

BREAKFAST

Served from open - midday

Golden Granola £5.95 (VE)

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

French brekkie £5.95 (VE)

One fresh baked croissant (G), one freshly squeezed orange juice and one tea or coffee.

Coconut Porridge £6.95 (VE)

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

Golden Glow Omelette £8.75

Organic eggs (E) (S) with mushroom, spinach, spring onion & vegan cheese (S) and a sprinkle of turmeric 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 berries compote, coconut & chia seed sprinkles
(add a scoop of Booja booja ice cream (N) £2.25)

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 Add smoked salmon (F) £4 Add 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

Gluten Free Toast with -

2 organic poached, fried or scrambled eggs (E) £5.75
Add Smoked salmon (F) £4 or avocado £2.25
Homemade sugar free beans £5.25 (VE)

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

LUNCH

Served Midday to 15.30

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

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 £9.95 (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

Sweet Jacket Potatoes- £9.95 (VE)

- 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

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