



PITA POCKETS

Option to enjoy in a gluten free (gf) wrap.
Add \$1.2.

GREEN FALAFEL (GFO, V) 15.5

Four green falafels (parsley, coriander, mint), hummus, chopped salad, pickled cabbage and tahini.

RED FALAFEL (GFO, V) 15.5

Four red falafels (chilli and red peppers), hummus, chopped salad, pickled cabbage and tahini.

MIXED FALAFEL (GFO, V) 15.5

Four falafels (two green/two red) hummus, chopped salad, pickled cabbage and tahini.

YARAKOHT (GFO, V) 16.5

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

SABICH (GFO, VO) 16.5

Sliced eggplant, boiled egg, potatoes, hummus, chopped salad, pickled cabbage and tahini. Add amba \$1.5.

LUTSI (GFO, V) 16.5

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

SHUIT (GFO, V) 16.5

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

YELEDEEM (KIDS) (GFO, VO) 13.5

Hummus, a boiled egg and avocado.

DRINKS

ORGANIC 6.5

Cola, Lemonade and Ginger beer

SPARKLING MINERAL WATER 6.5

KOMBUCHA 6.5

Ginger and lemon, Raspberry and lemonade and Mango passionfruit

SPARKLING YERBA MATÉ 6.5

Original, Hibiscus and Ginger

SWITCHEL 6.5

Blood orange

ORGANIC LOVE TEA 6.5

Earl grey, English breakfast, Genmaicha, Chai, Chamomile, Peppermint and Immunity (echinecea, rosehip, ginger, licorice, nettle, lemon balm)

DESSERTS

MALABI (GF, V) 9

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

TAHINA MAPLE BROWNIE (GF, V) 8

BAKLAVA (V) 5

SALADS AND VEGETABLES

FALAFEL SALAD (GF, V) 18.5

Six falafels (three green/three red), pickled cabbage, hummus, chopped salad, spicy green salad, topped with tahini, parsley and za'atar spice. Add pita \$3 or gf bread \$5.

MONKEY SALAD (GF, V) 19.5

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

NOURISH BOWL (GF, V) 20.5

Quinoa, fresh herbs, tomato, cucumber, kale, hemp seeds, roasted sweet potato, roasted cauliflower, tahini and one falafel (green/red).

SABICH PLATE (GF, VO) 19.5

Roasted eggplant, hummus, crispy kipfler potatoes, chopped salad, a boiled egg, zhoug and tahini.

SUPERFOOD TABOULLEH (GF, V) 17.5

Quinoa, mint, parsley, tomato, cucumber, kale, hemp seeds, red onion and tahini. Add falafel \$2.

ROASTED CAULIFLOWER (GF, V) 13.5

Slow roasted cauliflower with hummus, lemon and tahini.

CRISPY KIPFLER POTATOES/ VEGAN AIOLI (GF, V) 13.5

ROASTED EGGPLANT (GF, V) 12.5

Roasted eggplant, hummus, za'atar, kale chips and tahini.

MAPLE ROASTED SWEET POTATO, COYO TZATZIKI AND GREEN ONIONS (GF, V) 13.5

HUMMUS PLATE (GFO, V) 11.5

Fresh hummus, pita bread. Sub. gf bread \$3.

TAHINI PLATE (GFO, V) 12.5

Fresh tahini, pita bread. Sub. gf bread \$3.

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 with eggplant. Sub. gf bread \$3.

RED (GFO, VO) 21.5

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

GREEN (GFO, VO) 23.5

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

FEED ME

DATE NIGHT FOR 2 (GFO, V) 49

Four falafels (two green/two red) hummus plate, two pitas, pickled cabbage, chopped salad, monkey salad, crispy kipfler potatoes, roasted cauliflower, maple roasted sweet potato wedges, with amba and zhoug. Sub. gf bread \$6.2. Add one brownie to share \$5.

FAMILY SPREAD (10 PEOPLE+) (GF, V) 35PP

Eight falafels (four green/four red) hummus plate, four pitas, pickled cabbage, chopped salad, roasted eggplant, tabbouleh, crispy kipfler potatoes, roasted cauliflower, maple roasted sweet potato wedges, monkey salad, with amba and zhoug. Sub. gf bread \$12.

SMOOTHIES – ALL 13.5 SMOOTHIE BOWLS – ALL 18.5

SUPER GREEN (GF, V) 6.5

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

GREEN GODDESS (GF, V) 6.5

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

CHOCOLATE PEANUT BUTTER CUP (GF, V) 9

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

MISO CARAMEL MALT (GF, V) 8

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

THE PINK DRINK (GF, V) 5

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

BERRY PROTEIN (GF, V) 6.5

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

BOWL – ACAI (GF, V) 6.5

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

BOWL – BLUE MAJIK (GF, V) 6.5

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

BOWL – PEANUT BUTTER (GF, V) 6.5

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.

SANDWICHES

CHALLAH BREAKFAST SANDWICH 17.5

Scrambled eggs, cottage cheese, avocado, spiced tomato jam, fresh tomato and fresh cucumber. Add zhoug \$2.5.

FALAFEL BURGER (VO) 17.5

Burger bun, fresh tomato, lettuce, vegan aioli, caramelised onion jam, your choice of vegetarian or vegan cheddar cheese. Add crispy kipfler potatoes/vegan aioli \$7.

VEGAN 'CARROT' HOT DOG (V) 15.5

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

EXTRAS

SINGLE FALAFEL with a dollop of hummus. 2.2

AMBA Spicy mango chutney. 1.7

FRESH ZHOUG Middle Eastern hot sauce. 2.7

CARAMELISED ONION JAM 2.2

SPICED TOMATO JAM 2.2

CRUNCHY ZA'ATAR CHICKPEAS 3.2

COYO TZATZIKI 4.2

SINGLE PITA, GF BREAD 3.2/5.2

BEER AND CIDER

LAGER 9.5

GOLDEN ALE, PALE ALE 10.5

IPA, CIDER 12.5

WINE – ALL 10.5

PINOT GRIGIO (WHITE)

SANGIOVESE (RED)

COCKTAILS – ALL 16.5

CAMPARI SPRITZ

Campari, prosecco, soda water and orange.

OUZO SPRITZ

Ouzo, organic lemonade, mint and lemon.

SPICY MARGARITA

Tequila, orange liqueur, lime and jalapeño.

TAHINA GOODS

FROZEN GREEN FALAFEL, 225G 8.5

FROZEN RED FALAFEL, 225G 8.5

FROZEN FALAFEL BURGERS 8.5

ZHOUG 13.5

CARAMELISED ONION JAM 12.5

SPICED TOMATO JAM 12.5

V: Vegan VO: Vegan option GF: gluten free GFO: gluten free option All dishes are vegetarian. All of our eggs are free range. TAHINABAR.COM

Please note: we do not accept cash and have removed our credit card surcharge, we have a 10% weekend/15% public holiday surcharge. Thank you for your understanding and support.