



WEEKDAY MENU

BREAKFAST

SERVED FROM OPEN - MIDDAY

FRUITY GRANOLA (VE) £7.20

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 (VE) £7.20

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 £8.75

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

Add mushrooms or roasted tomatoes £1

INDULGENT PANCAKES (VE) £9.00

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 (VE) £6.50

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 (VE) £8.95

Tri-colour quinoa, sautéed 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 (VE) £9.25

Lu-Ma Gluten free seeded bread topped up with mashed avocado and carrot hummus served with sautéed mushrooms, steamed greens, roasted cherry tomatoes and a sprinkle of omega seeds with 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 (VE) £9.95

Roasted cherry tomatoes, steamed greens, sautéed mushrooms, homemade sugar free baked beans (S) and 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) £5.95
Homemade sugar free beans (S) £5.45
Homemade scrambled tofu (S) £5.75

SMALL BITES

MISO BROTH(VE)£3.50

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

CHIA PUD’ (VE) £3.85

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

LUNCH

SERVED MIDDAY TO KITCHEN CLOSE AT 3.30PM
(MONDAY TO FRIDAY)

SHARING PLATTER FOR 2 (VE) £10.50

A sharing platter of two bruschetta (S), falafels (S), homemade roasted carrot hummus (SS), vegan feta & tomato skewers, roasted chickpea (S) and kale chips (S).

SOUP OF THE DAY (VE) £6.00

Delicious soup (check for daily soup with the waitress) served with homemade croutons.

CHICKPEA CURRY (VE) £10.50

Chickpeas, seasonal vegetables, served with ginger brown rice, steamed green, roasted cashew nuts (N), and marinated radish

Add - Marinated Tempeh (S) £3.75., Falafels (S) £3.75, Tofu(S) £3.45.

ALKALIZING BOWL (VE) £10.25

Sauteed brown rice with shiitake mushrooms, wakame, marinated tempeh, julienne carrots, steamed greens, marinated radish, roasted chickpeas and tahini dressing (SS).

Add - Marinated Tempeh (S) £3.75, Falafels (S) £3.75, Tofu(S) £3.45

VEGAN BEAN BURGER (VE) £11.95

Homemade red bean burger (S) (M) in a toasted bun with Lu-Ma’s vegan mayonnaise (M,S), lettuce, tomato, gherkins, marinated red onion served with sweet potato fries & organic ketchup.

WINTER BUDDHA BOWL (VE) £10.25

Stir fried black rice and mushroom (S), crunchy sesame tofu (SS), roasted squash, bok choy, pressed cabbage salad (SS), roasted sesame seed (SS) & tahini dressing (SS)

Add marinated tempeh (S) £3.75, falafel (S) £3.75, tofu (S) £ 3.45

SWEET JACKET POTATOES (VE) £10.25

Curry -Chickpeas, seasonal vegetables with steamed greens (N).

Falafel –Falafels (S), carrot hummus and tahini sauce (SS) with a pressed salad.

VEGAN COTTAGE PIE (VE) £10.50

Lentil & mushroom (S) topped up with sweet and white potato mash, a sprinkle of sesame seed (SS) and a side of steamed vegetables.

DELICIOUS WRAPS £9.25

Served with pressed white cabbage salad

Avocado and fresh smoked salmon (F) with mixed green salad and Lu-Ma’s mayonnaise (M,S).

Falafels (VE) (S) with carrot julienne, red onion and homemade roasted carrot hummus (S,SS).

Marinated tempeh (VE) (S) with carrot julienne, mixed green salad and Lu-Ma’s mayo (M,S).

Pan fried Tofu (VE) (S) with carrot julienne, mixed green salad and Lu-Ma’s mayo (M,S).

(VE) = VEGAN

SIDES

| | | | |
|--|-------|--------------------------|-------|
| Sweet potato fries | £4.50 | Sauerkraut | £1.00 |
| Black Rice | £3.75 | Kimchi | £1.00 |
| Brown Rice | £3.75 | Vegan Mayonnaise or | £0.50 |
| Kale Chips (S) | £3.75 | Organic Ketchup | |
| Lemon seasoned broccoli with almond flakes (N) | £3.95 | Sliced Avocado | £2.25 |
| | | 2x slices of Seed bread | £2.50 |
| Roasted Seasonal Vegetables | £3.95 | Falafels & Carrot hummus | £4.95 |

JUICES & SMOOTHIES

ORGANIC COLD PRESSED JUICES 300ML £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

ORGANIC SHOT 60ML £3.00

HOT SHOT - Lemon, ginger, cayenne, agave

TURMERIC TONIC - Lemon, ginger, turmeric

SUPER SMOOTHIES £5.65

HAPPUCINNO – Banana, a shot of coffee, Cocoa Powder, Cashew Nuts, Almond Milk (N), Dates

BAN-NUT SMOOTHIE – Banana, Peanut butter, Cocoa powder, Maca powder, Almond milk (N)

INCREDIBLE HULK –Banana, kiwi, Spinach, Spirulina, Almond Milk (N)

COFFEE

with your choice of milk

| | SMALL | LARGE |
|-----------------------|-------|-------|
| CAPPUCCINO OR LATTE | £2.60 | £3.00 |
| FLAT WHITE | £2.90 | £3.20 |
| AMERICANO | £2.30 | £2.60 |
| ESPRESSO OR MACCHIATO | | £1.80 |
| DOUBLE ESPRESSO | | £2.20 |

MILK CHOICES

Almond (N) Coconut, Oat (G), Semi skimmed
Our oat milk is barista oat, which is not gluten free

HOT DRINKS

TEAS ME-LOCAL & ORGANIC COMPANY £2.70

English Breakfast Tea / Earl Grey / Mint /Fresh mint/
Hibiscus & Orange / Lemon & Ginger / Green Tea /
Rooibos/ Green tea with rose petal

CHAI LATTE- VEGAN CHAI LATTE £3.75

with a choice of milk

TURMERIC LATTE £3.75

Turmeric, cinnamon, coconut milk powder, black pepper *with a choice of milk*

MATCHA GREEN TEA LATTE £3.85

Matcha Green Tea powder *with a choice of milk*

BARLEY CUP LATTE £3.25

A great alternative to coffee *with a choice of milk*

BEETROOT LATTE £3.75

Organic Raw beetroot powder & coconut sugar
with a choice of milk

HOT DRINKS ...continued

KUKICHA £2.70

Japanese twig tea

HOT CHOCOLATE – Cocoa powder and coconut £3.85

sugar *with a choice of milk*

HOT SPICED APPLE £3.75

Apple & ginger juice, nutmeg, orange, cinnamon stick & anise star

COLD DRINKS

GLASS BOTTLED WATER 750 ML £2.50 330ML £1.25

Still or Sparkling

ORGANIC APPLE OR PEAR JUICE £2.50

DALSTON CAN £2.25

Elderflower / Ginger Beer/ Rhubarb

NIX-KIX £2.20

Fizzy Blood Orange & Turmeric / Ginger & Mango

KARMA KOLA £2.50

REMEDY KOMBUCHA BOTTLE £3.50

FRESH ORANGE JUICE £3.75

ORGANIC WINES & PROSECCO (VE)

(SERVED 11.30 – 4.30) 125ML 175ML BOTTLE

RUNNING DUCK MERLOT £4.95 £5.50 £21.50

RUNNING DUCK CHENIN BLANC £4.95 £5.50 £21.50

RUNNING DUCK SHIRAZ ROSE £4.95 £5.50 £21.50

PROSECCO COL DI MANZA £32.00

PERLAGE

BEER

(SERVED 11.30 – 4.30)

WIMBLEDON BREW £4.50

GLUTEN FREE BEER £4.50

Our egg supplier Farmaround rescues chickens from battery farm enabling each hen to live out its full natural life”

However, the eggs don’t have the lion marque, though we always have organic & lion branded eggs in the kitchen.

Ask to a member of staff”.

DESSERTS

Please see our display fridge and counter for a selection of Vegan, Dairy Free and Refined Sugar Free desserts and ice cream



ABOUT LU-MA

At Lu-Ma our food is made and cooked fresh for you, sometimes this may mean our service is a little longer (we don't use microwaves). However, we aim to serve your food as quickly and as fresh as possible.

Our food is made without the use of refined sugar, dairy and red meat with lots of gluten free options. Our takeaway packaging is biodegradable and compostable-this means that it can be included in your food waste recycling and will break down within 12 weeks.

Our bread, wraps and desserts are gluten free, dairy free and refined sugar free. We now have added our homemade flourless seeded bread to the menu. We use whole grains and natural sweeteners such as rice syrup, dates and agave syrup. Where necessary our beans and pulses are soaked in seaweeds overnight to help eliminate gases.

CATERING

Having a dinner party?

Why not impress your friends with sugar free, dairy free and vegan canapés, dishes or desserts. Speak to our manager/supervisor to pre-order.

ON THE GO?

All of our food can be pre-ordered by calling 0208 296 6714 and for large orders in the local area we will be happy to deliver. Or stay where you are and order via the Deliveroo and uber eat app. It's so easy to 'Eat Well' and 'Nourish you Body'

ALLERGENS

Our dishes are full of healthy tasty goodness, however we understand that certain foods can often trigger allergic reactions or intolerances. Our dishes are marked with allergens but please mention to the waiting staff any food allergens or intolerances you may have.

G) Gluten (C) Celery (E) Eggs (F) Fish (M) Mustard (N) Nuts (S) Soya (SS) Sesame seeds



Winners of Merton's
Best Restaurant



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