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THE THREE SISTERS

Comprise of the below rolls which can be served in any permutation with a minimum of two pieces.

2 pcs - \$10.50, 3 pcs - 14.00



1) NOURISHING ROLLS – w Rao Thom (Spearmint) (...a sense of nurture, safety and mummy's boy kind of feel...!)

South American Royal Quinoa grains, Omega-3 Chia Seeds, light stir-fried crispy julienne vegetables, diced Tofu, rolled in Vietnamese rice paper imprinted with spearmint herb (which is rich in minerals; and in women, it helps to reduce unwanted hair due to its anti-androgenic properties) served with NQ special Peanut & Bean Dipping Sauce (contains wheaten soya sauce – alternative GF sauce available on request)

2 pcs - \$10.50, 3 pcs - 14.00



2) SWEET ANGEL WRAPS w Rao Ram (Vietnamese Mint) (...an uplifted feeling of springtime, of hope and glory...!)

Soft marinated Creme de Tofu Strips interwoven with South American Royal Quinoa grains and sweet kumara noodles, Omega-3 Chia Seeds, crispy julienne pickled carrots, and cucumber wrapped in Vietnamese rice paper imprinted by the strong flavoured Vietnamese Mint (which has medicinal virtues in helping to reduce fever and aid digestion) served with NQ special Peanut & Bean Dipping Sauce (contains wheaten soya sauce – alternative GF sauce available on request)

2 pcs - \$10.50, 3 pcs - 14.00



3) SACRE BI ROLLS w Rao Tia To (Vietnamese Perilla Mint) (...a taste of temple life on the verge of summer...)

Royal Quinoa grains, Chia Seeds, tofu strips rolled in roasted ancient grain & rice (thinh) powder, sweet kumara noodles, sprouts, lettuce, spices and exotic green herbs rolled in Vietnamese rice paper imprinted with the Vietnamese Perilla Mint (which is rich in anti-inflammatory virtues), served with flavoursome clear and fruity Vietnamese 'Nuoc Cham' Sauce.

2 pcs - \$10.50, 3 pcs - 14.00

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4) SACRED KHOT – dainty little Vietnamese Tarts with feisty exterior... warding off all attempts by any legally blonds intrusions!



Popular savoury mini tarts from South Coastal Region of Vietnam. Instead of using rice flour solely, we incorporate either Quinoa or Amaranth flour for added nutrition, topped with tantalizing Mung Bean Mix, marinated spring onions, served with lettuce cuts and Vietnamese nutritious Perilla Mint herb, with a clear NQ flavour-some and fruity Vietnamese 'Nuoc Cham' Sauce. These tarts may look dainty but hide a underlying steely resolve and core strength - bodybuilders are you listening?!

5 pcs - \$14.00, 7 pcs - 17.50

5) PRETTY DUMPLINGS on display for a beautiful you!



Pretty little steam dumplings, with mischievous thoughts - attracting the likes of Royal Quinoa grains, diced marinated tofu, mingling of vegetable divines wrapped in dumpling (gluten) dough, garnished with fresh coriander, and iron rich water-cress (seasonal) served with a savoury NQ Dumpling Sauce - all for a seduction rendezvous. Be rather careful, for it may want to marry you! - not so good around jealous partners!

4 pcs - \$14.00, 6 pcs - 17.50

6) ANCIENT PEARLS within our grasps

(...sacredness and precious jewels, all within reach...heaven's door awaits for all those who 'marched up' and grasp its hidden treasures!... Cor Blimey! this is scary!...sounds rather biblical, don't' you think so O'reilly?!...)



Lettuce Pouches carrying the Red Royal Quinoa grains, with exotic mushrooms, white and black fungus, marinated protein bean curd, crunchy diced seasonable vegetables & sprouts, served with scatters of sesame seeds, black pepper, Omega-3 Chia Seeds in a zesty sesame oil, lime and chilli accentuated dressings - all prepared to enter into the corridor of immortal tastes - awaiting for the final judgement

2 pouches - 18.50

7) PHO-EVER MORE NOURISHED SOUP w BUCKWHEAT & PURPLE SWEET KUMURA NOODLES

(... an honour to present a classic Vietnamese dish with an NQ twist, whereby a broth is made not from mayhem but sourced from nature's abundance and brewed during many, many hours of happy chit chat by ancient wise men in cloaks with magic wands, and concoctions made from secret recipes - may you dwell in the herbs and spices sourced deep in the land of Nourishingham Forest...!)

A Vietnamese Pho Noodle Soup style with protein Tofu Strips, sprouts, and flavoursome condiments, including the fragrant Rao Hung Que, (Vietnamese Basil - well known for its antibacterial virtues) in tasty and highly nutritious clear broth, served with nutritious Buckwheat & Purple Sweet Kumara Noodles (in place of simple white rice noodles) - Good Morning Vietnam! 18.50



8) BUN RIEU SOUP - with AMARANTH & RICE NOODLES

(...not as well known as the Pho Soup above, however, but playing a remarkable adjunct partner, nevertheless, on the nourishing trail. It performs different, but just as beautiful, tunes, without Andre anywhere in site!...)

Tasty but highly nutritious tomato base broth with shitake mushroom, floating Crème de Tofu, Crispy Tofu Strips, shredded cabbage, scatters of scallions and coriander, aromatic Rao Kinh Gioi (Vietnamese Lemon Balm - which has soothing properties and used in steam baths for better skin), served with Amaranth & Rice Noodles in tandem with the Sweet Kumara Noodles (instead of white rice vermicelli). 18.50



9) FRIED AMA-NOA GRAINS

(....a grand opportunity to deeply connect with a sense of timespan; with the land and its people - the composter, the harvester, the transporter; the cook, her lover (included because it sounds like Hollywood!), and the server - take care, how we consume that simple morsel!

An incursion into the fried rice domain but without the white rice. Huh, so there! A must, if one wants to stay on the straight and the nourished. By using the ancient grains with flavoursome herbs & spices and, small vegetable delights, you may taste, connect and appreciate the wonders of all their virtues. Served with tasty bean curd strips and tangy iron-rich water-cress. A high protein and mineral rich meal indeed!

Entrees - 18.50

Mains - 26.00



10) AMARANTH AND QUINOA NOODLES SALAD (In two sauces) w CRISPY TOFU LINGERINGS – an all year round favourite for the well pre- served and facebook generation alike



An Asian-style noodles salad - using Quinoa/Amaranth & Rice flour base noodles in interesting tandem with the Sweet Kumara Noodles - both fully immersed in a South East Asian font of zesty sesame oil, lime, chilli accentuate dressings. Its exuberance is matched by a cooler companion of seasonal salad greens dressed up with more Western endeavours of mustard, soy and balsamic vinegar charms. All personas enhanced with assisting visits from living legends like the Vietnamese Ram mint, coriander, living sprouts, roasted nuts, sesame seeds & oil. Special guest appearance by the Crispy & Marinated Tofu Lingerings cap off a wonderful coming out!

Entrees - 19.50 Mains - 26.00

11) Tasty Lemongrass Tofu Strips with Seasonal Vegetables and Ancient Grains - Plant-base protein dish with 5 Veggies (not 3)!



Tasty (sweet & aromatic) lemongrass textured Tofu perching on a bed of stir-fried and crunchy vegetables selection, served with ancient Ama-Noa grains mix. (Lemongrass has long been used in Eastern culture to treat fever, flu, headaches and to aid digestion)

Entrees - 19.50 Mains - 26.00

12) PASSAGE TO INDIA (via Saigon – from the Minh Dynasty)

A near complete meal for optimum nourishment with ingredients possessing properties of medicinal virtues



An aromatic curry dish with textured Tofu pieces, Pumpkin, Chickpeas, Peas and Amaranth seeds, in a highly nutritious herb and spice curry base. Served with Fruity Greens Summer side salad and Ancient Ama-Noa grains. (The curry sauce contains the marvellous turmeric ingredient which possesses the curcumin component, which has been a centre of attraction for potential treatment of an array of diseases, including cancer, Alzheimer's disease, diabetes, allergies, arthritis and other chronic illnesses!)

Entrees - 21.50 Mains - 28.00

