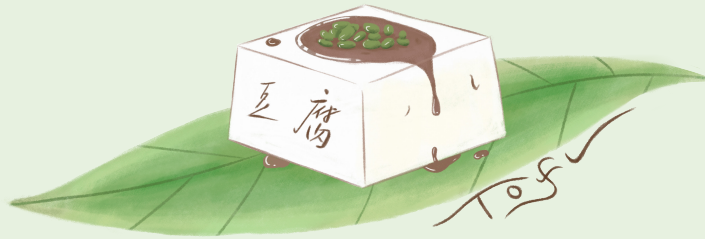


Tofu Vegan



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.

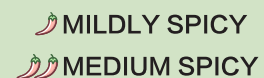
At Tofu Vegan, we are proud to offer a completely plant-based menu which is suitable for vegetarians and vegans, and will also delight those who usually eat meat. Many of our dishes are made with tofu and mushrooms, or with Asian imitation meats made from bean proteins and other meat-free ingredients. 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:



SPICY LABEL:




 **Islington**
105 Upper Street, N1 1QN

 **Spitalfields**
54 Commercial Street, E1 6LT

 **Charlotte Street**
32 Charlotte Street, W1T 2NQ

 **Gloucester Road**
29 Gloucester Road, SW7 4PI

 **Golders Green**
28 N End Rd London NW11 7PT



TOFUVEGANLONDON



WWW . TOFUVEGAN . COM

点心 Dim sum



1. 红油抄手     £ 8.20
Wontons in a house special sauce
(6 pieces) **(HIGHLY RECOMMENDED)**

2. 红油水饺     £ 8.50
Chengdu vegetable dumplings
in a spicy sauce (5 pieces)
(CHEF' S SPECIAL)

3. 烧麦     £ 6.50
Siu mai dumplings
(3 pieces)



4. 杂菜饺   £ 6.50
Steamed vegetable dumplings
(3 pieces)

5. 香辣蒸饺     £ 6.50
Steamed spicy tofu and
vegetable dumplings



6. 点心拼盘     £ 10.80
Assorted dim sum (6 pieces)



7. 小笼包   £ 6.50
Soupy xiao long bao stuffed with
tofu and mushroom (3 pieces)



FOOD ALLERGY:



Gluten wheat



Nuts



Peanuts



Celery



Sesame




Mustard

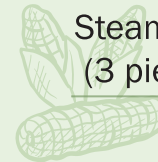




Soya

点心 Dim sum



8. 香菌饺  £ 6.50
Steamed mushroom dumplings
(3 pieces)





9. 韭菜饺   £ 6.50
Steamed chinese chives dumplings



10. 香辣毛豆饺  £ 6.50
Steamed spicy edamame dumplings



11. 香菇豆腐饺   £ 6.50
Steamed tofu and mushroom
dumplings (3 pieces)

汤羹 Soups

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



13. 云吞汤    £ 5.20
Wonton soup (3 pieces)

14. 酸辣汤     £ 5.20
Hot-and-sour soup

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

FOOD ALLERGY:



Gluten wheat



Nuts



Peanuts



Celery



Sesame








Mustard



Soya

开胃菜 Starters




16. 五彩拉皮(原味/香辣)      £10.80
Dongbei sweet potato noodle sheets with slivered vegetables, in a spicy sesame sauce or traditional sauce (Cold)





17. 手撕杏鲍菇     £8.50
Hand shredded king oyster mushroom (Cold)





18. 椒盐杏鲍菇  £8.20
Deep fried king oyster mushroom with salt and sichuan pepper





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

20. 椒盐豆腐   £8.20
Deep-fried tofu with salt and Sichuan pepper

21. 香炸春卷   £8.20
Spring rolls with cloud ear fungus and vegetable stuffing (6 pieces)

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

23. 锅贴   £7.80
Fried pot-sticker dumplings (5 pieces)

FOOD ALLERGY:



Gluten wheat



Nuts



Peanuts



Celery



Sesame



Mustard




Soya

开胃菜 Starters



24. 口水鸡       £8.50
Mouthwatering chick'n with celery in a chilli oil dressing (Room Temperature)



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



27. 北京烤鸭    £15.80
Peking 'du'k'



26. 糖醋藕丁   £8.50
Lotus root dices in traditional sweet sour dressing

28. 炆炒藕片  £8.50
Stir-fried lotus root slices






29. 脆拍黄瓜     £8.20
Smacked cucumbers with a spicy garlicky sesame dressing (cold)



30. 虎皮青椒    £9.80
Pan-seared padron peppers



31. 香菜木耳    £8.20
Cloud ear fungus salad with coriander and pickled chilli (cold)

FOOD ALLERGY:



Gluten wheat



Nuts



Peanuts



Celery



Sesame



Mustard



Soya

热菜 Hot Dishes




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


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

36. 泡菜豆腐鸡      £14.60
Kimchi chick'n and tofu stew

38. 泡椒豆腐鸡      £14.60
Stir-fried tofu and chick'n with pickled chilli

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

41. 干煸四季豆  £11.80
Dry-fried green beans




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



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

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

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

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

42. 香辣薯条   £9.60
Hot and fragrant potato chips

44. 麻婆豆腐     £12.80
Mapo tofu

FOOD ALLERGY:



Gluten wheat



Nuts



Peanuts



Celery



Sesame



Mustard



Soya

热菜 Hot Dishes



45. 铁板泡椒杏鲍菇    £13.80
Sizzling King o'ster mushroom with pickled chilli

47. 铁板黑椒杏鲍菇   £13.80
Sizzling fried king o'ster mushroom in a black pepper sauce



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



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



46. 双菇烧豆腐     £13.80
Stir-fried tofu with king o'ster and shiitake mushrooms in a mild spicy  OR medium spicy  sauce





48. 水煮鱼     £16.80
Sliced 'fisc' in sizzling chilli oil

[AUBERGINE HEAVEN]

50. 飘香茄子   £13.80
Fried aubergine in a house special  OR savoury sauce

51. 鱼香茄子   £13.80
Fisc-fragrant aubergines

53. 地三鲜   £13.20
Dongbei-style potato, green pepper and aubergine ('three delicacies of the earth')

FOOD ALLERGY:



Gluten wheat



Nuts



Peanuts



Celery



Sesame



Mustard



Soya

热菜 Hot Dishes

[Bun heaven]



54. 回锅鱼包 £15.80
Twice cooked "fisc"
(POPULARITY)



55. 香辣平菇包 £14.80
Hot-and-fragrant stir-fried o'ster
mushroom



56. 孜然羊肉包 £15.80
Stir-fried cumin Lamm
(POPULARITY)



57. 豆米芽菜包 £14.80
Stir-fried tofu and preserved vegetable



58. 飘香茄子包 £14.80
Fried aubergine in a house
special OR savoury sauce



59. 外婆茄子包 £14.80
Smoked aubergine
with red pepper

FOOD ALLERGY:



Gluten wheat



Nuts



Peanuts



Celery



Sesame



Mustard



Soya

热菜 Hot Dishes



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



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



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



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

63. 孜然羊肉 £14.80
Stir-fried 'Lamm' with cumin
and chilli

主食 Staple foods



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



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

67. 特别炒饭 £8.90
Special fried rice

69. 米 饭 £2.60/per head
Plain steamed rice (REFILLABLE)

71. 糙米饭 £3.20/per head
Brown Rice (REFILLABLE)

68. 豆腐炒面 £8.90
Fried noodles with tofu

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

FOOD ALLERGY:



Gluten wheat



Nuts



Peanuts



Celery



Sesame





Mustard




Soya

甜点 Desserts



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




73. 素糕点  £5.20
Chocolate brownie



74. 甜薯卷 £5.20
Sweet potato rolls



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

Tofu Vegan



Eat what makes you happy!

Gluten wheat

Nuts

Peanuts

Celery

Sesame

Mustard

Soya



热菜 Hot Dishes



24. 鱼香茄子   £13.50
fisc-fragrant aubergines

26. 干煸四季豆 £11.80
Dry-fried green beans

25. 香辣豆腐    £13.50
Hot-and fragrant deep fried tofu

28. 香辣薯条   £9.60
Hot and fragrant potato chips

27. 宫保豆腐     £14.20
Gong Bao tofu with peanuts

29. 麻婆豆腐    £13.50
Mapo tofu



主食 Staple foods

30. 时蔬炒河粉 £9.20
Stir-fried ho fun rice noodles with
mixed vegetables

31. 米 饭 £2.80/per head
Plain steamed rice (REFILLABLE)

汤羹 Soups

32. 香菌豆腐羹   £ 5.20
Mixed Mushroom and tofu soup

33. 酸辣汤    £ 5.20
Hot-and-sour Soup

FOOD ALLERGY:



Tofu Vegan



Gluten Free Menu

100% Vegan! No Preservatives! Fresh daily Handmade!

Spicy label:

 MILDLY SPICY

 MEDIUM SPICY

in mild spicy OR 中等辣原因

Food Allergy:



Nuts

Peanuts

Celery



Sesame

Mustard



Soya

开胃菜 Starters



1. 脆拍黄瓜   £8.20
Smacked cucumbers with a spicy,
garlicky sesame dressing (Cold)



2. 香菜木耳   £8.20
Cloud ear fungus salad with
coriander and pickled chilli
(Cold)






3. 虎皮青椒   £9.80
Pan-seared padron peppers



5. 手撕杏鲍菇    £8.60
Hand shredded king o' ster
mushroom (Cold)



4. 椒盐豆腐   £8.50
Deep-fried tofu with salt and
Sichuan pepper

7. 炆炒空心菜  £ 8.80
stir-fried water spinach with chilli
and sichuan pepper



FOOD ALLERGY:



Nuts

Peanuts

Celery


Sesame

Mustard


Soya

开胃菜 Starters



8. 炆炒藕片  £8.60
Stir-fried Lotus root slices





9. 糖醋藕丁  £8.60
Lotus root dices in traditional sweet sour dressing



10. 椒盐杏鲍菇 £8.50
Deep fried king o'ster mushroom with salt and sichuan pepper

热菜 Hot Dishes




11. 鱼香铁板豆腐   £14.20
Sizzling fried tofu in a house special sauce



12. 铁板泡椒杏鲍菇    £14.50
Sizzling King o'ster mushroom with pickled chilli

15. 铁板豉汁豆腐   £14.20
Sizzling fried tofu in black bean sauce

14. 铁板黑椒杏鲍菇  £14.50
Sizzling fried king o'ster mushroom in a black pepper sauce

FOOD ALLERGY:



Nuts



Peanuts



Celery



Sesame



Mustard




Soya

热菜 Hot Dishes



17. 冒菜    £17.20
Mao Cai (Instant hot-pot)



18. 水煮鱼    £17.20
Sliced 'fisc' in sizzling chilli oil



21. 宫保杏鲍菇    £14.50
Gong Bao king o'ster mushrooms with cashew nuts





19. 双菇烧豆腐   £13.80
Stir-fried tofu with king o'ster and shiitake mushrooms in a mild spicy  OR medium spicy  sauce



49. 大厨手工豆花   (原味/香辣) £14.20
House-made silken tofu in a spicy  OR savory sauce

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

22. 椒盐芦笋/香辣芦笋  £11.20
Deep-fried asparagus with salt and sichuan pepper OR Hot-and-fragrant 

FOOD ALLERGY:



Nuts



Peanuts



Celery



Sesame



Mustard



Soya