





**ANNA
LOKA**
100% VEGAN

Contact

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 www.anna-loka.com

Social media

 [annalokacafebar](https://www.facebook.com/annalokacafebar)

 [@anna_loka_cardiff](https://www.instagram.com/anna_loka_cardiff)

 [annalokavegan](https://www.pinterest.com/annalokavegan)

 [annalokacafebar](https://twitter.com/annalokacafebar)

10% *discount*
for student
with a valid
student card

Please ask management for allergens advice.

BREAKFAST / LUNCH MENU

AVAILABLE FROM 11:30 AM - 4:00 PM

Starters

HUMMUS (G.F.O)£5.50

Garnished with smoked paprika served with warm naan bread

BREAD AND OLIVES (G.F.O)£5.50

With balsamic vinegar and extra virgin olive oil

PATATAS BRAVAS (G.F)£5.50

Deep fried diced potatoes served with garlic mayo and brava sauce

Choose 3 from the above starters£15

Mains

THE CALI BREAKFAST (G.F.O) (A.F) £8.95

Homemade sausage, smokey rashers, wholemeal toast, avocado, grilled tomato, scrambled tofu, toasted seeds, agave mustard dressing

Add jazzy beans£1.50

BREAKFAST BAPS (G.F.O)

Smokey rasher bap.....£5.25

Scrambled tofu bap£5.25

Sausage bap£5.25

Fully loaded bap.....£6.50

All served with burger sauce, ketchup, lettuce, tomato and gherkins

BREAKFAST PANCAKES (G.F)£8.00

Gluten free, crispy and fluffy topped with:

- Chocolate sauce and vanilla ice cream
- Compote and coconut yoghurt
- Panisse “bacon”, maple syrup and blueberries
- Peanut butter and coffee with vanilla ice cream

KRISHNA'S MIGHTY£8.50
WHOLE FOOD BOWL (G.F) (A.F) *Light Lunch/Starter*
Fried tofu, Bali's peanut sauce, pilau wild rice, £11.95
rosemary walnuts, avocado, pickled vegetables *Dinner*
and tenderstem broccoli with lime coriander dressing

PEACEMAKER WRAP (G.F.O) £8.50
Fried tofu tossed in Bali's peanut sauce G.F £9.50
with piquillo peppers, lettuce and thai slaw
served with hummus, nachos and side salad

ARABIAN WRAP (G.F.O) £8.50
Homemade kofta balls of beetroot, cashew nuts G.F £9.50
and red lentils, mixed with slaw, garlic mayo
and spicy sweet chilli sauce served with hummus,
nachos and side salad

THAI GREEN CURRY (G.F)£11.95
Sweet potato, mushrooms and peas
cooked in basil and coconut sauce served with
a fragrant pulao rice, sweetcorn fritters,
yoghurt and a side of sweet chilli sauce

ANNA-LOKA RODEO BURGER (A.F.O)£11.95
Our homemade seitan patty topped with an onion ring,
vegan cheese, tomato, gherkins, then smothered with BBQ
and burger sauce, served with a choice of triple cooked chips (ketchup)
or sweet potato fries (garlic mayo)

ULTIMATE BURGER (G.F.O)£11.95
Beetroot, cashew and red lentil patty stacked in between two onion rings,
jalapeños, tomato, lettuce, gherkins, garlic mayo & sweet chilli sauce,
served with a choice of triple cooked chips (ketchup)
or sweet potato fries (garlic mayo)

Kids options

FISH FINGERS &

CHIPS/SWEET POTATO FRIES (A.F.O)(G.F.O)£5.00

JULIENNE VEG & HUMMUS (G.F)£5.00

SAUSAGE & CHIPS/SWEET POTATO FRIES (A.F)£5.00

KIDS BURGER (G.F.O) (A.F)£5.50
Beetroot, cashew and red lentil patty, ketchup,
burger sauce, lettuce, tomato and choice of chips (ketchup)
or sweet potato fries (garlic mayo)

EVENING MENU

AVAILABLE FROM 4:00 PM - 9:00 PM

Starters

HUMMUS (G.F.O)£5.50
Garnished with smoked paprika served with warm naan bread

BREAD AND OLIVES (G.F.O)£5.50
With balsamic vinegar and extra virgin olive oil

PATATAS BRAVAS (G.F)£5.50
Deep fried diced potatoes served with garlic mayo and bravas sauce

Choose 3 from the above starters £15
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CHILLI AND CHEESE NACHOS£8.00
Served with yoghurt, tomato,
coriander and jalapeños

SWEETCORN FRITTERS (G.F)£8.00
On a bed of rocket leaves served with
sweet chilli sauce and yoghurt

**BEETROOT, CASHEW NUT
AND RED LENTIL KOFTA BALLS**£8.00
On a bed of rocket leaves served with
sweet chilli sauce and garlic mayo

Mains

KRISHNA'S MIGHTY£11.95
WHOLE FOOD BOWL (G.F) (A.F)
Fried tofu, Bali's peanut sauce, pilau wild rice,
rosemary walnuts, avocado, pickled vegetables
and tenderstem broccoli with lime coriander dressing

THAI GREEN CURRY (G.F)£11.95
Sweet potato, mushrooms and peas
cooked in basil and coconut sauce served with
a fragrant pulao rice, sweetcorn fritters,
yoghurt and a side of sweet chilli sauce

ULTIMATE BURGER (G.F.O)£11.95

Beetroot, cashew and red lentil patty stacked in between two onion rings, jalapeños, tomato, lettuce, gherkins, garlic mayo & sweet chilli sauce, served with a choice of triple cooked chips (ketchup) or sweet potato fries (garlic mayo)

ANNA-LOKA RODEO BURGER (A.F.O)£11.95

Our homemade seitan patty topped with an onion ring, vegan cheese, tomato, gherkins, then smothered with BBQ and burger sauce, served with a choice of triple cooked chips (ketchup) or sweet potato fries (garlic mayo)

CHICKEN STYLE BURGER£12.95

Southern fried seitan topped with cheese, panisse “bacon”, lettuce, tomato, gherkins, garlic mayo and burger sauce served with a choice of triple cooked chips (ketchup) or sweet potato fries (garlic mayo)

CHILLI DOG£11.95

Homemade sausage smothered with our medium hot chilli con veg, topped with garlic mayo served with a choice of triple cooked chips (ketchup) or sweet potato fries (garlic mayo)

“FISH” BURGER£11.95

Battered tofu with seaweed, tartar sauce, ketchup, tomato and lettuce served with a choice of triple cooked chips (ketchup) or sweet potato fries (garlic mayo)

Kids options

FISH FINGERS &

CHIPS/SWEET POTATO FRIES (A.F.O)(G.F.O)£5.00

JULIENNE VEG & HUMMUS (G.F)£5.00

SAUSAGE & CHIPS/SWEET POTATO FRIES (A.F)£5.00

KIDS BURGER (G.F.O) (A.F)£5.50

Beetroot, cashew and red lentil patty, ketchup, burger sauce, lettuce, tomato and choice of chips (ketchup) or sweet potato fries (garlic mayo)

SUNDAY MENU

AVAILABLE FROM 10:30 AM - 5:00 PM

Starters

HUMMUS (G.F.O)£5.50
Garnished with smoked paprika served with warm naan bread

BREAD AND OLIVES (G.F.O)£5.50
With balsamic vinegar and extra virgin olive oil

PATATAS BRAVAS (G.F)£5.50
Deep fried diced potatoes served with garlic mayo and brava sauce

Choose 3 from the above starters £15
--

Mains

THE CALI BREAKFAST (G.F.O) (A.F) £8.95
Homemade sausage, smokey rashers, wholemeal toast,
avocado, grilled tomato, scrambled tofu, toasted seeds,
agave mustard dressing

Add jazzy beans£1.50

BREAKFAST BAPS (G.F.O)

Smokey rasher bap.....£5.25

Scrambled tofu bap£5.25

Sausage bap£5.25

Fully loaded bap.....£6.50

All served with burger sauce, ketchup, lettuce, tomato and gherkins

BREAKFAST PANCAKES (G.F)£8.00

Gluten free, crispy and fluffy topped with:

- Chocolate sauce and vanilla ice cream
- Compote and coconut yoghurt
- Panisse “bacon”, maple syrup and blueberries
- Peanut butter and coffee with vanilla ice cream

KRISHNA’S MIGHTY£8.50

WHOLE FOOD BOWL (G.F) (A.F)

Fried tofu, Bali’s peanut sauce, pilau wild rice,
rosemary walnuts, avocado, pickled vegetables
and tenderstem broccoli with lime coriander dressing

Light Lunch/Starter

£11.95

Dinner

Sunday's special

**ANNA-LOKA NUT ROAST
OR SEITAN ROAST**

.....£10.95
Roasties, parsnips, carrots,
seasonal veg and a homemade gravy

**KID'S NUT ROAST
OR SEITAN ROAST**

.....£6.50
Roasties, parsnips, carrots,
seasonal veg and a homemade gravy

PEACEMAKER (G.F.O) £8.50
Fried tofu tossed in Bali's peanut sauce
with piquillo peppers, lettuce and thai slaw
served with hummus, nachos and side salad
G.F £9.50

ARABIAN (G.F.O) £8.50
Homemade kofta balls of beetroot, cashew nuts
and red lentils, mixed with slaw, garlic mayo
and spicy sweet chilli sauce served with hummus,
nachos and side salad
G.F £9.50

ANNA-LOKA RODEO BURGER (A.F.O)£11.95
Our homemade seitan patty topped with an onion ring,
vegan cheese, tomato, gherkins, then smothered with BBQ
and burger sauce, served with a choice of triple cooked chips (ketchup)
or sweet potato fries (garlic mayo)

ULTIMATE BURGER (G.F.O)£11.95
Beetroot, cashew and red lentil patty stacked in between two onion rings,
jalapeños, tomato, lettuce, gherkins, garlic mayo & sweet chilli sauce,
served with a choice of triple cooked chips (ketchup)
or sweet potato fries (garlic mayo)

Kids options

FISH FINGERS &

CHIPS/SWEET POTATO FRIES (A.F.O)(G.F.O)£5.00

JULIENNE VEG & HUMMUS (G.F)£5.00

SAUSAGE & CHIPS/SWEET POTATO FRIES (A.F)£5.00

KIDS BURGER (G.F.O) (A.F)£5.50

Beetroot, cashew and red lentil patty, ketchup,
burger sauce, lettuce, tomato and choice of chips (ketchup)
or sweet potato fries (garlic mayo)

Extras

£0.90 each

ADD AN EXTRA FILLING TO YOUR BURGER

- Cheese
- Jalapeños
- Onion ring
- Slaw
- Homemade “bacon” rashers

Swap your chips/fries for a salad with no charge!

Sides

Triple cooked chips with homemade ketchup (G.F) (A.F)	£5.50
Sweet potato fries with garlic mayo (G.F).....	£5.50
Super slaw (G.F) (A.F).....	£4.00
Onion rings (G.F.O)	£4.00
Add jazzy beans to your meal (G.F)	£1.50
Dirty fries (G.F) (<i>chips or sweet potato fries with smoked chilli cajun spice, melty cheese and panisse “bacon”</i>)	£6.95

Dips

£0.80 each

- Ketchup
- Mayonnaise
- Garlic mayo
- Burger sauce
- Sweet chili sauce
- BBQ
- Tartar Sauce
- Lime coriander dressing
- Bali's peanut sauce

All homemade

Wait! That's not all the good stuff...

Drinks
menu



Sacred juices

£5.75

Made from local organic vegetables

SUPER DETOX

Kale, celery, cucumber, apple, parsley, lemon & chlorella

Very high in chlorophyll, helps to detox from heavy metals from pesticides and aids mental clarity.

HEALTH POTION NUMBER 3

Kale, pineapple, apple, carrot, beetroot, rainbow chard, lime, ginger, fresh turmeric root and black pepper.

The anti iriflammatory cocktail. Black pepper increases turmeric absorption in the body.

NOW OR NEVER

Raspberry, apple, turmeric, orange, lime, ginger, mint, carrot and chia seeds.

The beauty potion to make your skin glow. Super antioxidant and refreshing.

LIVER TONIC

Beetroot, kale, carrot, celery, ginger, lime and apple.

Liver support, boosts blood flow & makes your skin glow.

VERDE

Apple, celery, cucumber, kale, lime, ginger and fresh mint.

Refreshing and can help relieve an upset stomach.

MORNING GLORY

Aloe vera juice, organic agave syrup, lime, lemon, ginger and cayenne pepper.

Digestion aid juice. Alkalis your body and is excellent as the first drink in the morning.

PURPLE VELVET

Blueberries, pears, fresh orange juice, dates, lime, spinach and chia seeds.

Very high in antioxidants and fiber. Perfect for a busy day.

THE NIDHI

Pears, Apples, Kale, turmeric and lime.

Pears are very rich in vitamine K wich helps bones strength. Turmeric contains curcumin, a very powerful anti-inflammatory and antioxidant.

Vegan milkshakes

Almond Butter Shakes

£6.50

MUD PIE

Strawberries, blueberries, baby spinach, organic almond butter, coconut milk and dates.

Antioxidant and high in fiber. Helps digestion and nourishes tissues in the body.

ALMOND BUTTER CRUNCH

Bananas, organic almond butter, organic hemp protein, maple syrup, pink himalayan salt , almond milk & crunchy almond topping

Hempseed is an excellent source of protein, because it contains all the 21 known aminoacids.

Super rich. Pure indulgence!

Natural Protein Shakes

£6.00

Energize, Empower, Enliven!

FUEL

Bananas, vanilla protein, cinnamon, creatine, peanut butter, coffee and soy milk.

Creatine is an organic acid that plays a key role in supplying energy for muscle cells during intense activity. You will have lots of energy to workout!

PORRIDGE SMOOTHIE

Gluten-free porridge, bananas, peanut butter, vanilla protein, raw cacao nibs, maca and coconut milk.

The super-breakfast. Oat is an energy booster, helps concentration, improves skin conditions. Maca, a root from Peru has benefits including increased fertility, boosted immune system, and increased energy, memory and focus.

Green Shakes

£5.75

The best of both worlds. Healthy & wealthy!

APHRODITE

Bananas, maca, raw cacao powder, raw cacao nibs, dates and soya milk.

A delicious aphrodisiac chocolate indulgence, rich in antioxidants.

THE CHILLY CHOC

Banana, cinnamon, maca, raw cacao powder, fresh chilli, coconut milk and dates.

Energy boost with a plus: cinnamon reduces inflammation and is a powerful antioxidant. Maca is rich in vitamins B, C and E, zinc, calcium, iron, magnesium and amino acids.

NOT SUMMER YET

Mango, pineapple, spinach, dates, lime & coconut milk.

Pineapple is very high in bromelain, a powerful anti-inflammatory. Mango helps to alkalise the body. A powerful elixir with a taste of summer.

BERRIES & C

Strawberries, blueberries, banana, acerola, dates and almond milk.

The carotenoids in acerola boost the health of your skin. Berries protect your heart!

STRAWBERRY CHARLOTTE£3.75

Frozen strawberries, bananas, dates, and coconut milk.

An energy drink for the little ones. Sweet and refreshing.

kids option

Power shots

£3.75

THE ALKALINE

Unpasteurized cider vinegar, mineral water, apple juice, ginger

THE HEALER

Fresh orange juice, fresh turmeric root, organic cayenne pepper

FLU FIGHTERS

Glycolic extract of garlic, lemon juice, ginger, maple syrup, lime juice

THE RED WARRIOR

Beetroot, fresh chilli, acai, orange juice

THE CLEANER

Cucumber, zeolite, celery, kale, lemon juice, chlorella

THE FRESH START

Pineapple, lemon, chia seeds, coconut water

Hot drinks

Coffee

Espresso.....	£2.20
Americano	£2.20
Flat white.....	£2.70
Latte	£2.70
Cappuccino.....	£2.70
Chai latte	£3.50

Loose leaf tea

£3.25

- Breakfast • Earl grey • Fresh mint • Mint green • Genmaicha •
- Fennel • Tangerine & ginger • Dragon well • Nettle •
- Lemongrass & mate • Rooibos • Cranberry fruits •

The Real Hot Chocolate Co

£2.70

- Black Forest • Orange • Cinnamon • Dark Chocolate •

Cold drinks

Kombucha

£3.75

- Original
- Ginger
- Wild berry
-

Soft drinks

£3.25

Karma Cola

Gingerella

Organic Lemonade

Fresh juices

£3.75

Apple juice

Orange juice

Strathmore Water

£2.50

Sparkling or still



At Anna Loka, our mission, quite simply, is to offer compassionate food choices without compromising on quality or taste!

You'll find an abundance of choice on our exciting menu. We are all about seasonality, using only the finest freshest ingredients, locally sourced and organic where possible, to arrange colourful culinary dishes. All food is prepared fresh daily to order on the premises.

At the heart of Anna Loka is Adam; vegan, Hare Krishna monk, entrepreneur and passionate about spreading the message of veganism through delicious food.

After seeing a need for a place where vegans can go and choose anything they fancy off the menu without worrying about the risk of cross contamination, whilst having an abundance of choice when dining out, Adam opened the doors of Anna Loka in July 2015.

Why "Anna Loka"? Well, "ANNA" means food, health or earth, and "LOKA" means world or planet in Sanskrit, India's ancient language, and effectively represents what we offer; an eclectic, authentic, HEALTHY experience that facilitates principled, conscious choices but doesn't compromise on quality or taste.