



afterglow  
menu



*farm - to - table • plant - based • nourishing • pure  
fresh • local • sustainable • community based*

## A PURE FOOD MOVEMENT

Afterglow's food is *entirely plant-based*.








Free from eggs, dairy, refined sugar & artificial sweeteners.  
Almost every item is made from scratch in small batches.  
Every item is gluten-free, except for our breads & taco shells.

If you have any dietary allergies or preferences,  
**please let us know immediately** & we will  
accommodate as we best can.

*We believe that food is made to grow from a seed,  
into a fruit or herb according to its kind.*

Here is a guide that will help to clarify the icons in our menu.

### Allergens are indicated by these icons:

- |   |                  |   |           |
|---|------------------|---|-----------|
|  | - garlic / onion |  | - legumes |
|  | - nuts           |  | - coconut |
|  | - mushrooms      |  | - seeds   |
|  | - soy            |   |           |

 **Kids** friendly items are indicated as well.

 approved by Health Promotion Board – **lower in calories**.

All pictures shown are for illustration purpose only. Actual product may vary due to product presentation.  
Prices are subjected to 10% service charge.

# SHARING PLATES

Our first steps are in the garden. Savour a foretaste of our diverse creations with loved ones, or as a light snack.



## LENTIL FLAXSEED NUGGETS 🌱

blended lentils, baked, lightly spiced & served with garlic cashew 'aioli' (garlic & nuts can be removed)

\$8

allergens: 🥚 / 🌰 / 🍄



## 🌱 TERIYAKI 'MEAT'BALLS 🌱

3 housemade mushroom 'meat'balls (mushroom, rolled oats) with sakae teriyaki sauce, served atop salsa & romaine leaves

\$14

allergens: 🥚 / 🌰 / 🌱 / 🍄



## AFTERGLOW KIMCHI AVO ROLLS

our signature: almond sushi 'rice', housemade kimchi topped with avocado (6 pieces)

\$14

allergens: 🥚 / 🌰 / 🌱



## CHEESY CAULIFLOWER BITES 🌱

baked cauliflower coated with cashew 'cheese' sauce, seasonal vegetables, topped with dehydrated almond 'cheese'

\$10

allergens: 🥚 / 🌱



## SALTED "EGG"-LESS SWEET POTATO FRIES

baked sweet potatoes, seasonal vegetables, topped with salted "egg"-less sauce

\$10

allergens: 🥚 / 🌱



## PURÉED SOUP 🌱

puréed soup available – ask us!

\$14

allergens: ask us!



## RAW CHEESY KALE CHIPS 🌱

organic kale, coated, dehydrated & dusted with vegan 'cheese' flakes

\$8

allergens: 🥚 / 🌱

## SHARING DIP PLATTER

want a taste of more than 1 dip? pick your dips & we'll serve them with dehydrated crackers, raw carrot & jicama 'fries'

1 dip – \$14 | 2 dips – \$26 | 3 dips – \$36





### 'TUNA' TARTARE DIP PLATTER

mashed firm tofu & wakame 'tuna', served with dehydrated crackers, raw carrot & jicama 'fries'

allergens:  / 



### HUMMUS OF THE DAY

our twist on a timeless dip – ask us!

allergens:  / 

### TOFU CREAM CHEESE

mashed firm tofu, refined coconut oil & herbs, served with dehydrated crackers, raw carrot & jicama 'fries'

allergens:  / 

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## SALADS

*Our salads are created to celebrate the seasons & countries that inspire our culinary adventures.  
All salads can be served without nuts / without garlic & onion.*

### KYOTO SUMMER

*Freshly tossed savoury goodness with a surprise on the palate*

japanese tofu, wakame seaweed, corn, candied almond flakes, seasonal vegetables, mesclun, dehydrated cherry tomatoes

dressing: miso & ginger

\$14

allergens:  / 



### MEDITERRANEAN TAHINI

*Our love for refreshing Mediterranean greens expressed in a hearty salad*

apple, mesclun, seasonal vegetables, roasted pumpkin seeds, chia seeds, shredded carrots & purple cabbage, housemade 'feta cheese'

dressing: tahini, lemon & maple syrup

*('feta cheese' contains garlic & onions that can be removed)*

\$16

allergens:  / 

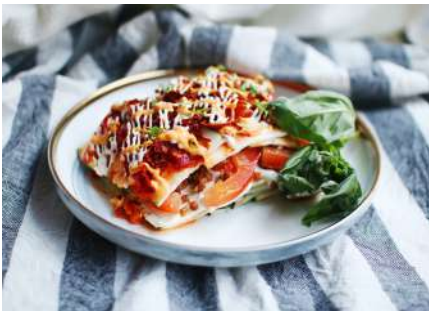
## ADD ONS

- + avocado \$3
  - + sweet potato mash \$3
  - + tortilla chips (contains gluten) \$3
  - + salted "egg"-less yolk sauce \$3
  - + additional sauces (chilli, ketchup, cheese, mayo, cashew 'aioli', lemon lime mint)
- \* additional sauces are free for the 1st serve, subsequent servings will be \$1

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## RAW MAINS

Prepared below 45 °C & at its freshest, Afterglow's Raw Menu is the fruit of pure joy & ingenuity.  
Raw Mains are served cold.



### RAW CRISPY LASAGNE

zucchini sheets, crispy dehydrated cherry tomatoes, marinated spinach, shiitake mushrooms, walnut 'minced meat', cashew cream cheese, pesto, side of garden salad

(mushrooms can be removed)

\$22

allergens:  /  /  / 

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## WARM MAINS

Our Warm Mains are a hug for the gut. They're deeply satisfying, sincere, & hit home.

### TOM YUM ZOODLES

spiralised zucchini noodles, assortment of mushrooms, in house spiced tomato tom yum paste, capsicum, served with a wedge of lime

(mushrooms, garlic & onions can be removed, nut free)

\$20

allergens:  /  /  / 



# WARM MAINS

## BURGER

Our Burgers are baked, not fried or grilled. Orders will take a **minimum of 15 mins** to prepare.  
Kindly choose between bread bun (contains gluten) / brown rice bun / lettuce wrap.



### SMOKED STACK BURGER

epic veggie patty (broccoli, green beans, shiitake mushrooms, beetroot, corn, celery, capsicum, flaxseed, brown rice flour, spice mix, chickpeas), sliced romaine, tomato & cucumber slices, purple cabbage slaw, cashew cream, cashew 'cheese', chili sauce

side of sweet potato fries ( + \$3 for Salted "Egg"-less Yolk version )

(garlic & onions can be removed)

**\$20**

allergens: 🥚/🧄/🌿/🍄/🍅

### SPICED FVSH BURGER

oven baked fvsh patty made from firm tofu, housemade sambal chilli paste, wakame seaweed, tomato & cucumber slices, cashew cream, sliced romaine, dehydrated onions

side of sweet potato fries ( + \$3 for Salted "Egg"-less Yolk version )

(nuts can be removed)

**\$20**

allergens: 🥚/🧄/🌿



### CAULIFLOWER "STEAK"

baked cauliflower "steak" served with puréed sweet potato mash, roasted pumpkin seeds, chimichurri, marinated spinach, cherry tomatoes, red veined sorrel microgreens

(soy free, nuts can be removed)

**\$22**

allergens: 🌿/🧄/🥚

### TACO DUO

take a trip via your tastebuds as you enjoy our tacos - ask us for our seasonal flavours!

(taco shell contains gluten)

**\$20**

allergens: ask us!



# RAW DESSERTS

Honest-to-goodness treats for the kid in you. No artificial sweeteners here!

## ACAI BOWL 🌱

acai berry, raw muesli (GF oats, coconut oil, maple syrup, cacao powder, cashew), banana, seasonal fruits, raw berry purée, salted tahini 'caramel', cashew cracker

\$15

allergens: 🥥/🥜



## CHOCOLATE SALTED 'CARAMEL' FUDGE 🌱

avocacoo mousse, salted tahini 'caramel', medjool date & walnut crust, honey, cold-pressed organic coconut oil

\$12

allergens: 🥥/🥜

## RAW 'CHEESE'CAKE

cashew cream, medjool date & walnut crust, cold-pressed organic coconut oil, maple syrup

please check the board for flavour of the day

\$14

allergens: 🥥/🥜



# DRINKS

## COLD PRESSED JUICES 300ML

<b>GREEN</b> – apple, bok choy, green pepper, spirulina	\$8
<b>RED</b> – beetroot, apple, cucumber, chia seeds	\$8
<b>SEASONAL</b> – orange, carrot, passionfruit	\$8
<b>SPECIAL</b> – pure apple	\$8

## SPECIALTY DRINKS

<b>PINK ALMOND LATTE</b>	\$7
beetroot & ginger juice, cinnamon almond milk	

<b>TURMERIC ALMOND LATTE</b>	\$7
7 spice turmeric blend, almond milk	

<b>ORANGE ALMOND LATTE</b>	\$7
latte with a shot of spiced orange puree	

<b>COCOLATTE</b>	\$7
latte with a shot of organic cold-pressed coconut oil	

## COFFEE

<b>BLACK</b> – long black, espresso	\$4
<b>WHITE</b> – flat white / latte / cappucino	\$5
+ extra shot	\$1
+ make it iced	\$1
+ almond milk	\$1.0
+ oat milk	\$1.5

## CRAFT TEA

<b>WHITE</b> – thai galangal, floral	\$6
<b>BLACK</b> – bergamot oil, shiso bouquet, eucalyptus	\$6
<b>GREEN</b> – jasmine pearl, moroccan rose	\$6
<b>CAFFEINE-FREE</b> – lemon gingermint	\$6
+ make it iced	\$1

## SPARKLING WATER

<b>SAN BENEDETTO</b> 700ML– bottled in Italy	\$9
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## BOTTLED BEERS

<b>PURE BLONDE</b>	\$13
4.2% ABV, Australia, 355ml refreshing, full-flavoured ultra low carb lager, floral & herbal aroma, low gluten	

<b>GLASS CUCUMBER BEER</b>	\$16
4.9% ABV, Georgia, 330ml, fine refreshing ale brewed with pure German pilsner & Georgian glass cucumber	

<b>MARITAS POMEGRANATE ALE</b>	\$16
5% ABV, Georgia, enticing aromas of Marita pomegranate & grapefruit, refreshing & unique ale	

<b>TAVKVERI WINE ALE</b>	\$18
12% ABV, Georgia, Tavkveri grapes, sour wine ale, refreshing & light	

## CRAFT CIDER

<b>ZEFFER APPLE CRUMBLE CIDER</b>	\$16
freshly made apple crumble with alcohol, 5% ABV, 330ml	

## CRAFT SPIRITS

### NEAT, ON THE ROCKS OR MIXERS

<b>TEQUILA</b> – cimarron reposado, mexico	\$20
<b>VODKA</b> – kručefix organic, slovenia	\$18
<b>BESPOKE GINS</b> – ask us!	\$18
<b>WHISKY</b> – ask us!	





# WINES

## WHITE

### 2019 NEW ZEALAND

#### BABICH BLACK LABEL SAUVIGNON BLANC, SUSTAINABLE

Aromas of blackcurrant & citrus with white floral, minty herbals & a touch of smoke.

It is certified sustainable wine that looks after the environment during production process.

by glass **\$15**

by bottle **\$68**

### 2018 NEW SOUTH WALES AUSTRALIA

#### BRAVE TO BE MURRAY CHARDONNAY

Intense fruit aromas of citrus, peach with hints of tropical fruit with light & delicate oak overtones.

by glass **\$15**

by bottle **\$70**

### 2016 MOLDOVA

#### \*310 ALTITUDINE TRAMINER RIESLING

Blend of two aromatic grape varieties, revealing a strong nose – rose, sweet fruits & spices accompanied by pleasant mineral notes coming from the terroir.

by bottle **\$80**

### 2017 COTE DU RHONE FRANCE

#### (CHATEAU LA NERTHE) LES CASSAGNES DE LA NERTHE BLANC, ORGANIC

Strong apricot & citrus notes with hints of peach. It is produced by certified organic grapes.

by bottle **\$80**

## RED

### 2018 FRANCE

#### LA FORGE ESTATE PINOT NOIR

Very elegant with a quintessence of red berries, strawberry, cherry, & soft spices aromas with a hint of vanilla.

by glass **\$16**

by bottle **\$70**

### 2018 SOUTHERN EAST AUSTRALIA

#### ABBEYS ROAD SHIRAZ

One of our house favourites, aromas of plum, vanilla, blackberry & spice with a full palate.

by glass **\$14**

by bottle **\$62**

### 2013 RIOJA SPAIN

#### LADERAS DE CABAMA, SUSTAINABLE

Naturally fermented, vinified in concrete vats & aged in low-toast French & Russian oak for 12 months.

It is juicy with hints of liquorice, cherry and tangy red fruit. It is certified sustainable wine that looks after the environment during production process.

by bottle **\$80**

### 2015 VENETO, ITALY

#### PASQUA VILLA BORGHETTI AMARONE DOCG CLASSICO VILLA BORGHETTI

Broad nose, with intense forthright scents of black berries and cherries, spicy tones that are reminiscent of chocolate and freshly-roasted coffee, as well as sweetish vanilla-like notes.

by bottle **\$160**

## SPARKLING

### VENETO ITALY

#### PASQUA ROMEO & JULIET PROSECCO, SUSTAINABLE

by bottle **\$70**

### 2017 CATALUNYA SPAIN

#### RAVENTOS BLANC DE BLANCS, BIODYNAMIC

Lime, paddock flowers, a touch of grapefruit and grapes. Natural materials, soils, & composts are used to sustain the vineyard. Chemical fertilizers and pesticides are forbidden for the sake of soil fertility.

by bottle **\$80**

## ROSE

### 2019 VENETO ITALY

#### 11 MINUTES ROSE TREVENEZIE

An intense & complex floral bouquet with hints of fine fruits & spice notes with a long finish.

Created to accompany spring or summer evenings and more.

by bottle **\$90**



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**CONTACT US**


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