



ALL DAY BRUNCH (From I I.30 am to 4pm)

Smashed avocado on sourdough toast £8.95

Served with roasted cherry tomato, glazed miso mushroom, topped with pumpkin, sunflower & flax seeds and sprouts

Contains mustard, soya

Add Smoked salmon £4.00 / Organic egg £2.00 / Marinated tempeh
£3.50/ Scrambled tofu £3.75 (contains soya)

Lu-Ma homemade Lu-Ma Pancakes £9.75

With a choice of

- Stewed apple & raisin, banana & coconut sprinkles Contains soya

or

- Crunchy peanut butter, chocolate drizzle, banana Contains soya, peanut nut or
- Berries & chia seed compote and fresh berries Contains soya

Veggie Full English £11.25

Whole earth baked beans, roasted cherry tomato, miso glazed button mushroom, $2 \times$ heck sausages, steamed spinach and sourdough toast with either scrambled tofu or $1 \times$ organic egg Contains soya, sulfite, soya, egg

Add Smoked salmon £4.00 / Organic egg £2.00 / Marinated tempeh £3.50

Golden omelette £9.50

Organic eggs with a splash of soya milk & turmeric with broccoli, baby spinach, chives & vegan cheese served with a slice of GF bread *Contains egg, soya*

Sweet jacket potato £11.25

With either:

- Lentil curry served with a light salad & pickles Contains nuts, celery
- BBQ jackfruit served with a light salad & pickles Contains soya

Soup of the Day £7.10

Served with a slice of focaccia or sourdough bread Please check with the wait staff Contains celery, gluten (focaccia)



Week-end nut roast special £12.50

Vegan nut roast with roasted potato, peas, roasted vegetables & vegan gravy

Contains soya, nuts, celery

Homemade Black Bean Burger £11.95

Served in a G/F bun with homemade garlic vegan mayonnaise, tomato, marinated red onion, gherkin served with sweet potato fries and a side of ketchup Add avocado £3.25

Contains mustard, soya

Lu-Ma's Signature Curry £11.50

Green lentil and vegetable curry served with ginger brown rice and topped with crushed cashews and fresh parsley

Contains nuts, celery

Week-end special £11.75

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

Check the boards for the allergens

BBQ jackfruit Burger £11.95

Served in a G/F bun with homemade garlic vegan mayonnaise, tomato, marinated red onion, gherkin served with sweet potato fries and a side of ketchup Contains soya, mustard

Sweet potato fries £4.95

Crispy GF sweet potato fries served with a side of garlic vegan mayo and ketchup Contains mustard, soya

Smoked salmon £4.00 / Organic egg £2.00/
Marinated tempeh £3.50 (contains soya)/
Scrambled tofu £3.75 (contains soya)/
BBQ jackfruit £3.75 (contains mustard)
Maple syrup £1.00/ Banana £0.80







ORGANIC

PRESSED JUICES £4.60

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

Strawb'- Strawberry, apple, lemon, basil

HOT DRINKS

With your choice of milk -

Semi skimmed (contains dairy), almond (contains nuts), oat (contains gluten) or coconut

Americano	£2.80
Espresso	£2.00
Macchiato	£2.15
Capuccino	£3.25
Latte	£3.25
Extra shot	£0.50
Flat white	£3.25
Cortado	£3.25
Chai Latte	£3.95
Turmeric Latte	£3.95
Matcha Green Tea Latte	£3.95
Hot Chocolate	£3.95
Mocha	£4.10

ICED DRINKS

Iced Matcha latte	£3.95
Matcha green tea powder with a choice	of milk
Iced Latte	£3.75
With a choice of milk	



SMOOTHIES £5.50

Incredible Hulk

Almond milk, spinach, kale, spirulina, banana, apple Contains nuts

Boosty

Almond milk, Pineapple, mango, passion fruit, ginger, orange & maca powder Contains nuts

Ban nut

Almond milk, banana, maca powder, crunchy peanut butter & chia seeds Contains nuts, peanut butter

COLD DRINKS

Organic Apple Juice Organic Pear Juice	£3.50	
Fresh orange juice	£3.75	
Still or Sparking water (330ml)	£2.25	
Still or Sparking water (750ml)	£3.50	
Dalston Can	£2.50	
Elderflower. Ginger Beer or Lemonade		
Fizzy Nix Kix	£2.50	
Mango & Ginger or Blood Orange & Turmeric		
Remedy Kombucha	£3.50	
Karma Kola	£2.80	

ORGANIC TEA £2.80

Choose from – Mint, Green, English Breakfast, Early Grey, fresh lemon & Ginger, Orange Hibiscus, Chamomile

Kukicha -

Japanese twig tree tea £2.95

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