



# MENU

VEGETARIAN | VEGAN OPTION | GLUTEN FREE OPTION

WE ARE OPEN

FOR TARA INSTITUTE DINNER

MONDAY - WEDNESDAY  
5:30PM - 8:00PM

## GLUTEN FREE MENU



### BEAN & VEGIE STEW ON RICE \$17.5

Slow-cooked beans with mixed vegetables, served over rice, accompanied by a fresh side salad, creamy Greek yogurt, and homemade chili for a flavorful kick.

### DHAL RICE \$17.5

Made with brown rice, lentil and vegetables, Greek yoghurt served with salad and homemade chilli

### DRAGON BOWL \$19.5

Mixed beans, brown rice, quinoa, roasted vegetables, served with organic tofu, dried seaweed, and homemade chilli

### ANCIENT GRAIN SALAD \$19.5

Brown rice & quinoa, broccoli, asparagus, feta, beetroot with lemon dressing, roasted almonds and yoghurt

### MUSHROOM RISOTTO \$21.0

Arborio rice and mixed herb mushroom cooked with cream

## STANDARD MENU

### SOUP OF THE DAY \$9.0

Please ask what soup we have available today - the soup is served with a slice of sourdough bread

### MOMO (TIBETAN DUMPLINGS) \$15.5

Organic tofu, mixed herbs with mushroom, and vegetables, served with mixed salad and homemade chilli and soy sauce

### HOMEMADE SPANAKOPITA \$19.5

Ricotta, spinach, feta, and goats cheese served with salad and chutney

### SPAGHETTI BOLONNESE \$19.5

Spaghetti, topped with roasted vegetarian bolognese sauce



### GARDEN SALAD \$15.5

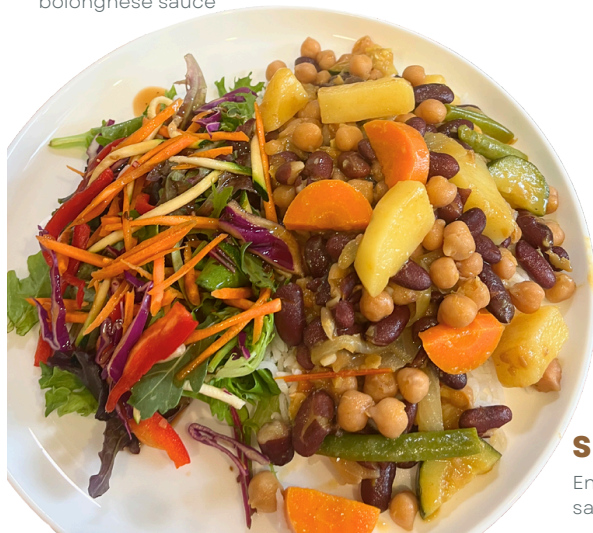
Mixed salad with tomatoes, carrot, cucumber, olive balsamic dressing

### BLISS FRIED RICE \$18.5

Brown rice, scrambled egg, mixed vegetable, al infused with sesame oil and soy sauce

### ROTI ROLL \$15.0

Scrambled eggs, mixed herb mushrooms, spinach and homemade tomato chutney wrapped in roti bread



### SOUP & ANY MEAL COMBINATION \$25.0

Enjoy a comforting bowl of soup of the day paired with any meal of your choice for a satisfying evening dining experience.