

MENU

PITA POCKETS

GREEN FALAFEL 14

Falafel: Parsley, coriander, mint. Hummus, chopped salad, pickled cabbage and tahini.

RED FALAFEL 14

Falafel: Mixed with chilli and red peppers. Hummus, chopped salad, pickled cabbage and tahini.

YARAKOHT 15

Sautéed mushrooms, pumpkin, hummus, chopped salad, pickled cabbage and tahini.

SABICH 15

Sliced eggplant with a free range hard egg, potatoes, hummus, chopped salad, pickled cabbage and tahini. *Add amba \$1.5*

LUTSI 15

Fried cauliflower, leek, chopped salad, pickled cabbage and tahini.

SHUIT 15

Warm white beans with sautéed spinach mixed in tahini and garlic with chopped salad, pickled cabbage and tahini.

YELEDEEM (KIDS) 12

Hummus, boiled egg and avocado.

FEED ME

DATE NIGHT FOR 2 46

2 single green falafels, 2 single red falafels, hummus plate, 2 pitas, pickled cabbage, chopped salad, monkey salad, roasted potatoes, roasted cauliflower, roasted sweet potato wedges with coyo tzatziki, amba sauce (spicy mango chutney) and zhoug sauce (mixed herbs hot sauce).

SALAD & VEGETABLES

FALAFEL SALAD 17

6 Falafels (3 green and 3 red), pickled cabbage hummus, chopped salad, spicy green salad, topped with tahini, parsley and zaatar spice. *Add pita \$3*

MONKEY SALAD 18

Quinoa, roasted sweet potato, corn, broccoli and avocado, topped with spiced za'atar chickpeas and tahini dill dressing.

NOURISH BOWL 19

Quinoa, fresh herbs, tomato, cucumber, kale, hemp seeds, roasted sweet potato, roasted cauliflower, tahini, single falafel (your choice of green or red).

SABICH PLATE 18

Roasted eggplant, hummus, roasted potatoes, chopped salad, boiled egg, zhoug and tahini.

SUPERFOOD TABOULLEH 16

Quinoa, mint, parsley, tomato, cucumber, kale, hemp seeds, red onion and tahini. *Add falafel \$1.5*

VEGAN 'CARROT' HOT DOG 14

Black smoked bun with pickled cabbage, spiced cured carrot, tahini amba mustard and sweet tomato sauce sprinkled with sweet potato chips.

ROASTED CAULIFLOWER 13

Slow roasted cauliflower with hummus, lemon and tahini.

ROASTED POTATOES 10

Rosemary, thyme, oregano and dill tahini.

ROASTED EGGPLANT 11

Hummus, half a roasted eggplant, zaatar kale chips and tahini.

MAPLE ROASTED SWEET POTATO WEDGES 12

With coyo tzatziki and green onions.

HUMMUS PLATE 10

Fresh hummus with pita bread.

TAHINI PLATE 11

Fresh tahini with pita bread.

SHAKSHUKA

Your choice of Shakshuka (Red or Green) served with chopped salad, spicy green salad, pickled cabbage, hummus, tahini and pita bread. Or make it Vegan! Swap the eggs to eggplant.

RED 20

Two free range eggs, tomato, fresh rosemary, thyme, oregano and chilli. *Add goats cheese \$3.5*

GREEN 22

Two free range eggs, broccoli, avocado, zucchini, kalamata olives, chilli, fresh thyme and rosemary.

EXTRAS

SINGLE FALAFEL 1.5

Your choice of Green or Red. Served with a dollop of hummus.

AMBA 1.5

Spicy mango chutney.

FRESH ZHOUG 2.5

Middle Eastern hot sauce.

CRUNCHY ZA'ATAR CHICKPEAS 3

COYO TZATZIKI 4

SINGLE PITA 3

SERVE OF GLUTEN FREE BREAD 5

DESSERT

VEGAN MALABI 8

Coconut milk pudding infused with rose water and topped with pistachios and maple syrup.

VEGAN TAHINI MAPLE BROWNIE 7

VEGAN BAKLAVA 4

FAMILY SPREAD (4-6 PEOPLE) 115

4 single green falafels, 4 single red falafels, hummus plate, pickled cabbage, chopped salad, roasted eggplant, tabbouleh, roasted potatoes, roasted cauliflower, roasted sweet potato wedges with coyo tzatziki, monkey salad, amba sauce (spicy mango chutney) and zhoug sauce (mixed herbs hot sauce).



SMOOTHIES - ALL 13

SUPER GREEN

Pineapple, strawberries, chia seeds, coconut water and organic super greens blend (spirulina, chlorella, alfalfa, wheatgrass and barley grass powder).

GREEN GODDESS

Banana, spinach, almond butter, raw vanilla protein, dates and coconut milk.

BERRY PROTEIN

Acai, strawberries, blueberries, dates, raw vanilla protein, almond butter and coconut water.

CHOCOLATE PEANUT BUTTER CUP

Banana, peanut butter, cacao, cacao nibs, dates, sea salt and almond milk.

MISO CARAMEL MALT

Banana, dates, miso, almond butter, maca, raw vanilla protein and coconut milk.

THE PINK DRINK

Organic pitaya, banana, mango, raw vanilla protein and coconut water.

SMOOTHIE BOWLS - ALL 18

ACAI

Organic acai, banana, strawberries, blueberries, coconut water topped with house made granola, coconut and seasonal fruit.

PEANUT BUTTER

Bananas, peanut butter, dates, raw vanilla protein, pink himalayan salt, coconut milk topped with house made granola, coconut, peanut butter, seasonal fruit and dark chocolate nuts.

BLUE MAJIK

Bananas, pineapple, organic e3 live blue algae, coconut milk topped with house made granola, coconut and seasonal fruit.

COLD DRINKS

Organic cola	5
Organic lemonade	5
Organic ginger beer.....	5
Sparkling mineral water	5
Kombucha Ginger and Lemon	6
Kombucha Raspberry and Lemonade....	6
Kombucha Mango Passionfruit	6
Blood Orange Switchel	6

HOT DRINKS

Organic Love Tea	5
<i>Earl Grey, English Breakfast, Genmaicha, Chai, Chamomile, Peppermint, Immunity (echinecea, rosehip, ginger, licorice, nettle, lemon balm)</i>	

BEER CIDER WINE

BEER

Gold Star Lager	9
Stomping Ground IPA	11
Venom Pale Ale	10
Venom Golden Ale	10

CIDER

Tin Shed Cider	11
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WHITE

Terra Viva	
Pinot Grigio	10/40

RED

Terra Viva	
Organic Sangiovese	10/40
Domaine Marcel Joubert	
'Cuvee A Lancienne' Gamay	50

ORANGE

Good Intentions	
Relatively White	55

ROSE

2019 Continental Platter	50
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