





### INTRODUCTION

China has a rich and ancient tradition of plant-based eating. Grains, vegetables and tofu have long been the mainstay of most people's diets, with meat an occasional luxury. And since the 6th century, when a renowned emperor became a Buddhist and an advocate for vegetarian eating, strict Chinese Buddhists have followed a vegetarian diet. Over the centuries, Chinese chefs have developed an extraordinary and delicious repertoire of vegetable dishes, some of which are cleverly designed to imitate the appearance, tastes and textures of meat, fish and poultry.

At Tofu Vegan, we are proud to offer a completely plant-based menu which is suitable for vegetarians and vegans, and will also delight those who usually eat meat. Many of our dishes are made with tofu and mushrooms, or with Asian imitation meats made from bean proteins and other meat-free ingredients. Our expert team includes chefs from Sichuan, the Cantonese south of China and the northeastern Dongbei region, so the menu features a range of enticing regional flavours.

### 100%Vegan! No Preservatives! Fresh daily Handmade!

### Spicy label:

**参MILDLY SPICY 助 MEDIUM SPICY かか VERY SPICY** 

#### Food Allergy:









#### Cold Dishes:





Tofu Vegan Islington

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Tofu Vegan Goldens Green 28 N End Rd London NW11 7PT





Tofuveganlondon



🗰 www . tofuvegan . com

### 平胃菜Starters



1. 五彩拉皮 🕝 🔊 🥘

£ 9.80

Dongbei sweet potato noodle sheets with slivered vegetables, in a spicy sesame sauce (CHEF' S SPECIAL)



3. 椒盐杏鲍菇 £ 7.90 Deep fried king oyster mushroom with salt and sichuan pepper

5. 椒盐豆腐 £ 7.90 Deep-fried tofu with salt and Sichuan pepper

6. 椒盐鸡块 100 £ 8.20 Deep-fried 'chicken' with salt and Sichuan pepper

7. 香炸春卷 🔞 £ 7.80 Spring rolls with a cloud ear mushroo mand vegetable stuffing (6 pieces)



2. 手撕杏鲍菇 📵 カ 🌑 🔵 £ 7.90 Hand shredded king oyster mushroom



4. 夫妻肺片 **② 》 ② ② ③** 'Man-and-Wife' slices in a spicy sauce (vegetarian version of a Chengdu street snack)



8. 香菜木耳 🕝 🤌 £ 7.60 Cloud ear mushroom salad with coriander and pickled chilli

















55. 香菌豆腐羹 £ 4.80/(per head) Mixed Mushroom and tofu soup

57. 酸辣汤》 £ 4.80 /(per head) Hot-and-Sour Soup

56. 云吞汤 🄞 £ 4.80 /(per head) Wonton soup (3 pieces)

58. 鸡茸粟米羹 🔞 £ 4.80 /(per head) 'Chicken' Sweetcorn soup





59. 特别炒面 @ £ 8.80 Special fried noodles, Sichuan style

61. 特别炒饭 @ Special fried rice

63. 米 饭 £ 2.40/per head Plain steamed rice



60. 荷叶饼 @ £ 1.90 Lotus leaf bun (minimum 2)

62. 时蔬炒河粉 £ 8.50 Stir-fried ho fun rice noodles with mixed vegetables



£ 8.80

64. 豆沙芝麻卷 🎯 🕙 £ 4.80 Sesame rolls stuffed with red bean paste

65. 素糕点 🍘 Vegan cake

£ 4.80





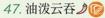






## Hic Dim sum





£ 7.90

48. 小笼包 @

Wontons in a house special sauce (6 pieces) (HIGHLY RECOMMENDED)

49. 烧 麦⑩ Siu mai dumplings (3 pieces)

£ 5.90

50. 杂菜饺 🍘 £ 5.90 Steamed vegetable dumplings (3 pieces)

51. 香辣蒸饺 🔊 🎯 £ 5.90 Steamed dumplings with mushroom and tofu (3 pieces)



Soupy Xiao Long Bao stuffed with

tofu and mushroom (3 pieces)

£ 6.50

52. 点心拼盘 @ £ 9.20 Assorted dim sum (6 pieces)



53. 香菇豆腐饺 🍘 £ 5.90 Steamed tofu and mushroom dumplings (3 pieces)



54. 香菌饺 🍘 £ 5.90 Steamed mushroom dumplings (3 pieces)













## 和胃菜Starters



9. 口水鸡沙 ⑩ 🔘

£ 8.20

Mouthwatering 'chicken' with celery in a chilli oil dressingRoom temperature)



11. 炝炒藕片》 £ 8.20 Stir-fried Lotus root slices



13. 红油水饺 🔌 🔘 🔞 £ 7.80 Chengdu vegetable dumplings in a spicy sauce (5 pieces) (CHEF' S SPECIAL)

15.锅 贴 @ £ 7.50 Fried pot-sticker dumplings (5 pieces)



10. 炝炒空心菜 》 £ 8.20 stir-fried water spinach with chilli and sichuan pepper



12. 糖醋藕丁 🕝 🌶 £ 8.20 Lotus root dices in traditional sweet sour dressing



14. 脆拍黄瓜 🕝 🔊 🔘 £ 7.60 Smacked cucumbers with a spicy, garlicky sesame dressing

16. 香煎杏鲍菇 🍘 £ 8.20 Pan-fried king oyster mushrooms with garlicky breadcrumbs (POPULARITY)











## 热菜Hot Dishes





17. 鱼香铁板豆腐 🌶 £ 13.80 Sizzling fried tofu in a fish-fragrant sauce



18. 水煮鱼 🔌 🌑 £ 15.80 Sliced 'fish' in sizzling chilli oil



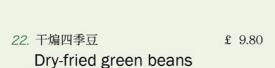
19. 铁板豉汁豆腐 £ 13.80 Sizzling fried tofu in black bean sauce



20. 铁板黑椒杏鲍菇 £ 12.80 Sizzling fried king oyster mushroom with black pepper sauce



21. 咕噜鸡 🔞 £ 12.80 Cantonese sweet-and-sour 'chicken'





23. 香炸豆腐丸 🌶 £ 12.80 Deep-fried tofu and mushroom balls with a fish-fragrant dipping sauce











# 热菜Hot Dishes









38. 香辣豆腐 🔌 🔘 £ 11.80 Hot-and fragrant deep fried tofu with sweet potatoes

39. 辣子鸡 🔌 🔘 £ 14.80 Chongqing 'chicken' in a pile of fragrant chillies



40. 椒盐芦笋/香辣芦笋 £ 9.50 Deep-fried asparagus with salt and sichuan pepper OR Hot-andfragrant

41. 虎皮青椒 20 £ 9.80 Pan-seared padron peppers





44. 鱼香茄子》 £ 11.80 Fish-fragrant aubergines

42. 泡菜豆腐鸡 🔌 🔵 £ 13.80 Kimchi 'Chicken' and tofu stew 45. 飘香茄子 £ 12.80 Fried aubergine in house Special sauce DOR in savoury sauce

43. 炒时蔬 £ 9.80 Stir-fried Seasonal vegetable with your choice of chilli DOR garlic sauce

46. 地三鲜 £ 11.80 Dongbei-style potato, green pepper and aubergine ('Three delicacies of the earth')













31. 回锅鱼 🌶 Twice-cooked 'fish' (POPULARITY)



32. 孜然羊肉 🔊 🔘 🔞 £ 13.80 Stir-fried 'lamb' with cumin and chilli



33. 北京鸭 🔞 Peking 'Duck' £ 13.80

£ 13.80

34. 大厨手工豆花(原味/香辣) £ 12.80 House-made silken tofu in a spicy sauce → OR savory sauce

35. 香辣薯条 🌶 £ 8.60 Hot and fragrant potato chips

37. 麻婆豆腐 🎾 Mapo tofu

£ 11.80

36. 双菇烧豆腐 £ 12.80 Stir-fried tofu with king oyster and shiitake mushrooms with garlic















25. 豆米芽菜包 🔊 🌀 £ 13.50 Stir-fried tofu and preserved vegetable, with steamed lotus leaf buns

26. 宫保鸡丁 🔊 🚳 🚱 £ 13.80 Gong Bao `chicken` with peanuts

with cashew nuts

27. 宫保豆腐 🔊 🕝 £12.80 Gong Bao tofu with peanuts



28. 冒菜 🔰 🌀 £ 15.80 Mai Cai(Instant hot-pot)



29. 口味花菜 🔰 🔞 £ 9.80 Dry-wok cauliflower



30. 香辣花菜 🔊 🌀 £ 10.80 Hot-and -fragrant fried auliflower











