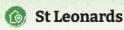


100% Plant Based Since 1998





Green Gourmet St Leonards

(iii) @greengourmetvegan

math greengourmet.com.au



We do deliveries to most parts of Sydney on Fridays, simply go to our website to place an order

YUM CHA



■ 1. BBQ 'Pork' Buns | 叉燒麥包

7.8

Australian unbleached wheat & rye buns filled with our chunky bbg not 'pork' fermented hoisin sauce. (2 pieces)

🦠 2. Green Veggies Buns | 菜菇包

7.8

A fluffy Australian green juice infused unbleached wheat bun filled with wholesome vegetables, shiitake mushrooms and sweet potato noodles. (2 pieces)

3. Sunshine Pumpkin Custard Buns 南瓜椰奶包



Fluffy turmeric-infused wheat bun filled with a sweet and creamy custard made from Australian pumpkin and Thai coconut cream. (2 pieces)

STEAMED DUMPLINGS & ROLLS

5. Dim Sims 點心





Marinated shiitake mushrooms, tender Australian soy mince with a vegetable medley, water chestnut, wrapped in a thin silky pastry. (3 pieces)

6. Vegetable Rolls 羅漢齋卷





Strips of rainbow vegetables and Shiitake mushroom wrapped in thin tofu pastry. (2 pieces)

🦠 7. Green Veg Dumplings | 菜餃





Fresh Australian wok-fried with seasonal vegetables, Shiitake mushrooms and ginger, wrapped in spinach infused crystal pastry. (3 pieces)

N 8. 'Prawn' Dumplings | 黃薑蝦餃







Faux 'prawn', crunchy water chestnut, tender bamboo shoots and fresh crushed ginger, wrapped in turmeric-infused pastry. (3 pieces)

FROM THE WOK / AIR FRYER

9. Spring Rolls | 春卷

8.5

(3 pieces)

🔪 10. 'Duck' Spring Rolls | 鴨春卷

10

Served with hoisin sauce. (3 pieces)

11. Crispy & Fluffy Tofu Layers | 素我 🔮 🚳 📵



Marinated for 12 hours in our secret spice blend.

12. Curry Triangles | 眉豆咖哩角

8.5

(4 pieces)

NEW 13. HK Style Seitan Fillets | 非油炸港式 麵筋-兩味:咖哩和甜酸汁



Our healthier baked not fried take on a popular HK favourite. Soft, pillowy seitan protein-packed fillets served in 2 sensational sauces: curry and sweet & sour.

🦠 15. Air Fried Radish Fingers | 氣炸蘿蔔糕 🔥 🚱



A must-try HK street snack! Rice-flour base filled with fresh white turnip, tofu "bacon" and Shiitake mushrooms. (3 pieces)

16. Sov Drumsticks | 腐皮素雞腿





Crisp marinated tofu sheets wrapped around a wooden stick. (3 pieces)

🦠 17. Crisp Fried Wontons | 炸雲呑

9

Filled with not pork mince, marinated Shiitake mushroom and fresh veggies. Served with sweet & sour sauce. (5 pieces)

18. Peanut Satay Skewers | 串燒沙爹



Crisp and tender 'chicken' served with dollops of our slow-cooked peanut satay sauce, roasted peanut crumb and fresh cucumber. (4 skewers)

19. Peking 'Duck' Wraps | 北京鴨



Crispy smoked 'duck', cucumber, pickled vegetables, with handmade crepes, and homemade hoisin sauce. (5 wraps)











Low Oil

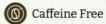


Low Gluten





No Added Mushroom





Can be made GF (Extra 50cents)





NOODLES & SOUPS

Add 2 crispy dumplings of the day for \$3.9!

僅需\$3.9. 可享用2個是日煎餃

NOODIES

N1. Singaporean Rice Noodles 星洲炒米





With smoked soy slices, crunchy vegetables and our own curry blend.

N2. Crispy Noodles with Mushroom Medley 時菜鮮菇炒麵/河粉





With fresh veggies, fried tofu in a mushroom sauce (GF option is Flat Rice Noodles).

N3. Wok Fried River Noodles | 乾炒河粉 🔮





With soy protein slices, crunchy bean sprouts and fresh veggies.

🦠 N5. Malaysian Laksa | 時菜豆腐 / 雞塊 / 海鲜 - 喇沙湯米粉 Rice noodles in a creamy coconut curry broth with veggies, tofu and roasted peanut crumb

• Tofu & Vegetables



Soy Nuggets



· 'Seafood'



N6. Smoked 'Duck' Wheat Noodles in Mushroom Broth | 燒鴨湯麵



GF Noodles: • Rice Vermicelli • Flat Rice Noodles Topped with Asian greens.

N7. Wontons in Clear Broth with Noodles | 雲吞湯麵 Silky handcrafted wonton dumplings in a light vegetable broth.

 Traditional Seasonal greens.



16

Fried tofu, soy nuggets, mushrooms, seasonal greens.

21

SOUPS

S1. 'Shark' Fin Soup 八珍魚翅羹







With faux 'shark' fin, julienne vegetables, shiitake mushrooms, soy ham and shredded tofu layers. Optional red vinegar on the side.

S2. Sichuan Hot & Sour Soup





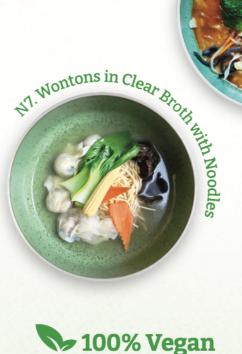


With julienne mushrooms, tofu, vegetables, with a chilli vinegar kick.

S3. Handcrafted Wonton Short Soup 雲吞湯



Served with Asian greens.



Crispy Noodles with Mushroom Medley

We are 100% vegan and free from onion, garlic, chives, shallots or leeks with no added MSG. We try our best to eliminate allergens when requested. However, all food cooked in this restaurant may contain traces of gluten, wheat, sesame, soy and nuts. Deep fried items are not cooked separately.

N1. Singaporean Rice Noodles

N5. Malaysian Laksa

MAINS TO SHARE

Complement your palate, and order dishes from both columns to for perfect flavour balance.

從左右兩欄點菜來搭配不同的口味。可讓閣下獲得最佳的菜根香美食體驗.

20. BBQ Roast 'Pork' 蜜汁叉燒

23.2

Wheat protein sautéed in a sticky hoisin sauce, topped with roasted cashew nuts. Steamed Greens on the side.

🦠 21. Shantung Not 'Chicken' | 香酥山東不是雞 🌀 Our signature main since 1998. Crispy wheat protein tossed in a sweet rice vinegar sauce with roasted peanut crumb.

🔪 22. Sichuan Style Eggplant or Cauliflower | 四川炸茄子或椰菜花 23.2

Lightly battered, tossed in a sweet & spicy red vinegar glaze with toasted sesame seeds.

23. BBQ Soy Cutlets | 干燒翠玉片 Sauteed in a sweet BBQ Sauce.

23.2

25. Sweet & Sour Taro Fritters | 芋頭古老肉

23.2 Tossed in a sweet tangy pineapple tomato sauce.

26. Caramelised Ribs | 焦糖排骨

23.2 Tempura fried mushrooms tossed in a sticky black rice vinegar.

27. Crispy Thai 'Fish' | 泰式魚

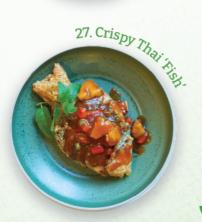


Fluffy tofu layered with silky taro mash in a salted plum sauce.

20. BBQ Roast Port







閣下獲待本 28. crispy 'Duck' with Asian Greens



31. Ma Po Tofi



28. Crispy 'Duck' with Asian Greens 脆皮鴨伴時菜

23.2

Smokey wheat seitan with a five spice rub.

29. Salt & Pepper - Calamari (+\$2) / Tofu / Mushroom | 椒鹽鮮魷 / 豆腐

23.2

Lightly batter fried, tossed in five spices, capsicum, coriander & fresh chilli.

30. Crispy Taro Pillows | 芋蓉醸豆包, 🔮 🚱 🕞 | 23.2

甜酸梅子汁 Fluffy tofu layered with silky taro mash in a salted plum sauce.

31. Ma Po Tofu 麻婆豆腐

Cooked in a spicy, fermented soybean sauce with vegetables and shiitake mushrooms.

32. Malaysian Yellow Curry 馬來咖哩薯仔雞塊



Slow cooked creamy curry with tofu, soy nuggets and potato.

33. Black Pepper Mushroom Steak with Chinese Greens 黑椒菇柳扒時菜

23.2

Shiitake soy slices in a toasted peppercorn & rich mushroom gravy.

35. Steamed Seaweed Tofu 蒸紫菜素魚



23.2

Served in a light soy, ginger & coriander dressing

36. Lion King's Claypot | 狮子頭煲



23.2

Soy mince, taro, shiitake mushroom, water chestnut, red miso meatballs in mushroom sauce with tofu and vegetables.

GET YOUR GREENS

37. Steamed Green Veg Dumplings with Asian Greens 是日蒸餃伴時菜

9 19.8

Dumplings, served with a light ginger soy or tamari dressing

38. Wok Fried Seasonal Greens 😗 🚱 🚱 with Fresh Ginger | 薑汁炒時菜



39. Steamed Eggplant, Tofu & Pak Choy 蒸茄子豆腐白菜薑汁生抽

With a light ginger soy sauce dressing.

50. Wok Fried Green Beans in Chilli Bean Sauce | 鼓椒百花炒四季豆



RICE

🔊 R1. Green Gourmet Fried Rice | 招牌炒飯 🔮 🛞 | 21.8

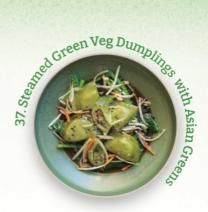


R2. Mixed Grain Rice 五穀糙米



R3. Thai Jasmine Rice | 香米白飯







HANDCRAFTED SWEET CORNER

Please check our display fridge or online to see what we have available. Most are gluten free, and we make whole cakes too.

We welcome vegan BYO cakes - a \$3 pp cakeage fee applies.

D1. Black Sticky Rice with Stewed Coconut & Pandan Leaf | 香葉椰子黑糯米糕



2 pieces served with coconut cream.

DRINKS

COID

NEW C1. Heaps Normal, Quiet XPA

NEW C2. Tsingtao, Alcohol Free Lager

C3. Green Lime Twist

10 A refreshing lime mocktail with a Japanese matcha infusion, roasted

rice puffs, fresh citrus slices and mint leaves.

C5. Salted Organic Kumquat in Sprite



Served with fresh mint leaves.

C6. Fresh Thai Coconut

10

C7. Chilled Coconut and Mint Drink

C8. Soft Drinks

4.5

Coke | Coke No Sugar | Sprite | Sprite Zero Sugar.

C9. Remedy Organic Kombucha

6

Various flavours available.

NEW C10. Seadrift, Alcohol Free G&T (The Northern Beaches, Sydney) 10

- · Wild Hibiscus: Hibiscus Lime Juniper
- · Coast & Tonic: Basil Juniper Rosemary
- · Classic & Tonic: Coriander Lime Golden Kelp

Please ask our friendly staff for what non-alcoholic wines we are currently serving.

HNT

H1. Chinese Jasmine Green Tea (per head) 中國茉莉花茶(每位)

Popular blend of Chinese green tea and Jasmine flowers.

H2. Young Rose Tea (per head)

東方美人(毎位)

45

3.8

- · Oolong (contains caffeine)
- Lemongrass
- Chrysanthemum

H3. Genmaicha (per head) | 煎米茶(每位)

4.5 Japanese blend of roasted puffed rice and green Sencha tea leaves.

H5. Oolong Semi Green Tea (per head) 4.5 烏龍茶(每位)

Semi-fermented Chinese tea.

H6. Pu'er Black Tea (per head) | 普洱茶(每位) 4.5

A deep and earthy tea. Viewed as an ancient tonic for digestion.

H7. Five Elements Burdock & Vegetable Tea (per mug) | 牛蒡茶 (每杯)

A cleansing antioxidant-rich blend hot brewed over an hour with burdock root, carrots, Shiitake mushrooms, white radish and radish leaves.

H8. Ginger and Lemon Tea (per mug) 鮮檸薑茶 (每杯)



7

For mild heat and a spark of freshness.