

WELCOME TO vegan takeover

BROTH

- MISO**
tofu & wakame seaweed 4
- FRAGRANT VEGETABLE PHO**
basil, mushroom, mungbean 6

FRESH

- EDAMAME**
sea salt, sumac 9
- VIETNAMESE RICE PAPER ROLLS**
vermicelli, red pepper, mint, coriander 13
- VERMICELLI NOODLE SALAD** 17
- BANANA BLOSSOM & PINEAPPLE SALAD**
chilli pistachios, cherry tomatoes, mint, coriander, , bean sprouts, crispy shallots 16
- CAULIFLOWER LETTUCE CUPS** 17
walnut, ginger, garlic, onion, fresh lime, soy sauce, jalepeno & sesame

GRILL

- GRILLED ASPARAGUS** hoisin dipping sauce 12
- SWEET POTATO SATAY** chargrilled kumara, peanut satay sauce 15
- STICKY BBQ TOFU SKEWERS** peanut & cucumber dipping sauce 14
- CHAR-GRILLED PORTABELLO MUSHROOMS** sticky teriyaki glaze 16
- 'DUCK' PANCAKES** seitan 'duck' cucumber, spring onions, hoisin sauce pickles 20

BAO BUNS

- ROAST 'DUCK'** pickled carrot & cucumber, coriander, hoisin 13
- CRISPY 'FISH'** Banana blossom creamy asian slaw, coriander, spring onion 11
- SWEET CORN** sweet corn fritter, pickled red onion, coriander & sweet chilli mayo 10
- PULLED 'PORK'** five spice pulled jackfruit, bang-bang vegan mayo 12

FRY

- POPCORN TOFU**
sweet & sour plum sauce 15
- VEGETABLE SPRING ROLLS**
sweet chilli dipping sauce 13
- TEMPURA CAULIFLOWER**
bang-bang vegan mayo 16
- ALOO TIKKI (POTATO CAKES)**
green chilli, lemon zest, turmeric, thai basil & mint mayo 13
- FRIED CHILLI TOFU**
chilli & black pepper sauce 14

DUMPLINGS

- BROCCOLI & KALE** seven spice hoisin sauce 13
- BEGGARS PURSE** mushroom, leek, bamboo, peanuts, red vinegar dipping sauce 16
- FULL MOON** spring onion, coriander, kaffir lime, sweet chilli soy 14
- BANANA BLOSSOM WONTONS** kaffir Lime, spring onion, lemongrass, lemon zest, ponzu sauce 16
- SPICY CARAMEL 'CHICKEN'** spring onion, pickled red onion, garlic, ginger, chilli 18

CURRY

- JUNGLE CURRY** roast vegetables, kaffir lime, coconut cream, fried tofu & coriander 20
- TOFU KATSU CURRY** crispy fried tofu, katsu curry sauce & slaw, served with rice 22
- RED PUMPKIN CURRY** garam masala roasted pumpkin, bamboo, cherry tomatoes, peas, coriander & cashews 21

DON'T FORGET TO ORDER RICE

SIDES

- BROCCOLI, CARROT & GREEN BEANS**
tonkatsu sauce 9
- SIDE SALAD** 9
- UDON NOODLES** sweet garlic soy 8
- JASMINE RICE** 3
- COCONUT RICE** 4
- PICKLES** 6

SWEET

- FROZEN LAYERED SORBET**
tropical fruit salsa 11
- DATE & NUT WONTONS**
with vegan ganache 13
- SAGO PUDDING CUP**
fresh seasonal fruit 12

\$15 LUNCH

BROTH +2 DISHES + RICE

available 11.30am - 4.30pm

CHOOSE YOUR BROTH

MISO

wakame & sesame

BEEF PHO

traditional Vietnamese bone broth

CHOOSE 2 DISHES

VIETNAMESE RICE PAPER ROLLS

vermicelli, red pepper, mint, coriander

BANANA BLOSSOM WONTONS

kaffir lime, lemon zest, garlic, chilli,
coriander & soy & chilli ponzu

BBQ TOFU SKEWERS

peanut & cucumber dipping sauce

RED PUMPKIN CURRY

garam masala roasted pumpkin, bamboo, cherry tomatoes,
peas, spring onion, coriander & cashews

VEGETABLE JUNGLE CURRY

roast vegetables, kaffir lime, tofu & coriander

ALOO TIKKI (POTATO CAKES)

green chilli, garlic, lemon zest, turmeric,
thai basil & mint mayo

POPCORN TOFU

sweet & sour plum sauce

VEGETABLE SPRING ROLLS

sweet chilli dipping sauce

SPICY CARAMEL 'CHICKEN' DUMPLINGS

spring onion, pickled red onion, garlic, ginger, chilli
garlic, spicy caramel sauce

JASMINE OR COCONUT RICE



CHOW



 Gluten Free  Can be gluten free



CHOWWELLINGTON |



CHOWWELLINGTON

CHOW.CO.NZ