

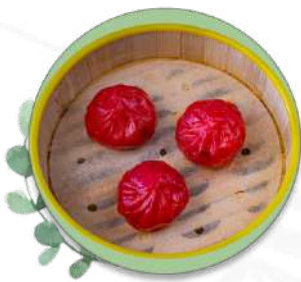
Phone: 02-99042667

Email: greensproutsvegetarian@gmail.com

Website: greensproutsvegetarian.com.au

Location: Shop 13/166-174 Military Road Neutral Bay NSW 2089

Our Facebook Page



Chilli Smoked Soy, Beetroot Dumplings



Broccoli, Carrot, Ginger Dumplings



English Spinach Dumplings



Pandan Flavour, Choysum Dumplings



'Prawn' Dumplings



Vegetarian Siu Mai



Pan Seared Radish Cakes



Wonton in Homemade Spicy Sauce



Pan Fried Chinese Cabbage



Pan Fried 'Duck' with Broccoli Dumplings

Dumplings and Buns

= Spicy | **GF** = gluten-free | **LG** = Low Gluten | **GF+** = gluten-free option



Steamed Dimsum Platter (6 pcs)	六式蒸点心	18
Chili, Smoked Soy and Beetroot Dumplings (3pcs)	蒸甜菜饺	8
Broccoli, Carrot, Ginger Dumplings (3pcs) (GF+)	蒸西兰花饺	8
English Spinach Dumplings (3pcs) (GF+)	蒸菠菜饺	8
Pandan Flavour, Choysum Dumplings (3pcs) (GF+)	蒸菜心饺	8
'Prawn' Dumplings (3pcs)	蒸虾饺	8
King Mushroom, Sweet Corn and Ginger Dumplings (3pcs) (GF+)	蒸鲜菌饺	8
Vegetarian Siu Mai (3pcs)	蒸烧卖	8
Pan Seared Radish Cakes (3pcs) (GF)	香煎萝卜糕	9
Pan Fried Cabbage Dumplings (3pcs)	煎锅贴	9
Snow Mountain BBQ "Pork" Bun (3pcs)	现烤叉烧包	12
Wonton in Homemade Spicy Sauce (8pcs)	红油抄手	10
Pan Fried 'Duck' with Cabbage Dumplings (3pcs)	香煎鸭馅饼	12
Crispy 'Pork Belly' Buns with Pepper Sauce (3pcs)	豚肉黑椒包	15

Please inform us of any food allergies or special dietary requirements and we will be happy to accommodate you.

Entree



- Edamame Bowl (GF)
- Homemade pickles Cabbage and Radish (GF)
- Spring Rolls (3pcs)
- Spinach Salad in Old Vinegar Dressing (LG) 🌶️
- Sang Choi Bow (2pcs) (GF+) Lettuce wrap with vegan meat and veggies
- King Mushroom Skewers with Cumin and Peppern (2pcs) (GF) 🌶️
- Satay Chicken Skewers (4pcs) Crisp and tender wheat protein with peanut satay sauce
- Deep Fried Oysters (6pcs)

- 日式毛豆 5
- 开胃酸菜 4
- 春卷 8
- 凉拌菠菜 9
- 生菜包 10
- 串烧帝皇菇 9
- 沙爹鸡串 8
- 素食生蚝 18

Soups



- Hot and Sour Soup (GF+) 🌶️ 酸辣汤 8
Mixed mushrooms, tofu, bamboo shoot, red vinegar & chilli oil
- Pumpkin Soup (GF+) 南瓜金汤 8
Creamy smashed pumpkin, shiitake mushrooms in vegetable soup
- Wonton Soup 云吞汤 8
Wonton in vegetable soup
- Creamy Sweet Corn Soup (GF+) 玉米浓汤 8
Creamy tasty sweet corn in vegetable soup



Noodle or Rice



- Signature Fried Rice (LG) (GF+) 招牌炒饭 16
With shredded green vegetable, tofu, vegan meat and vegan seafood & ginger
- Truffle Fried Rice (LG) (GF+) 黑松露炒饭 20
With mixed mushroom, vegan pork floss and seaweed in truffle oil
- Combination Wonton Noodle Soup 杂烩云吞面 18
Traditional wonton and noodle in mushroom soy broth
- Mix Veggie with Crispy Noodle 杂烩炒面 18
Panfried noodle topped mixed stir fried vegetables, vegan meat, vegan seafood
- Singapore Noodles (LG) (GF+) 星洲炒米粉 18
Stir Fried rice noodle with vegetables, red and green capsicum, shredded vegan meat seasoned with madras curry powder
- Nutritional Fresh Mushrooms Udon Noodle Soup 鲜菌乌冬汤面 16
- Plain Roti Bread 素食烙饼 4.5
- Steamed Jasmine White Rice (per Bowl) 丝苗白饭 3
- Extra Homemade Pancakes (6 pcs) 手工薄饼 5

- 招牌炒饭 16
- 黑松露炒饭 20
- 杂烩云吞面 18
- 杂烩炒面 18
- 星洲炒米粉 18
- 鲜菌乌冬汤面 16
- 素食烙饼 4.5
- 丝苗白饭 3
- 手工薄饼 5

Sharing Platters

🌶️ = Spicy | GF = gluten-free | LG = Low Gluten | GF+ = gluten-free option



Peking Duck Served With Homemade Pancakes
(6pcs) (extra 6 pancakes \$5.0)
Tea smoked wheat protein, cucumber, served with
handmade pancake in hoisin sauce

茶熏北京鸭 30



Peking Duck

Hunan Spicy Fish Parcel 🌶️
Stewed tofu fish and mix vegetables in Hunan spicy Sauce

湖南纸包鱼 30

Steamed Eggplant With Three Flavours Sauce 🌶️
(served with roti extra \$4.5 each)

清蒸三味茄子 18

Agedashi Tofu in Fresh Pumpkin Broth

金瓜烩豆腐 20

Lemon Chicken
Deep fried wheat protein with the lemon-glazed sauce

柠檬鸡块 18

Shantong Chicken
Crispy wheat protein with pickled vegetables, slightly chilli,
red and rice vinegar

山东鸡柳 18

Szechuan Chilli Chicken 🌶️🌶️
Deep fried vegan chicken, tossed in chilli peppers &
Szechuan pepper corn

川香辣子鸡 22

Stir Fried Beef with Cumin and Pepper 🌶️🌶️
Vegan beef, celery, ground cumin, soy sauce & strong
pepper flakes

孜然牛肉 22

Sizzling Mongolian Beef
Marinated strips of vegan beef in a dark sweet-savoury
sauce, celery perfumed

铁板蒙古牛 22

Sweet and Sour Pork
Stir fried made with juicy pieces of wheat protein, red and
green capsicum & pineapple

甜酸咕噜肉 18

Shredded Pork Served with Pancakes
(6pcs) (extra 6 pancakes \$5.0)
Marinated stir fried wheat protein served with handmade
pancake & cucumber

京酱肉丝配薄饼 22



Hunan Spicy Fish



Agedashi Tofu



Szechuan Chilli Chicken



Sweet and Sour Pork



Mongolian Beef



Stir Fried Beef with Cumin and Pepper

Sharing Platters



Roast Cauliflower With Cumin and Chilli Flake 🌶️ 干烧花椰菜 18

Seaweed Fish (LG)
Coated With 5 Pickled Vegetables, Tofu Skin Fish in Sweet and Sour Sauce 五柳素鱼 26

Honey Prawns
Crispy Batter prawn (konjac) coated with Caramel 蜜糖虾 22

Wasabi Mayo Prawns 🌶️
Crispy Batter Prawn (Konjac) Coated Wasabi Mayo Sauce 日式芥末虾 22

Crispy Finger Eggplant 椒盐手指茄条 18

Mixed Mushrooms With Bok Choy (GF+) 鲜菌扒白菜 20

Wok Fried Asian Vegetables (GF+) 清炒时蔬 17

Wok Fried Snow Pea With Broccoli (GF+) 荷豆兰花 18

BBQ Char Siew
Glazed roast wheat protein with sweet soy sauce 蜜汁叉烧 22

Squids (Konjac) With Native Spiced Salt 香酥鱿鱼 22

Traditional Salt and Pepper Tofu 椒盐豆腐 20

Ma Po Tofu (GF+) 🌶️
Braised firm tofu in fermented spicy, soybean paste 麻婆豆腐 18

Signature Claypot Tofu (GF+)
Braised bean curd with mixed vegetables & vegan meat 招牌豆腐煲 20

Rainbow Pancakes (6pcs) (LG)
(extra 6 pancakes \$5.0)
Stir fried with mixed mushroom, bean sprouts, green and red capsicum served with handmade pancakes 五彩鲜蔬配薄饼 22



Roast Cauliflower



Seaweed Fish



BBQ Char Siew



Wasabi Mayo Prawns

Signature Claypot Tofu



Squids (konjac) with native spiced salt



Please inform us of any food allergies or special dietary requirements and we will be happy to accommodate you.