BRUNCH
Served from 12 to 15.30
Saturday & Sunday

Golden Omelette £8.75
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

Amazing avocado £6.25 (VE)
Deliciously ripe mashed avocado on gluten free bread and a leafy bed
with roasted cherry tomatoes, pomegranate seeds & a sprinkle of omega seeds (SS)
Add - an organic egg (E), £2.00, smoked salmon £4 add Marinated Tempeh (S) £3.25,

Clean Full Start £9.95
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, 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)
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

Sweet Jacket Potatoes- £9.95 (VE) with either

- Lu-Ma curry- lentils with seasonal vegetables & pickles
- Falafels & hummus with pomegranate dressing & seeds

Sides

Sweet potato fries £3.95 / Sauerkraut £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