

**“While veggie eating holds many health benefits, it also has other interesting effects on the body: research shows that avoiding red meat improves the sex appeal of male body odour.”**

# Vegan - Vegetarian Menu

All Meals on this menu are Vegetarian – The (V) symbol indicates that it is possible for these dishes to be converted to a Vegan option as well.

"A vegetarian is someone who lives on a diet of grains, pulses, legumes, nuts, seeds, vegetables, fruits, fungi, algae, yeast and/or some other non-animal-based foods (e.g. salt) with, or without, dairy products, honey and/or eggs. A vegetarian does not eat foods that consist of, or have been produced with the aid of products consisting of or created from, any part of the body of a living or dead animal. This includes meat, poultry, fish, shellfish, insects, by-products of slaughter or any food made with processing aids created from these."

Ω Ohm sign indicates is or can be converted to Gluten Free option

(V) Indicates can be converted Vegan – Please let us know if that’s how you would like it

Lacto-ovo-vegetarians eat both dairy products and eggs; this is the most common type of vegetarian diet.

Lacto-vegetarians eat dairy products but avoid eggs.

Ovo-vegetarian eats eggs but not dairy products.

Vegans do not eat dairy products, eggs, or any other products which are derived from animals.

Bodgie-tarian has neither actual social stand point nor any afflicting dietary restrictions but simply enjoys feeling special by being something they are not.

**“The list of famous vegetarians includes Sir Paul McCartney, Ozzy Osborne, Sinead O'Connor, Brad Pitt, Albert Einstein, Henry Ford and Leonardo da Vinci.”**

**“British research shows that a child's IQ predicts his likelihood of becoming a vegetarian as a young adult. You guessed it: the smarter the child, the more likely he'll eventually shun meat.”**

## ARTISANAL BREADS & BRUSCHETTAS

### Garlic & Cheese Mini Cob Loaf Ω

Served freshly toasted with tasty molten cheese & fresh aromatic herbs. 8

### Cold Climate Caramelised Pear & Tasmanian Double Brie Bruschetta Ω

With glorious, golden, caramelised pear wafers topped in gooey Tasmanian double brie on freshly toasted Turkish bread. An old Blue Moon Winner IKR! 22

### Ruby Roma Tomato & Amethystine Onion Farinata Bruschetta Ω (V)

Annie assures me that “apparently” this dish is fairly straight forward & does not require any “over the top flowery descriptions” from me. 20

\*If you don't agree with her (like me); please feel free to let her know, in no uncertain terms, that by limiting or censoring my freedom of expression & extremely highly developed (self assessed) sense of creativity that she is inhibiting **your** god given right as a member of the public & honoured dignitary/guest of our restaurant to be entertained with said “over the top flowery descriptions”. Also, please further explain to her that the only reason you are actually here is because of said “over the top flowery” descriptions & the entertainment they provide to you & to a lesser extent the food, wine & service. Cheers

### Pop Corn Tofu “Not the sort you find at the movies”

This is another of our signature dishes. We take beautifully soft tofu cushions & lightly dust them in flour. Shallow pan fry them till they are crisp & sweet, drizzled with the most amazing hollandaise sauce you have ever tasted in your life. Served with cucumber, wakame, peanuts & soft herbs 19 or 28

### My Beautiful Wife's Crispy Inter-Galactic Noodle Balls

Seriously one of the greatest sauces I have ever tasted in my whole life! With a tropical Asian-Pacific heritage, we mix local golden sweet potato, egg noodles, turmeric, lemon grass, & coconut milk to make Annie's amazing crispy noodle bubble balls. Then we drizzle those little bad boys in the most amazing, sweet, decadent, tamarind & Szechwan pepper glaze you have ever tasted. Superb! 16

**“Many vegetarians follow a meat-free diet in an attempt to lower the pressure meat production places on the environment. According to Wikipedia.org, growing crops for farm animals requires nearly half of the United States' water supply and 80% of its agricultural land.”**

**“Other people go the vegetarian route for religious reasons. Some of the denominations that actively advocate vegetarianism include the Hare Krishna and Rastafarian movements.”**

Alexios The Greek Adonis’s Haloumi, Honey & Hazelnut Salad (V)

With Bbq’d iceberg lettuce, creamy cannonball avocado chunks, grilled Cypriot Haloumi cheese, flame roasted bell peppers all tossed through an incredible wild bush honey & hazelnut dressing. A Snap, Crackle & Pop texture salad. 25

Seasonal Avalon Asparagus & Fabulous Finocchio Fennel Risotto (V)

Refreshing asparagus spears with sliced marathon fennel bulbs, wild bush lemon, piquant toasted almonds & mythical Shambhala avocado oil. 28

Buttered Mushroom & Broad Bean Gnocchi

Sautéed buttered mushrooms, delicate broad beans with golden pillows of potato gnocchi and topped with popped peas and zesty salsa verde 28

Spicy Indonesian Lime & Coconut Vegetable Satay (V)

BBQ garden vegetables with zesty wild limes & served with a spicy Pacific satay sauce. Blended with freshly dry roasted spices, exotic fine herbs &, aromatic jasmine rice, crispy poppadom’s & sambals. 22

Bahamas Tones Vegetarian Soul Food Taste Plate

Sensational grilled haloumi with salsa verde, Annie’s extraordinary noodle balls, eggplant jerky & very profitable polenta crusted zucchini with tremendous handmade tomato relish. Makes you want to roar like a rabbit. 34

SIDES

Chunky Fries	9
Stringy Mozzarella Mash	9
Eggplant Jerky (V)	7
Spiced Cauliflower Cous Cous (V)	11
Polenta crusted Zucchini Goujons & tomato relish	22 9
Steamed Jasmine Rice (V)	4.5
Steamed veg, salsa verde & grilled haloumi (V)	12

**“There are varying degrees of vegetarianism. The strictest of vegetarians not only steer clear of all forms of meat, they also avoid all animal products, including honey (bees are often killed in the production of honey), and foods which might contain traces of animal products, such as bread baked in buttered tins and sugar to which bone charcoal has been added (to make it white).”**