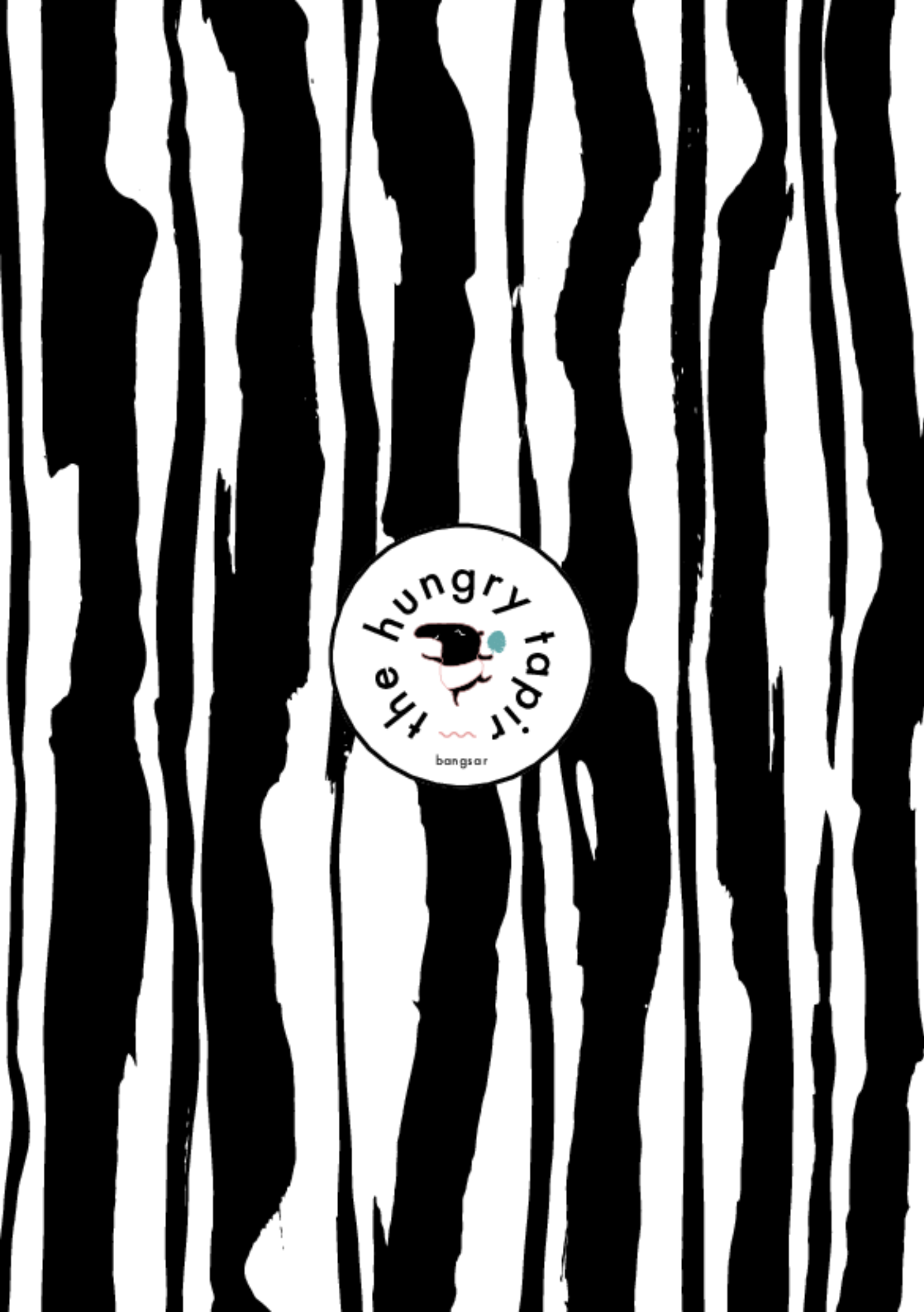

the hungry tapir
bangsar

thehungrytapir

GLUTEN-FREE? WE GOT YOU!

Welcome to The Hungry Tapir ~ where everyone's invited to the feast.
Whether you're gluten-free by choice or necessity, rest assured: you can still eat joyfully here.

What is gluten, anyway?

Think of gluten as the sticky little protein party that happens inside wheat, barley, and rye. For some people, that party gets a bit chaotic ~ causing discomfort, inflammation, or more serious reactions. So going gluten-free simply means skipping those grains and choosing ingredients that are naturally gentle on the gut.

Our Gluten-Free Promise

We love feeding all kinds of hungry humans, so we've made sure to include plenty of naturally gluten-free dishes throughout the menu. Look out for the GF symbol ~ it means that dish has a gluten free option available.

A Friendly Heads-Up

Our kitchen is fully vegan and full of love... but not fully gluten-free. While we take great care to avoid cross-contamination, traces of gluten may be present. If you're highly sensitive or coeliac, please let our team know so we can guide you to the safest options.

Tasty Tapir Tips

~ Lots of our bowls, curries, salads, and small plates are naturally GF.
~ Ask us about custom tweaks — our team loves a good food puzzle.
~ Don't be shy — we're here to help you eat happily and safely.

nibbles

sweet potato fries
mama's satay
shoestring fries

salad

glowing guardian salad
tahini maple salad
tapir's caesar salad
summer kerabu salad
crispy coconut salad
whipped tofu miso bowl
mediterranean holiday

sharing platter

local heroes

mains

nasi lemak
ulam fried rice
jungle laksa
big brekkie
nana's carbonara
wild truffle orzo

sides

cauliflower rice
tempeh sambal
hummus
carrot bacon
avocado
scrambled tofu
mushroom rendang
hash brown

please continue for prices and ingredients!

gf • gluten free | **og • onion and garlic free** | **k • keto friendly** subject to 10% service charge and 6% SST in ringgit malaysia

the hungry tapir eats

thehungrytapir

nibbles to share

fried cheeken — 'buttermilk' battered oyster mushrooms with homemade mustard mayo
• rm 25 • og

spicy tempeh fingers — crispy tempeh fingers with a dark soy and chili padi sauce
• rm 12

kung pao lettuce wraps — lionsmane 'cheeken', cashews, dried chilli, rice in lettuce tacos. 3 pieces
• rm 24 • gf • og

blushing pumpkin tortillas — glazed pumpkin, miso chili dressing, pickled onion, purple cabbage, seasonal micro greens on 3 beetroot tortillas • rm 28

arancini balls — cauliflower rice and mushroom balls with homemade vegan cheese, hummus and fresh tomato salsa
• rm 24 • k (option)

sunny days bagel — fried 'eegg'l, glazed 'ham', cream 'cheese' homemade bbq sauce and microgreens in a bagel
• rm 29

mama's satay — marinated hedgehog mushroom skewer, peanut sauce, cucumber and rice cakes
• rm 28 • gf • k • (option)

pulled bbq 'pok' bap — hedgehog mushroom,red cabbage, cucumber, red onion, homemade bbq sauce
• rm 28

sweeeeet homemade fries — sweet potato fries with homemade cashew parmesan, chili, spices and herbs
• rm 14 • gf

wild truffle orzo — mushrooms, blue 'cheese', microgreens gluten-free pasta + rm4
• rm 27 • og • gf • nf

+ psss..a sweet starter, all day breakfast, local twist to share

salads

crispy coconut rice salad — baked coconut rice, toasted coconut, avocado, cucumber, coriander, edamame, housemate feta cheese, roasted peanuts, lemon and maple dressing • rm30 • gf • k

summer kerabu — tempeh, hedgehog mushrooms, local ulam, daun pegaga, selom, cucumber and lime leaf salad
• rm 27 • gf • k

mediterranean holiday — kale, peppers, cucumber, za'atar, chickpeas, avocado, feta 'cheese'
• rm 29 • og • gf • nf

whipped tofu and miso bowl — seasonal greens, edamame, cucumber, soft tofu, lemon zest over a whipped tofu base
• rm30 • gf • k • og

glowing guardian — rocket, mint, spinach, millet beans, chickpeas, oranges, toasted nuts, dried cranberries, home-made hummus, citrus and gula melaka dressing • rm 30 • gf • og

tapir's caesar salad — crispy carrot 'bacon', romaine lettuce, avocado, homemade vegan caesar salad dressing w. almonds, walnuts and fucok
• rm 29 • gf • k

special sandos!

aromatic hoisin 'duck' rolls! — tacos, baked hedgehog mushrooms, stripped cucumber, stripped carrots, spring onions, homemade hoisin sauce
• rm 26 (3 pcs)

the TLTA — smoked tempeh, lettuce, tomato, avocado, with fresh sourdough bread comes with sweet potato fries and homemade vegan mayo
• rm 28

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the hungry tapir eats

VEGAN BURGERS

mains

'ay-am' geprek burger — HIGH FLYER CHICK'N™ tempeh bakar, lime sambal, grated cucumbers with tapioca crisps • rm 39 • og

truffle baked mac no cheese — creamy mac and homemade cheese bake, with tempeh and mushrooms and truffle oil • rm 32 • og

nana's carbonara — conchiglie pasta, carrot bacon, mushroom, feta 'cheese' gluten-free pasta + rm4 • rm 29 • gf

rainbow ulam fried rice — fragrant wok-fried rice in a colourful vegetable party, papadum and hedgehog mushroom skewer • rm 26 • gf • og • + cauliflower rice • k • + rm 4

rendang baguette — lionsmane rendang in housemade baguette, w. ulam raja, cucumber, coriander, lime zest. served with tapioca crisps • rm28

ibu's mee goreng — HAPPILEE seafood, pak choy, bean sprout, tomato, tofu with noodles in a dark soy sauce • rm26

pink bombshell burger — beetroot patty and bun, homemade vegan cheese, homemade bbq sauce, caramelised onions with sweet potato fries and vegan mayo • rm 36

steakk and rice — beetroot and spiced marinated lionsmane mushroom, steamed pak choy, chimichurri, garlic chilli oil • rm 35 • gf

SHROOMY

masak lemak fettuccine — zucchini, coconut and lemongrass fettuccine, basil, pine nuts and coriander • rm 26

tapir's nasi lemak — hedgehog mushroom rendang, tempeh sambal, coconut rice, peanuts, cucumber • rm 27 • gf • + cauliflower rice • k • + rm 4

jungle laksa — rice vermicelli in coconut nyonya broth, eggplant, bean sprouts, tofu puffs, crispy fucok, bunga kantan • rm 29 • gf

roti canai — a local favourite! crispy dough flatbread, served wiyh dahl and tempeh sambal • rm20 • og (option)

sharing platters

soul-food — fried cheeken, pink bombshell burger sliders, truffle baked mac no cheese, roasted cauilflower pumpkin salad, homemade crisps

local heroes — mushroom rendang, masak lodeh w. long beans, chilli and soy eggplant, dry ulam, tempeh goreng, tempeh sambal, coconut rice and papadam

feeds 2-4 pax!

each • rm110

LITTLE TAPIRS

*for kids below the age of 12

each • rm 14

- baked mac no cheese
- coconut and basil fettuccine
- pink tortilla and salad
- lil caesar salad
- rainbow ulam ried rice

sides

cauliflower rice • rm 5
tempeh sambal • rm 6
hummus • rm 6
carrot 'bacon' • rm 9
avocado • rm 8
scrambled tofu • rm 6

mushroom rendang — large bowl of coconut nyonya gravy • rm19 • gf

sweets

curry puffs — comes in a set of 3: bbq char siew, curry chicken and coconut pandan • rm 16

cakes & ice cream — have a peep at our cake fridge or ask our team for what we've got!

*all baked up the road at our sister vegan bakery, LaGula!

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the hungry tapir eats

lagulabytapir

lagula treats!

avocado on toast — sourdough toast with homemade pesto, feta 'cheese', cherry tomatoes, fresh basil, and avocados!
• rm 25 • nf • gf

big brekkie — smoky mushroom sausage, scrambled tofu, ricotta 'cheese', chickpea beans, mushroom, spinach with sourdough
• rm 35 • og • gf

tahini maple salad — roasted cauliflower, avocado, rocket, crispy chickpeas
• rm 30 • og • gf

biscoff pancakes — banana, berries, 'butterscotch' sauce
• rm 26 • og

no bacon or egg pie — 'pastrami', tomatoes, 'cheese', onion, microgreens
• rm 20

sourdough and dips — paired with herb oil, 'cream cheese', hazelnut nootella + rm3, blueberry house jam + rm3
• rm 13

croissant and dips — paired with herb oil, 'cream cheese', hazelnut nootella + rm3, blueberry house jam + rm3
• rm 13

favs!

steak me out tonight — green rebel 'steak', truffled mashed potatos, gravy, asparagus
sauce options:
black pepper | 'blue cheese' | spicy bbq
• rm39

mushroom rendang croissant — slow cooked and braised hedgehog mushrooms in coconut milk with spices
• rm 27

smashed double cheeseburger — homemade seitan patties, 'cheddar cheese', 'mozzarella', gherkins, jalapenos, carrot bacon, bbq sauce
• rm 38

'seafood' platter — konjac squid and prawns marinated in a homemade breadcrumb rub served with tartar sauce
• rm 26

shoestring fries — herbed up and ready to be devoured! truffle oil + rm3
• rm 13

TAPIR'S PIZZERIA

RM35 EACH

margarita — feta 'cheese', tomato, basil

four 'cheese' — homemade cream 'cheese', feta, blue, parmesan and microgreens

mama's satay — feta 'cheese', hedgehog mushroom satay, kuah kacang, cucumber, red onion

seafood sambal — sambal base, konjac squid and prawns, tempeh, petai

add a scoop to any pastry, cake or breakfast!

ice cream

1 scoop for rm10
2 scoops for rm16

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the hungry tapir sips



COCKTAILS

cynthia's margarita • rm 36
coupe - don julio, amaretto, asam boi, orange, lime

jungle tapir • rm 42
rocks - havana, camino, campari, aquafaba, pineapple, lime

elderflower paloma • rm 34
highball - tequila, grapefruit, elderflower, agave

aperol spritz • rm 41
burgundy - perol, prosecco, soda water, orange

piña colada • rm 41
carafe - havana rum, malibu, coconut cream, pineapple

paper plane • rm 41
rocks - maker's mark, montenegro, aperol, lemon

sangria • glass rm 34 | jug rm 126
red or white wine •
spanish wine, orange, grapefruit, apple

roku negroni • rm 40
rocks - roku gin, martini, campari, orange peel

makissa-rita • rm 36
coupe - tequila, triple sec, passion fruit, lime, tabasco

dragonlady • rm 39
coupe - pink dragonfruit, vodka, triple sec, martini, lemon

coco espresso martini • rm 40
coupe - vodka, kahlua, espresso, cocoa

tristan's tequila fix • rm 36
mug - tamarind infused camino, tonic

guapa sandra • rm 34
burgundy - herb infused gin, cucumber, tonic

the mr charles • rm 37
snifter - tequila, lime, agave, bitters

O MY J'S!

'fresh OJ never tasted so good!'

mimosa • rm 32
flute - prosecco, orange

cuti - cuti • rm 32
highball - malibu, orange, coconut shreds

week-end happy hour
rm21 each
fri-sat-sun • 12pm-3pm

MOCKTAILS

tapir's ice tea • rm 19
tea brewed with gula melaka, passionfruit puree, mint

pin(k) colada • rm 19
pineapple, coconut cream, cherry syrup

tembikai-rita • rm 20
watermelon, lime, gula melaka

teh tarik • rm 17
turned vegan! tea, soy milk, gula melaka

roma • rm 19
espresso, lemon, gula melaka

subject to 10% service charge and 8% SST in ringgit malaysia

superfood

shakes & smoothies

featuring organicule

crookie party! • rm 23

crushed oreo's, banana, cacao nibs, dark chocolate, mylk

make it boozy!
kahlua | rum | malibu • + rm 16

cuti açai • rm 26

mango, banana, coconut mylk and cream, açai berries

berry-kissa • rm 25

passion fruit, blueberry, banana, baobab powder, mylk

espress'o self • rm 23

banana, dates, maca powder and espresso

make it boozy!
kahlua | rum | malibu • + rm 16

mrs. hulk • rm 25

mango, banana, coconut water, spirulina

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everything is fine with a bit of wine.



house wine (by the glass)

white wine

alto los romeros, reserva chardonnay (chile) | glass rm30 | btl rm130
a pale golden wine with scintillating aromas of ripe melon and stone fruit coupled with hints of toasty oak.

red wine

luis felipe edwards,cabernet sauvignon (chile) | glass rm30 | btl rm130
full-bodied yet gentle, relatively low in alcohol yet with a bracing acidity. displays ripe berry fruit flavors.

white wine

mount olympus sauvignon blanc (new zealand) | btl rm180
a zesty wine with aromas of passionfruit, pineapple, papaya and grapefruit; with clean mineral notes.

les tannes organic chardonnay (france) | btl rm170
a rich wine, ripe and textural with aromas of peach, nectarine and apricot with hints of french oak.

red wine

mount olympus pinot noir (new zealand) | btl rm190
a medium bodied red wine, smooth on the palate, with aromas of ripe raspberry and red plum with dried thyme.

mas des tannes organic rouge (france) | btl rm170
a full bodied and well balanced merlot with aromas of rosemary and sage and notes of plum and blackberry

rose

chateau miraval cotes de provence rose* (france) | btl rm170
a medium bodied and harmonious blend of cinsault, grenache, syrah and rolle with notes of peach, delicate strawberry and flowers; with a zesty tangerine-tinged finish.

bubbly

M paul mas, prima perla, chardonnay brut | btl rm260
a balanced and full bodied sparkling wine with notes of apple, lemon and grapefruit.

subject to 10% service charge and 8% SST in ringgit malaysia

the hungry tapir sips



beer

- rm 23 carlsberg
- rm 25 sapporo

cider

- rm 25

bottle beer

rm 26

check in with the brands we have

JUICES | KOMBUCHA

COCONUT RM13

queen of the detox • rm 18
green apple, lemon,
cucumber, ginger
chinese parsley

the blow out • rm 18
orange, carrot, ginger, turmeric

solo • rm 14 or mix any 2 • rm 15
orange, apple, carrot, watermelon

wild kombucha rm13
lychee rose - chrysanthemum - blueberry - peach - pear

coffee (cold + rm 2)
+ matcha

milks • coconut, oat, soy

black • rm12
- espresso
- americano
- long black

white • rm17
- cafe latte
- piccolo
- cappucino
- flat white

chocolate • rm17
- hot chocolate
- mocha
- cinnamon mocha

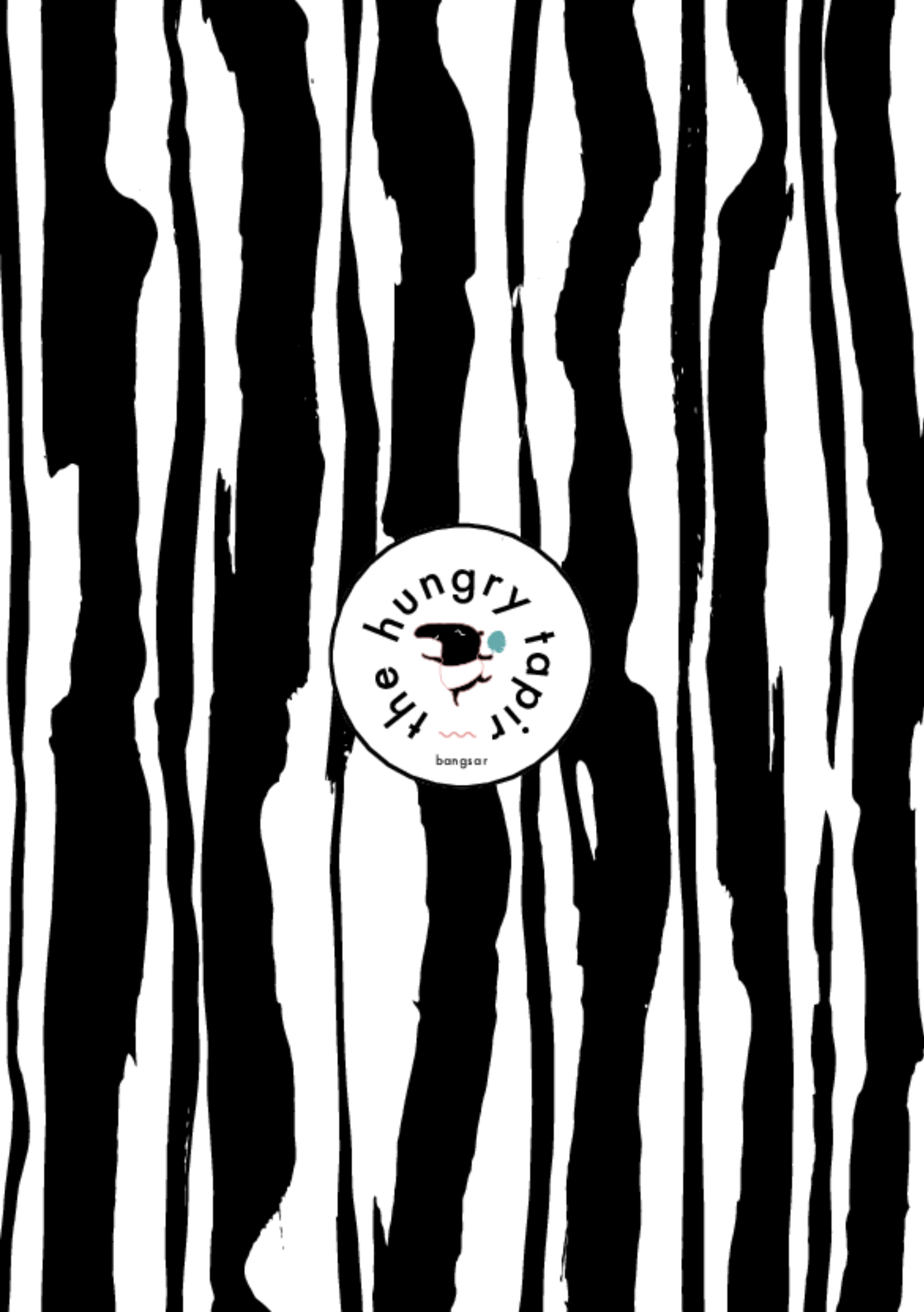
matcha • rm16
- matcha latte
- matcha kosong
- matcha gula melaka +rm1

SPILL THE TEA

- earl grey
- green tea
- lemongrass
- ginger
- vanilla
- hibiscus

pot • rm15
*1 pot per person

subject to 10% service charge and 6% / 8% SST in ringgit malaysia


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