

Tofu Vegan



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:

🌶️ MILDLY SPICY 🌶️🌶️ MEDIUM SPICY 🌶️🌶️🌶️ VERY SPICY

Food Allergy:



Cold Dishes:



Tofu Vegan Islington

105 Upper Street Islington N1 1QN



Tofu Vegan Goldens Green

28 N End Rd London NW11 7PT






Tofuveganlondon






www.tofuvegan.com

开胃菜 Starters



1. 五彩拉皮    £ 9.80
Dongbei sweet potato noodle sheets with slivered vegetables, in a spicy sesame sauce
(CHEF' S SPECIAL)



2. 手撕杏鲍菇     £ 7.90
Hand shredded king oyster mushroom



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






4. 夫妻肺片     £ 8.20
'Man-and-Wife' slices in a spicy sauce (vegetarian version of a Chengdu street snack)

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

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



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

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


Food Allergy:




汤羹 Soups



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

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




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


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


主食 Staple foods



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





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

61. 特别炒饭  £ 8.80
Special fried rice

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

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

甜点 Desserts

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

65. 素糕点  £ 4.80
Vegan cake

Food Allergy:




点心 Dim sum




47. 油泼云吞   £ 7.90
Wontons in a house special sauce
(6 pieces) **(HIGHLY RECOMMENDED)**




48. 小笼包  £ 6.50
Soupy Xiao Long Bao stuffed with
tofu and mushroom (3 pieces)

49. 烧麦  £ 5.90
Siu mai dumplings
(3 pieces)

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)

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)

Food Allergy:



开胃菜 Starters



9. 口水鸡 🌶️ 🍲 🍴 £ 8.20
Mouthwatering 'chicken' with celery
in a chilli oil dressing (Room temperature)



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



11. 炆炒藕片 🌶️ £ 8.20
Stir-fried Lotus root slices



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



13. 红油水饺 🌶️ 🍲 🍴 £ 7.80
Chengdu vegetable dumplings in
a spicy sauce (5 pieces) (CHEF' S SPECIAL)



14. 脆拍黄瓜 🍷 🌶️ 🍲 £ 7.60
Smacked cucumbers with a spicy,
garlicky sesame dressing

15. 锅贴 🍲 £ 7.50
Fried pot-sticker dumplings (5 pieces)





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. 咕嚕鸡  £ 12.80
Cantonese sweet-and-sour 'chicken'



22. 干煸四季豆 £ 9.80
Dry-fried green beans

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

Food Allergy:



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



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

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



42. 泡菜豆腐鸡 🌶️🍷 £ 13.80
Kimchi 'Chicken' and tofu stew



[AUBERGINE HEAVEN]

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

45. 飘香茄子 £ 12.80
Fried aubergine in house Special sauce 🌶️ OR in savoury sauce

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



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



热菜 Hot Dishes



31. 回锅鱼 🌶️ £ 13.80
Twice-cooked 'fish'
(POPULARITY)



32. 孜然羊肉 🌶️ 🍲 🌶️ £ 13.80
Stir-fried 'lamb' with cumin and
chilli



33. 北京鸭 🍲 £ 13.80
Peking 'Duck'



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

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

37. 麻婆豆腐 🌶️ 🌶️ £ 11.80
Mapo tofu

Food Allergy:



热菜 Hot Dishes





24. 宫保杏鲍菇    £ 12.80
Gong Bao king oyster mushrooms
with cashew nuts





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



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 cauliflower

Tofu Vegan



Eat what makes you happy!