



MENU

VEGETARIAN | VEGAN OPTION | GLUTEN FREE OPTION

WE ARE OPEN

FOR TARA INSTITUTE DINNER

MONDAY - WEDNESDAY
5:30PM - 8:00PM

GLUTEN FREE MENU



DHAL RICE \$17.5

Made with brown rice, lentil and vegetables, Greek yoghurt served with salad and homemade chilli

DRAGON BOWL \$19.5

Mixed beans, brown rice, quinoa, roasted vegetables, served with organic tofu, dried seaweed, and homemade chilli

ANCIENT GRAIN SALAD \$19.5

Brown rice & quinoa, broccoli, asparagus, feta, beetroot with lemon dressing, roasted almonds and yoghurt

MUSHROOM RISOTTO \$21.0

Arborio rice and mixed herb mushroom cooked with cream

STANDARD MENU

SOUP OF THE DAY \$9.0

Please ask what soup we have available today - the soup is served with a slice of sourdough bread

MOMO (TIBETAN DUMPLINGS) \$15.5

Organic tofu, mixed herbs with mushroom, and vegetables, served with mixed salad and homemade chilli and soy sauce

HOMEMADE SPANAKOPITA \$19.5

Ricotta, spinach, feta, and goats cheese served with salad and chutney

SPAGHETTI BOLONGNESE \$19.5

Spaghetti, topped with roasted vegetarian bolognese sauce



SEAWEED SALAD \$16.5

Carrot, iceberg lettuce, seaweed, rice noodles, herbs and nuts with Thai dressing

GARDEN SALAD \$15.5

Mixed salad with tomatoes, carrot, cucumber, olive balsamic dressing

BLISS FRIED RICE \$18.5

Brown rice, scrambled egg, mixed vegetable, all infused with sesame oil and soy sauce

ROTI ROLL \$15.0

Scrambled eggs, mixed herb mushrooms, spinach and homemade tomato chutney wrapped in roti bread



DINNER SERVICE GUIDELINES

ORDERING AND PAYMENT

Kindly place your order and make your payment at the kitchen window.

CUTLERY CARE

After enjoying your meal, please place your used cutlery and plates in the designated spot.

CUP CLEANUP

We appreciate it if you could wash your own cup and place it back on the drying rack after you finish your tea.

We kindly ask for your cooperation with these guidelines to help us take care of the Tara Institute Centre dining room and community activity space, maintain a friendly and clean environment for everyone to enjoy the peacefulness of their visit, and to cultivate good merit.

Rejoice!

