

BREAKFAST

Served from open - midday

Fruity Granola £7.00

Lu-Ma's homemade G/F granola (N,SS) served with coconut yoghurt, sliced banana, fresh seasonal fruit and a dash of berry coulis
Add almond or peanut butter 75p (N)

Autumnal Oat Porridge £7.00

Delicious gluten free oats topped with stewed apples, sliced banana, berries and a sprinkle of almond flakes
Add almond or peanut butter 75p (N)

Golden Turmeric Omelette £8.60

Organic free range eggs with broccoli, turmeric & nutmeg, spring onions, spinach & vegan cheese (S) served with a slice of toasted gluten free bread
Add mushroom 50p

Indulgent Pancakes £8.85

Lu -Ma buckwheat pancakes with berry compote, sliced banana and maple syrup sprinkled with chopped roasted hazelnuts
Add almond butter or peanut butter 75p (N) or ice cream £2 (N)

Amazing Avocado £6.25

Ripe mashed avocado on our gluten free seeded bread, served with a sprinkle of omega seeds, micro greens & pomegranate seeds
Add - an organic egg (E) £2.00 Smoked salmon (F) £4.25 Tempeh (S) £3.50.
Scrambled tofu £3.50 or vegan feta cheese £2.25

Very Veggie £8.80

Tri-colour quinoa, garlic mushrooms, avocado, cherry roasted tomato, steamed greens, homemade roasted carrot hummus (SS) and a sprinkle of nori flakes
Served with our gluten free seeded bread
Add - an organic egg (E) £2.00 Smoked salmon (F) £4.25 Tempeh (S) £3.50.
Scrambled tofu (S) £3.50 or vegan feta cheese £2.25

Brunching Avocado £9.10

Lu-Ma Gluten free seeded bread topped up with mashed avocado, carrot hummus served with garlic sautéed mushrooms, steamed green, roasted cherry tomato and a sprinkle of omega seeds and micro green & pomegranate
Add - an organic egg (E) £2.00 Smoked salmon (F) £4.25 Tempeh (S) £3.50.
Scrambled tofu £3.50 (S) or vegan feta cheese £2.25

Fresh Start £9.95

Roasted cherry tomato, steamed greens, garlic mushrooms, homemade sugar free baked beans (S), avocado sprinkled with chia seeds served with our gluten free bread.

Choice of - 2 organic poached eggs (E) or Tempeh (S) or Scrambled tofu (S)

Add smoked salmon (F) £4.25

Gluten Free Toast with -

2 organic poached, fried or scrambled eggs (E) £5.75

Homemade sugar free beans (S) £5.25

Homemade scrambled tofu (S) £5.75

SMALL BITES**Miso Broth £3.25**

A cup of superfood miso broth with wakame, spring onion & tofu

Chia Pud' £3.75

Coconut chia pudding, berries and roasted coconut flakes topped with berry compote or stew apple

DRINKS

Organic Cold pressed Juices 300ml £4.50

Verde - Romaine, kale, spinach, cucumber, lemon, mint

Rouge - Apple beetroot, ginger, lemon, aloe vera

Zenzero - Apple, ginger, lemon, thyme

O'Fresco - Apple carrot, lemon, ginger, turmeric

Organic Shots 60ml £3.00

Hot Shot - Lemon, ginger, cayenne, agave.

Cherry Shot - Orange, cherry, lemon.

Super Smoothies £5.45

Happucinno – Banana, a shot of coffee, Cocoa Powder, Cashew Nuts, Almond Milk

Ban-nut smoothie – Banana, Peanut butter, Cocoa powder, Maca powder, Almond milk (N)

Incredible Hulk –Banana, kiwi, Cashew nuts (N), Spinach, Spirulina, Almond Milk (N)

Coffee

Flat White, Cappuccino or Latte with your choice of milk small £2.60 large £3.00

Americano small £2.30 large £2.60

Espresso or Macchiato £1.60

Double Espresso £2.10

Hot Drinks

Teas Me-Local & Organic company

English Breakfast Tea / Earl Grey / Mint /Fresh mint/ Hibiscus & Orange /

Lemon & Ginger / Green Tea /Citrus Black tea/ Rooibos £2.50

Chai Latte- Vegan Chai Latte with a choice of milk £3.75

Turmeric Latte – Turmeric, cinnamon, coconut milk powder, black pepper with a choice of milk £3.75

Matcha Green Tea Latte- Matcha Green Tea powder with a choice of milk £3.85

Barley Cup Latte- A great alternative to coffee with a choice of milk £3.25

Kukicha - Japanese twig tea £2.50

Hot chocolate – Cocoa powder and coconut sugar with a choice of milk £3.85

Cold Drinks

Bottled Water - Still or Sparkling 750 ml £2.50 330ml £1.25

Organic Apple or Pear Juice £2.00

Dalston can – Lemonade / Elderflower / Ginger Beer/ Rhubarb £2.10

Nix-Kix- Fizzy Watermelon & Hibiscus/ Sharp Ginger & Mango £2.10

Karma Kola - £2.50

Remedy Kombucha Bottle - £3.50

Fresh Orange Juice – Orange £3.50

