion King's Clay Pot<br>獅子頭煲<br>Taro, shiitake and water chestnut 'meatballs' in mushroom sauce with tofu and vegetables <b>GF+</b>   | \$19.80 |
| 29. BBQ Soy 'Cutlets' 廣燒翠玉片<br>Sauteed in gourmet sweet BBQ sauce <b>GF+</b>  | \$19.80 | 39. King Mushroom in Clay Pot<br>杏鮑菇煲<br>Stewed with broccoli and fried tofu in mushroom ginger sauce <b>LG GF+</b>   | \$22.80 |
| 30. Sweet & Sour 'Pork'<br>糖醋古老玉 <b>LG</b><br>Taro fritters with capsicum, pineapple & tomatoes   | \$19.80 | 40. Salt & Pepper (Pick one)<br>椒鹽鮮魷或豆腐或鮮磨菇<br>Mushroom or Calamari or Tofu<br>Choice of 'calamari' or tofu or mushroom tempura tossed in five spices, capsicum, coriander & fresh chilli <b>LG GF+</b> | \$19.80 |
|  31. Crispy Mock 'Duck' with Seasonal Greens<br>燒鴨伴時菜<br>Wheat protein smoked in five spices  | \$19.80 | 41. Green Gourmet Fried Rice <b>LG GF+</b>  | \$19.80 |
| 32. Steamed Seaweed Tofu Roll<br>招牌蒸紫菜素魚 <b>LG GF+</b><br>Served with ginger, coriander & light soy sauce   | \$19.80 |   |         |
| 33. Taro Pillow with Plum Sauce<br>芋蓉釀豆包, 甜酸梅子汁<br>Fried tofu pillow with taro mash, capsicum <b>LG GF+</b>   | \$19.80 |   |         |





# Noodles



42. Singaporean Rice Noodles \$18.80  
星洲炒米  
With 'soy meat', vegetables and stir fried in a mild  
curry powder **LG** **GF+**

43. Braised Green Vegetables & Tofu \$18.80  
時菜鮮菇炒麵 河  
Wheat or flat rice noodle, with vegetables in  
mushroom sauce **LG** **GF+**

44. Braised Fresh River Noodle \$18.80  
乾炒河粉  
Flat rice noodles with soy 'meat', bean sprout, snow  
pea, carrot & cabbage **LG** **GF+**



45. Laksa (Pick one)  
雞塊/海鮮喇沙湯米粉 **GF**  
Crispy Soy Nuggets or  
'Seafood' \$14.80  
\$16.80

Malaysian curry rice noodle soup with seasonal  
vegetables, finished with peanuts. Seafood option  
includes 'prawns', seaweed tofu & 'calamari'

46. Mushroom & Tofu Noodle Soup \$14.80  
鮮菇白豆腐菜湯麵 **GF+** **LO** **LG**  
With a choice of rice vermicelli (GF), river noodles  
(GF) or wheat noodle. Served with asian greens

47. 'Duck' Noodle Soup \$14.80  
燒鴨湯面  
With a choice of rice vermicelli (GF), river noodles  
(GF) or wheat noodle. Served with asian greens

48. Wonton Noodle Soup 雲吞湯麵  
(Traditional or Combination)  
Traditional - with seasonal greens in vegetable broth \$11.80  
Combination - with fried tofu, soy nuggets,  
mushrooms and seasonal greens in vegetable broth \$16.80

# Soup

49. 'Shark' Fin Soup 八珍魚翅羹 \$7.20  
With vegetables, shiitake mushrooms, soy ham  
and tofu pillow **LO** **LG** **GF+**

50. Sichuan Hot & Sour Soup \$7.20  
四川酸辣湯  
With mushrooms, tofu, vegetables and a spicy  
chilli kick **LO** **LG** **GF+**



51. Wonton Short Soup 雲吞湯 \$7.20  
Served with poached asian greens

# Sides

52. Stir Fry Seasonal Asian **LG** **GF+** **LO** \$11.80  
Vegetables with Ginger 薑汁炒時菜

53. Steamed Eggplant, Tofu & \$11.80  
Pak Choy 白灼鮮蔬  
Topped with ginger and soy sauce **GF+** **LG** **LO**

54. Chinese Broccoli in Mushroom \$11.80  
'Oyster' Sauce 唐芥蘭蚝油醬



55. Green Beans in Chilli Black \$14.80  
Bean Sauce 豉椒炒四季豆  
With shiitake mushrooms and a hint of chilli **LG**

56. Five Grain Brown Rice **GF**  
(per bowl)  
六穀糙米 \$3.50

57. Jasmine White Rice (per bowl) \$3.00  
香米白飯 **GF**

# Salads

58. Raw Burdock Salad **GF** **LO** \$13.80  
鮮有機牛蒡沙律

59. Tasty Kelp Salad 海帶沙律 **GF** **LO** \$13.80



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# Drinks

## HOT

**H1. Chinese Jasmine Green Tea** \$2.60  
(per head) 中國茉莉花茶 (每位)  
Our most popular traditional blend

**H2. The Last Empress (per head)** \$3.00  
**CF** 末代皇后 (每位)  
Taste the Ching Empress' favourite chrysanthemum tea infused with young rose buds

**H3. Oriental Beauty (per head)** \$3.00  
東方美人 (每位)  
Oolong Tea with young rose buds

**H4. Rose and Lemongrass Tea** \$3.00  
**CF** (per head) 香茅玫瑰花茶 (每位)  
Soothing rose tea with citrus notes

**H5. Sencha (per head)** \$3.00  
煎茶 (每位)  
Classic Japanese green tea

**H6. Genmaicha (per head)** \$3.00  
煎米茶 (每位)  
Made with roasted rice, this mild tea perfectly balances the nutty flavour with green tea

**H7. Oolong Semi Green Tea** \$3.00  
(per head) 烏龍茶 (每位)  
Semi fermented with a combination of green and black tea

**H8. Pu Er Tea (per head)** \$3.00  
普洱茶 (每位)  
Strong Chinese tea with 'earthy' notes

**H9. Burdock Root Tea (per head)** \$3.00  
**CF** 牛蒡茶 (每位)  
Japanese root vegetable tea with earthy tones

**H10. Ginger and Lemon Tea** \$5.00  
**CF** (per mug) 鮮檸薑茶 (每杯)  
Soothing winter warmer

## COLD

**C1. Sparkling Green Lime Twist** \$7.00  
(per glass)  
荷香翠映 (每杯計)

Chilled sparkling mocktail with Japanese matcha powder and rice puffs, garnished with lime & fresh mint leaves

**C2. Remedy Organic Kombucha** \$6.00

**C3. Crystella® Sparkling Water** \$2.00  
Unlimited refills on tap

**C4. Premium Bottled Drinks** \$5.00

**C5. Bundaberg Ginger Beer** \$3.60

**C6. Fresh Coconut** \$6.80  
Chilled raw coconut served with a spoon & straw

**C7. Chilled Coconut and Mint Drink** \$5.00

**C8. Nakula Coconut Water** \$5.00

**C9. Soft Drinks** \$3.50  
(Coke, Coke No Sugar, Sprite)

# Desserts

**D1. Black Sticky Rice & Coconut in Pandan Leaf** \$9.40  
香葉椰子黑糯米

We have a large range of plant based and gluten free desserts that are all made at Green Gourmet. Ask us what cakes and ice creams are available or feel free to check out the dessert cabinet!



Chef's Recommendations



Low Oil



Caffeine Free



Gluten Free



Can be made GF (with Tamari Sauce)  
Extra 50cents



Low Gluten

We are 100% vegan and free from onion, garlic, chives, shallots with no added MSG.

We try our best to eliminate allergens when requested. However, all food cooked in this restaurant may contain traces of wheat, sesame, soy and nuts. Deep fried items are not cooked separately.

Alcohol free premises.



Green Gourmet  
Newtown



@greengourmetvegan



Have a look at our cakes online;  
<https://greengourmet.com.au>