

A decorative border of watercolor flowers surrounds the central text. The flowers include large, multi-petaled red and pink peonies, and white flowers with yellow and red centers, possibly ranunculus or tulips. Green leaves are interspersed among the blooms.

Lu-Ma
Café

WEEKEND MENU

BRUNCH

(VE) = VEGAN

SERVED ON WEEKEND & BANK HOLIDAY ONLY SERVED FROM MIDDAY TO KITCHEN CLOSE AT 3.30PM

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)

BRUNCHING AVOCADO (VE) £9.50

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 (VE) £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

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.

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 & ketchup

SWEET JACKET POTATOES (VE) £10.50

CURRY

Chickpeas, seasonal vegetables with steamed greens (N)

FALAFEL

Falafels (S), hummus and tahini sauce (SS) with a pressed salad

DELICIOUS WRAPS £9.25

Served with pressed white cabbage salad

AVOCADO AND FRESH SMOKED SALMON (M,S)(F) with mixed green salad and Lu-Ma's mayonnaise

FALAFELS (S)(S,SS)(VE) with lettuce, carrot julienne, red onion and homemade roasted carrot hummus

MARINATED TEMPEH (S)(M,S)(VE) with carrot julienne, mixed green salad and Lu-Ma's mayo

PAN FRIED TOFU (S) with carrot julienne, mixed green salad and Lu-Ma's mayo

SIDES

Sweet Potato fries	£4.50	Kimchi	£1.00
Brown Rice	£3.75	Sliced Avocado	£2.25
Kale Chips (S)	£3.75	2x slices of Seed bread	£2.50
Lemon seasoned Broccoli with Almond flakes (N)	£3.95	Falafels & Carrot hummus	£4.95
Roasted Seasonal Vegetables	£3.95	Vegan Mayonnaise or Ketchup	50p
Sauerkraut	£1.00		

DESSERTS

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

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 sugar *with a choice of milk* **£3.85**

HOT SPICED APPLE **£3.75**

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

COLD DRINKS

GLASS BOTTLED WATER

Still or Sparkling 750 ML **£2.50** 330ML **£1.25**

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

(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"



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



Winners of Merton's
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