

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!

Food Allergy:



Gluten/wheat



Nuts



Peanuts



Celery



Sesame



Mustard

Spicy label:

 MILDLY SPICY  MEDIUM SPICY



Tofu Vegan Islington

105 Upper Street Islington N1 1QN



Tofu Vegan Spitalfields

54 Commercial Street E1 6LT



Tofu Vegan Golders Green

28 N End Rd London NW11 7PT



Tofuveganlondon



www.tofuvegan.com

开胃菜 Starters



1. 五彩拉皮 🌶️ 🥘 🌱 🌿
Dongbei sweet potato noodle sheets with slivered vegetables, in a spicy sesame sauce (Cold)
(CHEF' S SPECIAL) £ 10.80



2. 手撕杏鲍菇 🌶️ 🥘 🌱 🌿
Hand shredded king o'ster mushroom (Cold) £ 8.20



3. 椒盐杏鲍菇 🌶️ 🥘
Deep fried king o'ster mushroom with salt and sichuan pepper £ 8.20



4. 夫妻肺片 🌶️ 🌱 🥘 🌿
'Man-and-wife' slices in a spicy sauce (Vegan version of a chengdu street snack) (Cold) £ 8.50

5. 椒盐豆腐 🌶️ 🥘
Deep-fried tofu with salt and Sichuan pepper £ 8.20

6. 椒盐鸡块 🌶️ 🥘
Deep-fried chick'n with salt and sichuan pepper £ 8.50



8. 红油水饺 🌶️ 🥘 🌱 🌿
Chengdu vegetable dumplings in a spicy sauce (5 pieces)
(CHEF' S SPECIAL) £ 8.20

7. 香炸春卷 🌶️ 🥘
Spring rolls with cloud ear fungus and vegetable staffing (6 pieces) £ 8.20

Food Allergy: 🌶️ 🥘 🌱 🌿 🌿 🌿

开胃菜 Starters



9. 口水鸡 🌶️ 🥘 🌱 🌿 £ 8.50
Mouthwatering chick'n with celery in a chilli oil dressing (Room Temperature)



10. 炆炒空心菜 🌶️ 🥘
Stir-fried water spinach with chilli and sichuan pepper £ 8.80



11. 炆炒藕片 🌶️ 🥘
Stir-fried lotus root slices £ 8.50



13. 鲜椒腐皮卷 🌶️ 🥘
Tofu and vegetable rolls with a sour-and-hot dressing (Cold) £ 8.80

12. 锅贴 🌶️ 🥘
Fried pot-sticker dumplings (5 pieces) £ 7.80



14. 香菜木耳 🌶️ 🥘
Cloud ear fungus salad With coriander and pickled chilli (Room Temperature) £ 7.90



15. 脆拍黄瓜 🌶️ 🥘 🌱 🌿
Smacked cucumbers with a spicy, garlicky sesame dressing (Cold) £ 7.90



16. 糖醋藕丁 🌶️ 🥘
Lotus root dices in traditional sweet sour dressing £ 8.50



Food Allergy: 🌶️ 🥘 🌱 🌿 🌿 🌿

热菜 Hot Dishes



17. 鱼香铁板豆腐  £ 13.80
Sizzling tofu in house special sauce



18. 水煮鱼   £ 16.80
Sliced 'fisc' 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 £ 13.80
Sizzling fried king o'ster mushroom with black pepper sauce



21. 咕嚕鸡  £ 13.80
Cantonese sweet-and-sour chick'n



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

22. 干煸四季豆 £ 10.80
Dry-fried green beans

Food Allergy:       

热菜 Hot Dishes




24. 宫保杏鲍菇     £13.80
Gong bao king o'ster mushrooms with cashew nuts





25. 豆米芽菜包   £ 13.80
Stir-fried tofu and preserved vegetable with steamed lotus leaf buns

26. 宫保鸡丁     £ 13.80
Gong bao chick'n with peanuts




28. 冒菜  £ 16.80
Mao cai (Instant hot-pot)

27. 宫保豆腐   £13.80
Gong bao tofu with peanuts



29. 口味花菜   £ 10.80
Dry-wok cauliflower



30. 香辣花菜   £ 11.80
Hot-and-fragrant fried cauliflower

Food Allergy:       

热菜 Hot Dishes



31. 回锅鱼 🌶️
Twice-cooked 'fisc'
(POPULARITY) £ 14.80



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



33. 北京鸭 🌶️
Peking 'd'ck' £ 15.80



34. 大厨手工豆花(原味/香辣)
House-made silken tofu in a
spicy sauce 🌶️ or savory sauce £ 13.80

35. 香辣薯条 🌶️
Hot and fragrant potato chips £ 9.60

36. 麻婆豆腐 🌶️
Mapo tofu £ 12.80

37. 双菇烧豆腐
Stir-fried tofu with king o'ster and
shiitake mushrooms with garlic £ 12.80

38. 炒时蔬
Stir-fried seasonal vegetable
with your choice of chilli 🌶️ or
garlic sauce £ 9.80

Food Allergy: 🌶️ 🌶️ 🌶️ 🌶️ 🌶️ 🌶️

热菜 Hot Dishes



39. 香辣豆腐 🌶️ 🌶️
Hot-and-fragrant deep fried tofu
with sweet potatoes £ 12.80



40. 辣子鸡 🌶️ 🌶️
Chongqing chick'n in a pile of
fragrant chillies £ 14.80



42. 虎皮青椒 🌶️
Pan-seared padron peppers £ 10.80

41. 椒盐芦笋/香辣芦笋 🌶️
Deep-fried asparagus with salt
and sichuan pepper 🌶️ or hot-and-
fragrant £ 9.50

[AUBERGINE HEAVEN]



45. 泡菜豆腐鸡 🌶️ 🌶️
Kimchi chick'n and tofu stew £ 13.80

43. 鱼香茄子 🌶️
Fisc-fragrant aubergines £ 12.80

44. 飘香茄子 🌶️
Fried aubergine in house special
sauce 🌶️ or in savoury sauce £ 13.80

46. 地三鲜
Dongbei-style potato, green pepper
and aubergine ('three delicacies
of the earth') £ 12.80

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 £ 6.20
Siu mai dumplings
(3 pieces)



52. 点心拼盘 £ 9.80
Assorted dim sum (6 pieces)

50. 杂菜饺 £ 6.20
Steamed vegetable dumplings
(3 pieces)

51. 香辣蒸饺 £ 6.20
Steamed spicy dumplings with
mushroom and tofu (3 pieces)



53. 香菇豆腐饺 £ 6.20
Steamed tofu and mushroom
dumplings (3 pieces)



54. 香菇饺 £ 6.20
Steamed mushroom dumplings
(3 pieces)

Food Allergy:

点心 Dim sum



55. 韭菜饺 £ 6.20
Steamed chinese chives dumplings



56. 香辣毛豆饺 £ 6.20
Steamed spicy edamame dumplings

汤羹 Soups

57. 香菌豆腐羹 £ 5.20
Mixed mushroom and tofu soup

58. 云吞汤 £ 5.20
Wonton soup (3 pieces)

59. 酸辣汤 £ 5.20
Hot-and-sour soup

60. 鸡茸粟米羹 £ 5.20
Chick'n sweetcorn soup

主食 Staple foods



61. 特别炒面 £ 8.90
Special fried noodles, sichuan style



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

63. 特别炒饭 £ 8.90
Special fried rice

64. 豆腐炒面 £ 8.90
Fried noodles with tofu

65. 米饭 £ 2.60/per head
Plain steamed rice **(REFILLABLE)**

66. 时蔬炒河粉 £ 8.90
Stir-fried ho fun rice noodles with
mixed vegetables


Food Allergy:

甜点Desserts



67. 豆沙芝麻卷   £ 5.80
Sesame rolls stuffed with red bean paste



68. 南瓜仔  £ 5.80
Pumpkin lantern (pumpkin rice ball
stuffed with lotus seeds paste)



69. 甜薯卷 £ 4.80
Sweet potato rolls



70. 素糕点  £ 4.80
Vegan cake

Tofu Vegan



Eat what makes you happy!