



Note: severe allergies and intolerance: please speak to a member of staff if you require information about our ingredients.

**START YOUR VEGAN
JOURNEY WITH US**

SOUL VEGAN

YOUR PARADISE

SUN
12:00-3:00PM, 5:00-9.30PM

MONDAY CLOSED

TUES - 5:00 PM - 9:30PM
WED- THURS - 12:00-3:00PM, 5:00-9.30PM

FRI - SAT
12:00-3:00PM, 5:00-10.00PM



VEGAN

SHARING STARTERS FOR TWO

AROMATIC PANCAKES

Light and fluffy pancake crafted to perfection, exuding a tantalising fragrance served with crispy beancurd skin and hoisin sauce.

Contains Gluten, Sesame & Soya.

NIBBLE

POTATO CRAKERS

Crackers crafted from high-quality potatoes served with luscious mango sauce.

Contains Gluten (dipping sauce).

SOUPS

SWEET CORN SOUP

Rich, velvety soup, generously studded with tender sweet corn kernels and mushroom slices.

Contains Sesame.

TOM YUM SOUP

Spicy and sour broth complemented with a vibrant mix of vegetables and tofu.

Contains Soya.

HOT & SOUR SOUP

Spicy and tangy broth complemented with mushrooms, tofu, and bamboo shoots.

Contains Gluten & Mustard.





VEGAN

STARTERS

DEEP FRIED SWEETCORN FRITTER

Crispy deep-fried sweetcorn fritter, a golden delight bursting with sweet corn kernels.

Contains Gluten & Sulphites.

SALT & PEPPER LOTUS ROOT

Thinly sliced lotus root with the blend of salt and pepper seasoning fried to crispy and golden.

Contains Soya.

GYOZA

Vegetables filled dumplings pan-seared to a golden crispness.

Contains Gluten, Sesame & Soya.

DEEP FRIED WONTON

Plant-based dumplings containing a flavourful mixture of vegetables, herbs, and spices fried to crispy and golden-brown served with sweet chilli sauce.

Contains Gluten, Sesame & Soya.

CRISPY SPRING ROLL

Filled with an assortment of fresh and crisp vegetables perfectly fried to a golden perfection and served with sweet chilli dip.

Contains Gluten, Sesame, & Soya.

ARCHAR

Asian staple pickled vegetables featuring crisp cucumbers, succulent pineapples, and crunchy cabbages.

Contains Gluten, Mustard, Nuts & Peanuts.

SATAY TOFU

Asian-inspired delight deep-fried tofu cubes served with rich and aromatic satay sauce.

Contains Mustard, Nuts, Peanuts & Soya.

CORN RIBS WITH GUINNESS SAUCE

Sweet corn seasoned to perfection and glazed with rich smoky BBQ sauce.

Contains Sulphites, Gluten, Alcohol & Soya.

CRISPY MIXED MUSHROOM

Crunchy assorted mushrooms delicately fried to golden perfection.

Contains Sesame & Gluten.

DEEP FRIED CABBAGE BALL

Tender cabbage leaves with a flavourful filling, spiced and crisped to golden perfection.

Contains Gluten & Soya.



VEGAN

MAINS

Sides not included (Rice or Chips).

SOUL'S SPECIAL DEEP FRIED TOFU

Special-made deep-fried tofu but soft when chewed and served with mushroom sauce & tender stem broccoli.

Contains Gluten & Sesame.

GREEN CURRY TOFU WITH MIXED VEGETABLES 🌶️

Tofu and an assortment of crisp vegetables are served in a rich, coconut-infused green curry sauce.

Contains Soya.

MA PO TOFU 🌶️

Silky tofu served in an aromatic sauce infused with a fiery blend of chilli and Sichuan peppercorns.

Contains Soya.

KING OYSTER MUSHROOMS WITH LEMON SAUCE

King oyster mushroom served in a citrusy lemon sauce.

Contains Gluten & Soya.

KONG PO HOMEMADE YAM ABACUS 🌶️🌶️🌶️

Abacus shaped yam stir-fried with mushroom and vegetables to perfection in a flavourful spicy Kong Po sauce.

Contains Soya, Ginger & Nuts (garnish).

MONKS MIXED VEGETABLES

Assorted dried vegetables, tofu and fresh vegetables stir-fried to perfection.

Contains Nuts (garnish), Sesame, Soya, Ginger & Sulphite.

RENDANG LION'S MANE 🌶️ MUSHROOM

Mushroom soaked in dry curry infused with bold spices and coconut goodness.

Contains Nuts (Candlenut) & Soya.

MUSHROOM WITH GINGER & WINE BROTH

Savoury mushrooms bathed in a broth infused with the subtle heat of ginger and the depth of the wine.

Contains Soya.

PAK CHOI WITH MUSHROOM SAUCE

Crunchy Pak Choi leaves are coated in a luscious mushroom sauce.

Contains Sesame.

SOFT TOFU WITH BLACK BEAN SAUCE

Silky soft tofu gently simmered in a rich, savoury black bean sauce with deep umami flavour.

Contains Yeast, Soya & Sesame oil.

SWEET & SOUR LION'S MANE MUSHROOM

Plant-based mushroom soaked in sweet & tangy sauce.

Contains Gluten.



VEGAN

SIDES

SALT & PEPPER CHIPS

crispy chunky sliced potatoes deep-fried to golden perfection and seasoned with salt and black pepper.

CRISPY CHIPS

Flavoured thick chunky shaped chips.

FRIED RICE

Freshly made stir-fried rice with soy sauce.

Contains Soya.

FRIED NOODLES

Stir-fried wheat noodles combined with bean sprouts, carrots, and onions.

Contains Gluten.

BOILED RICE

Tender and fluffy white rice, perfect accompaniment to various dishes.

COCONUT RICE

Tender and fluffy rice slow-cooked in creamy coconut milk, delicately coloured with butterfly pea flower.





VEGAN

NOODLES

LAKSA NOODLE / RICE

NOODLE

Rich and coconut-infused broth, generously loaded with noodles, tofu, and vibrant vegetables.

Contains Gluten, Nuts (Candlenut) & Soya.

WONTON SOUP NOODLE

Noodles served in flavourful broth that served with dumplings filled with a savoury mixture of vegetables.

Contains Gluten, Sesame & Soya.

TOM YUM GOONG RICE NOODLE

Warm and comforting noodle soup gently infused with coconut, served with an assortment of fresh vegetables.

Contains Soya, Tofu & Coriander.

GAN LAU MEE

Fried saucy noodles, pak choy, crunchy wonton, complemented with tastiest seitan.

Contains Gluten, Sesame & Soya.

SINGAPORE RICE NOODLE

Thin rice noodles stir-fried to perfection with vegetable.

Contains Mustard & Coriander.

MIXED VEGETABLES FRIED UDON

Udon noodles stir-fried with vegetables with caramelisation and smoky flavour.

Contains Gluten, Sesame & Soya.

RICE

KATSU CURRY WITH KING

OYSTER MUSHROOM

Breaded King Oyster Mushrooms served in curry sauce and rice.

Contains Celery, Gluten, Mustard & Soya.

PINEAPPLE FRIED RICE

Fragrant jasmine rice stir-fried to perfection and adorned with succulent pineapple chunks.

Contains Nuts (garnish) & Soya.

TWO BBQ COMBINATION RICE

Vegan char siu and vegan seitan served with a side of rice, pak choy & cucumber.

Contains Gluten, Sesame, Celery & Alcohol.

NASI LEMAK

Malaysia's signature coconut rice dish, served with sambal beancurd, potato curry, archar, and crispy beancurd.

Contains Gluten, Mustard, Nuts, Peanuts, Sesame & Soya.



DESSERT

SINGLE SCOOP ICE CREAM DOUBLE SCOOP ICE CREAM

Scoop of our vegan ice cream, made with top-quality ingredients. Choose between a single or double serving of **Chocolate or Caramel.**
Contains Soya.

BANANA FRITTERS WITH ICE CREAM

Fried battered bananas drizzled with vegan chocolate and biscoff crumbles topping.
Contains Soya.

DEEP FRIED SWEET POTATOES WITH ICE CREAM

Bite-sized sweet potatoes deep fried to crunchy texture on the outside and soft inside.
Contains Soya.



GLUTEN FREE MENU



SOUL

VEGAN

SOUPS

SWEET CORN SOUP

Rich, velvety soup, generously studded with tender sweet corn kernels and mushroom slices.

Contains Sesame.

TOM YUM SOUP

Spicy and sour broth complemented with a vibrant mix of vegetables and tofu.

Contains Soya.

STARTERS

SATAY TOFU

Asian-inspired delight deep-fried tofu cubes served in rich and aromatic satay sauce.

Contains Mustard, Nuts, Peanuts & Soya.

SALT & PEPPER LOTUS ROOT

Thinly sliced lotus root with the blend of salt and pepper seasoning fried to crispy and golden.

Contains Soya.

SIDES . NIBBLES

POTATO CRACKERS

Crackers crafted from high-quality potatoes.

SALT & PEPPER CHIPS

Crispy chunky sliced potatoes deep-fried to golden perfection and seasoned with salt and black pepper.

CRISPY CHIPS

Flavoured thick chunky shaped chips.

BOILED RICE

Tender and fluffy white rice, perfect accompaniment to various dishes.

FRIED RICE

Freshly made stir-fried rice with soy sauce.

Contains Soya.

COCONUT RICE

Tender and fluffy rice slow-cooked in creamy coconut milk, delicately coloured with butterfly pea flower.



GLUTEN FREE MENU



SOUL

VEGAN

MAINS

Sides not included (Rice or Chips).

RENDANG LION'S MANE MUSHROOM

Mushroom soaked in dry curry infused with bold spices and coconut goodness.

Contains Peanuts & Soya.

GREEN CURRY TOFU WITH MIXED VEGETABLES

Tofu and an assortment of crisp vegetables are served in a rich, coconut-infused green curry sauce.

Contains Soya.

PAK CHOI WITH MUSHROOM SAUCE

Crispy Pak Choi leaves are coated in a luscious mushroom sauce.

Contains Sesame.

MUSHROOM WITH GINGER & WINE BROTH

Savoury mushrooms bathed in broth infused with the subtle heat of ginger and the depth of wine.

Contains Sulphites, Soya.

MONKS MIXED VEGETABLES

Assorted vegetarian of dried vegetables, tofu and fresh vegetables stir-fried to perfection.

Contains Sesame, Soya & Sulphite.

NOODLES & RICE

SINGAPORE RICE NOODLE

Thin rice noodles stir-fried to perfection with vegetable.

Contains Mustard & Coriander.

LAKSA RICE NOODLE WITH VEGETABLES

Rich and coconut-infused broth, generously loaded with rice noodles, tofu, and vibrant vegetables.

Contains Nuts & Soya.

TOM YUM GOONG RICE NOODLE

Warm and comforting noodle soup gently infused with coconut, served with an assortment of fresh vegetables.

Contains Soya, Tofu, & Coriander.

PINEAPPLE FRIED RICE

Fragrant jasmine rice stir-fried to perfection and adorned with succulent pineapple chunks.

Contains Nuts (garnish) & Soya.

NASI LEMAK

Malaysia's signature coconut rice dish, served with sambal beancurd and potato curry.

Contains Mustard, Nuts, Sesame & Soya.

GLUTEN FREE MENU



DESSERT

SINGLE SCOOP ICE CREAM

DOUBLE SCOOP ICE CREAM

Scoop of our vegan ice cream, made with top-quality ingredients. Choose between a single or double serving of **Chocolate or Caramel.**

Contains Soya.

DEEP FRIED SWEET POTATOES WITH ICE CREAM

Bite-sized sweet potatoes deep fried to crunchy texture on the outside and soft inside.

Contains Soya.



NO GARLIC
NO ONION



SOUL

VEGAN

SOUP & STARTERS

SWEET CORN SOUP

Rich, velvety soup, generously studded with tender sweet corn kernels.

Contains Sesame.

AROMATIC PANCAKES

Light and fluffy pancake crafted to perfection, exuding a tantalising fragrance served with crispy beancurd skin and hoisin sauce.

Contains Gluten, Sesame & Soya.

SALT & PEPPER LOTUS ROOT

Thinly sliced lotus root with the blend of salt and pepper seasoning fried to crispy and golden.

Contains Soya.

CORN RIBS WITH GUINNESS SAUCE

Sweet corn seasoned to perfection and glazed with rich smoky BBQ sauce.

Contains Sulphites, Gluten, Alcohol & Soya.

CRISPY MIXED MUSHROOM

Crunchy assorted mushrooms delicately fried to golden perfection.

Contains Sesame & Gluten.

RICE & NOODLES

KATSU CURRY WITH KING OYSTER MUSHROOM

Breaded King Oyster Mushrooms served in curry sauce and rice.

Contains Celery, Gluten, Mustard & Soya.

PINEAPPLE FRIED RICE

Fragrant jasmine rice stir-fried to perfection and adorned with succulent pineapple chunks.

Contains Nuts (garnish) & Soya.

TWO BBQ COMBINATION RICE

Vegan char siu and vegan seitan served with a side of rice, pak choy & cucumber.

Contains Gluten, Sesame, Celery & Alcohol.

MIXED VEGETABLES FRIED UDON

Udon noodles stir-fried with vegetables with caramelisation and smoky flavour.

Contains Gluten, Sesame & Soya.

SINGAPORE RICE NOODLE

Thin rice noodles stir-fried to perfection with vegetable.

Contains Mustard & Coriander.



NO GARLIC
NO ONION



MAINS

Sides not included (Rice or Chips).

MONKS MIXED VEGETABLES

Assorted vegetarian of dried vegetables, tofu and fresh vegetables stir-fried to perfection.

Contains Sesame, Soya, Ginger & Sulphite.

KONG PO HOMEMADE YAM

ABACUS

Abacus shaped yam stir-fried with mushroom and vegetables to perfection in a flavourful spicy Kong Po sauce.

Contains Soya, Ginger, & Nuts (garnish).

PAK CHOI WITH MUSHROOM SAUCE

Crispy Pak Choi leaves are coated in a luscious mushroom sauce.

Contains Sesame.

KING OYSTER MUSHROOMS WITH LEMON SAUCE

King oyster mushroom served in a citrusy lemon sauce.

Contains Gluten & Soya.

MUSHROOM WITH GINGER & WINE BROTH

Savoury mushrooms bathed in a broth infused with the subtle heat of ginger and the depth of the wine.

Contains Soya.

SOUL

VEGAN

SWEET & SOUR LION'S MANE MUSHROOM

Plant-based mushroom soaked in sweet & tangy sauce.

Contains Gluten & Sesame.

GREEN CURRY TOFU WITH MIXED VEGETABLES

Tofu and an assortment of crisp vegetables are served in a rich, coconut-infused green curry sauce.

Contains Soya.

SIDES

SALT & PEPPER CHIPS

Crispy chunky sliced potatoes deep-fried to golden perfection and seasoned with salt and black pepper.

CRISPY CHIPS

Flavoured thick chunky shaped chips.

FRIED NOODLES

Stir-fried wheat noodles combined with bean sprouts, carrots, and onions.

Contains Gluten.

BOILED RICE

Tender and fluffy white rice, perfect accompaniment to various dishes.

FRIED RICE

Freshly made stir-fried rice with soy sauce.

Contains Soya.

COCONUT RICE

Tender and fluffy rice slow-cooked in creamy coconut milk, delicately coloured with butterfly pea flower.



DRINK

BEERS BY THE BOTTLE

Sol
Birra Moretti
Alcohol Free Birra
Moretti

SOFT DRINK

Coke
Diet Coke
Coke Zero
IRN-BRU
Still Water
Sparkling Water
Rose Lemonade
Coconut Water
Apple Juice
Orange Juice

WINE

House white by glass
House Red by glass
Bottle of house wine
Bottle of Prosecco
Glass of Prosecco

POTS OF TEA

Mixed Flower Tea
Red Sugar Ginger Tea
Date Ginseng Tea





DRINK

WHISKY AND SPIRITS

Glenfiddich 12 YO (single malt)

Highland Park 12 YO (single malt)

Suntory Toki (Japanese)

Edinburgh Gin

Ukiyo Blossom Gin (Japanese)

Roku Gin (Japanese)

Bacardi White rum

Captain Morgan Spiced rum

Absolute Vodka

ADD YOUR MIXER

OPTIONS: SODA, COKE, TONIC, GINGER ALE

