

BRUNCH

Served all day

Golden granola £5.95 (VE)

Lu-Ma homemade G/F granola (N,SS) served with coconut yogurt, fresh berries, banana, berry compote, coconut & chia seed sprinkles

Coconut Porridge £6.95 (VE)

Delicious gluten free oats with coconut milk, topped with sliced banana, fresh berries,, coconut & chia seed sprinkles

Golden Omelette £9.00

Organic eggs (E) with a splash of soya milk & turmeric with mushroom, spinach, spring onion & vegan cheese served with a slice of gluten free bread

Indulgent pancakes £9.00 (VE)

Lu-Ma style pancakes (S) served with berries, sliced banana, maple syrup and berry compote, coconut & chia seed sprinkles

Clean Full Start £10.25

2 organic poached eggs (E), roasted cherry tomatoes, steamed spinach, mushrooms, avocado, homemade sugar free baked beans (S), sprinkled with chia seeds, served with 2 slices of toasted gluten free bread.
Make it fully vegan by swapping the eggs with marinated tempeh (S)
Add Smoked salmon (F) £4

Soup of the Day £6.00 (VE)

Delicious soup (check for daily soup with the waitress) served with gluten free bread

Red bean burger £10.25 (VE)

Veggie bean burger (SS,S) in a toasted bun, topped with homemade vegan garlic mayo(M), lettuce, tomato, marinated red onion, gherkin served with sweet potato fries & ketchup

Salmon & avocado wrap £6.95

Fresh smoked salmon (F), avocado and spinach leaves with vegan caesar dressing (S)(M) served with a light side salad

Falafel & hummus wrap £6.75 (VE)

Homemade falafel (SS) (S) with mixed salad, marinated red onion, & carrot served with a light side salad

Lentil curry £10.25 (VE)

Lentils with seasonal vegetable curry served with ginger brown rice, steamed greens & pickles
Add - Marinated Tempeh (S) £3.25, Falafels £3.25

Tex Mex bowl £10.25 (VE)

Ginger brown rice, sesame seed crusted tofu (SS) (S), mashed avocado & a sprinkle of marinated red onion, bean stew, sauté red pepper and spicy coconut yogurt

Special of the week £10.25 (VE)

Our special changes weekly offering a balance of vegetables, grain, protein and greens. Please speak with the waiting staff or check out the boards

Sides

Sweet potato fries £3.95/

Pickles £1.00/Additional sauces 50p/Shot of maple syrup 50p

(VE)= VEGAN/ (F)=FISH/(SS)= SESAME SEEDS /(E)= EGG/ (S)= SOYA/(N)=NUTS/(G)= GLUTEN