



# LU-MA

C A F E



## LUNCH (From 11.30am until close)

### 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

### 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*

### 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*



### Nachos Sharer £8.50

Topped with chunky salsa, vegan cheese, guacamole, marinated red onion and jalapeños

*Contains celery, soya*

### Winter warming bowl £11.75

Ginger brown rice, steamed broccoli, baked squash, sweet & sour adzuki beans, pickles, lemon tahini dressing, sesame seed sprinkles

*Contains sesame seed, soya, sesame seed*

### Fusion tofu bowl £11.95

Tofu infused with spices, spring onion & leek served with lemongrass wholegrain patties, steamed kale, roasted beetroot, kimchi and miso ginger sauce

*Contains soya*

## ADD ADDITIONAL PROTEIN

Smoked salmon (fish) £4.00    Organic egg (Egg) £2.00

Marinated tempeh (contains soya) £3.50

Scrambled tofu (contains soya) £3.75

BBQ jackfruit (contains mustard) £3.75

### 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)*

### Special of the week £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*

### 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 mustard*

### 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*

## SIDES

### Sweet potato fries £4.95

Crispy GF sweet potato fries served

with a side of garlic vegan mayo and ketchup

*Contains mustard, soya*

### Homemade kale chips £4.50

Tamari oven baked kale

*Contains soya*



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7% discretionary service charge will be added to your bill

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## 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	£3.50
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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