





**ANNA  
LOKA**  
100% VEGAN

## Contact

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 114 Albany Rd, Cardiff,  
CF24 3RU

 [hello@anna-loka.com](mailto:hello@anna-loka.com)


 029 2049 7703

 [www.anna-loka.com](http://www.anna-loka.com)

## Social media

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

 [@anna\\_loka\\_cardiff](https://www.instagram.com/anna_loka_cardiff)

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

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

Please ask management for allergen advice.  
All our food may contain traces of wheat, gluten and nuts.

# BREAKFAST / LUNCH MENU

AVAILABLE FROM  
11:30 AM - 4:00 PM (Monday - Friday)  
10:30 AM - 4:00 PM (Saturday)

## Starters

<b>HUMMUS (V.L.G.O)</b> .....	£5.50
Garnished with smoked paprika served with toasted sourdough bread	V.L.G £6.00
<b>BREAD AND OLIVES (V.L.G.O)</b> .....	£4.50
With balsamic vinegar and extra virgin olive oil	V.L.G £5.50
<b>PATATAS BRAVAS (V.L.G)</b> .....	£5.50
Deep fried diced potatoes served with garlic mayo and brava sauce	
<b>MUHAMMARA (N)</b> .....	£5.50
Roasted red pepper and walnut dip, toasted seeds served with toasted sourdough bread	

Choose any 3 from the above starters.....	£15
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## Mains

<b>THE CALI BREAKFAST (V.L.G.O) (A.F)</b> .....	£8.95
Homemade sausage, smokey rashers, wholemeal toast, avocado, grilled tomato, scrambled tofu, toasted seeds, agave mustard dressing	V.L.G £9.95

Add jazzy beans .....	£1.50
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### **BREAKFAST BAPS (V.L.G.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
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### **BREAKFAST PANCAKES (V.L.G)**.....£8.00

Gluten free, crispy and fluffy topped with:

- Panisse “bacon”, maple syrup and blueberries
- Chocolate sauce, fresh raspberries and vanilla ice cream
- Toffee sauce, caramelised hazelnuts and vanilla ice cream

**AUBERGINE AND PEA OMELETTES (V.L.G) (N)** ..... £8.95  
Stuffed with wild mushrooms and topped with muhammara,  
raita and served with side slaw

**KING AVO WRAP 2.0 (V.L.G.O) (A.F.O) (N)** ..... £8.50  
Wrap stuffed with avocado, muhammara, rocket, tomato,  
pickled ginger and piquillo peppers served with hummus,  
nachos and side slaw V.L.G £9.50

**THAT FUN GUY (V.L.G.O)** ..... £8.95  
Wrap stuffed with mushroom and bean kofta balls, olives,  
tomato, slaw, rocket and lemon-herb mayo served with  
hummus, nachos and side slaw V.L.G £9.50

**KRISHNA'S MIGHTY** ..... £8.50  
**WHOLE FOOD BOWL (V.L.G) (A.F) (N)** *Light Lunch/Starter*  
Roasted winter veg, pickled ginger, raita, rocket leaves, £11.95  
wild rice, rosemary walnuts, pickled veg, lemon-basil dressing, *Dinner*  
dukkah sprinkle, fried tofu and Bali sauce

**WINTER LAKSA (V.L.G) (N)** ..... £10.50  
Seasonal veg cooked in peanut and coconut sauce  
with rice noodles, crispy fried tofu, Bali sauce and chilli peanuts

**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)

**VENTURA BURGER (V.L.G.O)** ..... £11.95  
Adzuki bean and oyster mushroom patty sandwiched between two onion rings  
with tomato, rocket, gherkins, layered with cheese, piquillo peppers,  
lemon-herb mayo and sweet chilli sauce, served with a choice of  
triple cooked chips (ketchup) or sweet potato fries (garlic mayo)

**PHILLY CHEESE SEITAN SUB** ..... £10.50  
Charred onions and peppers fried with our seitan,  
topped with philly cheese sauce and garlic mayo, served with  
a choice of triple cooked chips (ketchup) or sweet potato fries (garlic mayo)

**SIDES, DIPS AND EXTRA FILLINGS**  
are available

# EVENING MENU

AVAILABLE FROM  
4:00 PM - 9:00 PM (Monday - Saturday)

## Starters

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**HUMMUS (V.L.G.O)** .....£5.50  
Garnished with smoked paprika served with toasted sourdough bread V.L.G £6.00

**BREAD AND OLIVES (V.L.G.O)** .....£4.50  
With balsamic vinegar and extra virgin olive oil V.L.G £5.50

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

**MUHAMMARA (N)** .....£5.50  
Roasted red pepper and walnut dip, toasted seeds served with toasted sourdough bread

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

**CRISPY SEAFOOD CAKES (V.L.G)** .....£8.00  
On a bed of rocket served with lemon and herb mayo

**SWEETCORN FRITTERS (V.L.G)** .....£8.00  
On a bed of rocket leaves served with raita and sweet chilli sauce

## Mains

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**KRISHNA'S MIGHTY** .....£11.95  
**WHOLE FOOD BOWL (V.L.G) (A.F) (N)**  
Roasted winter veg, pickled ginger, raita, rocket leaves,  
wild rice, rosemary walnuts, pickled veg, lemon-basil dressing,  
dukkah sprinkle, fried tofu and Bali sauce

**THAI GREEN CURRY (V.L.G) (N)** .....£11.95  
Sweet potato, mushrooms and peas cooked in basil and coconut sauce served  
with a fragrant pulao rice, chilli peanuts, sweetcorn fritters, raita and sweet chilli sauce

**GNOCCHIS (V.L.G) (N) .....£11.95**

Walnut and wild mushroom tri-colour gnocchi, garnished with rocket, fried tomatoes, pak choi, our vegan “parmesan”, crispy onions and lemon-basil dressing

**MALAI SEAFOOD CAKES (V.L.G) (N) .....£11.95**

On top of rice noodles cooked in peanut broth served with pak choi, beansprouts, piquillo peppers and baby corn dressed with sweet chilli sauce

**VENTURA BURGER (V.L.G.O) .....£11.95**

Adzuki bean and oyster mushroom patty sandwiched between two onion rings with tomato, rocket, gherkins, layered with cheese, piquillo peppers, lemon-herb mayo and sweet chilli sauce, served with a choice of triple cooked chips (ketchup) or sweet potato fries (garlic mayo)

**SOUTHERN FRIED SEITAN BURGER .....£11.95**

Crispy coated seitan, panisse “bacon”, cheese, garlic mayo, Frank’s and burger 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)

**EXTRA FILLINGS AND DIPS**  
are available

## Sides

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Triple cooked chips with homemade ketchup (V.L.G) (A.F).....	£4.95
Sweet potato fries with garlic mayo (V.L.G).....	£4.95
Super slaw (V.L.G) (A.F).....	£4.00
Fresh fruit and veg salad bowl (V.L.G) (A.F).....	£4.00
Onion rings (V.L.G.O).....	£4.00
Add jazzy beans to your meal (V.L.G).....	£1.50
Cheesy fries (V.L.G).....	£6.95
<i>(chips or sweet potato fries with smoked chilli cajun spice, melty cheese and jalapeños)</i>	

# SUNDAY MENU

AVAILABLE FROM 10:30 AM - 5:00 PM

## Starters

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**HUMMUS (V.L.G.O)** .....£5.50  
Garnished with smoked paprika served with toasted sourdough bread V.L.G £6.00

**BREAD AND OLIVES (V.L.G.O)** .....£4.50  
With balsamic vinegar and extra virgin olive oil V.L.G £5.50

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

**MUHAMMARA (N)** .....£5.50  
Roasted red pepper and walnut dip, toasted seeds served with toasted sourdough bread

Choose any 3 from the above starters..... £15
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## Mains

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**THE CALI BREAKFAST (V.L.G.O) (A.F)** .....£8.95  
Homemade sausage, smokey rashers, wholemeal toast, V.L.G £9.95  
avocado, grilled tomato, scrambled tofu, toasted seeds,  
agave mustard dressing

Add jazzy beans.....£1.50
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### **BREAKFAST BAPS (V.L.G.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
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**BREAKFAST PANCAKES (V.L.G)** .....£8.00

Gluten free, crispy and fluffy topped with:

- Panisse “bacon”, maple syrup and blueberries
- Chocolate sauce, fresh raspberries and vanilla ice cream
- Toffee sauce, caramelised hazelnuts and vanilla ice cream

*Sunday's Special*

AVAILABLE  
FROM 12 PM

**ANNA-LOKA NUT ROAST  
OR SEITAN ROAST (N)**

Roasties, parsnips, carrots,  
seasonal veg and a homemade gravy

£10.95

**THAT FUN GUY (V.L.G.O)**

Wrap stuffed with mushroom and bean kofta balls, olives,  
tomato, slaw, rocket and lemon-herb mayo served with  
hummus, nachos and side slaw

£8.95

V.L.G £9.50

**KING AVO WRAP 2.0 (V.L.G.O) (A.F.O) (N)**

Wrap stuffed with avocado, muhammara, rocket, tomato,  
pickled ginger and piquillo peppers served with hummus,  
nachos and side slaw

£8.50

V.L.G £9.50

**KRISHNA'S MIGHTY**

**WHOLE FOOD BOWL (V.L.G) (A.F) (N)**

Roasted winter veg, pickled ginger, raita, rocket leaves,  
wild rice, rosemary walnuts, pickled veg, lemon-basil dressing,  
dukkah sprinkle, fried tofu and Bali sauce

£8.50

*Light Lunch/Starter*

£11.95

*Dinner*

**ANNA-LOKA RODEO BURGER (A.F.O)**

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)

£11.95

**VENTURA BURGER (V.L.G.O)**

Adzuki bean and oyster mushroom patty sandwiched between two onion rings  
with tomato, rocket, gherkins, layered with cheese, piquillo peppers,  
lemon-herb mayo and sweet chilli sauce, served with a choice of  
triple cooked chips (ketchup) or sweet potato fries (garlic mayo)

£11.95

**SIDES, DIPS AND EXTRA FILLINGS**

on the next page

# Extras

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**ADD AN EXTRA FILLING TO YOUR BURGER .....£0.90 each**

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

**UPGRADE YOUR CHIPS/FRIES TO CHEESY FRIES .....£2.00**

Triple cooked chips or sweet potato fries with smoked chilli cajun spice, melty cheese and jalapeños

**SWAP YOUR CHIPS/FRIES FOR A SALAD**

*No extra charge!*

# Sides

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Triple cooked chips with homemade ketchup (V.L.G) (A.F).....	£4.95
Sweet potato fries with garlic mayo (V.L.G).....	£4.95
Super slaw (V.L.G) (A.F) .....	£4.00
Fresh fruit and veg salad bowl (V.L.G) (A.F) .....	£4.00
Onion rings (V.L.G. O).....	£4.00
Add jazzy beans to your meal (V.L.G).....	£1.50
Cheesy fries (V.L.G) .....	£6.95
<i>(chips or sweet potato fries with smoked chilli cajun spice, melty cheese and jalapeños)</i>	

# Dips

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£0.80 each

- Ketchup
- Mayonnaise
- Garlic mayo
- Burger sauce
- Sweet chili sauce
- BBQ
- Lemon and Herb Mayo

*All homemade*





# DRINKS

*menu*

# Sacred juices

£5.75

*Made from local organic vegetables*

## **SUPER DETOX**

Kale, celery, cucumber, apple, parsley, ginger, 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 inflammatory cocktail. Black pepper increases turmeric absorption in the body.*

## **LIVER TONIC**

Beetroot, kale, carrot, celery, ginger, lemon 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.*

## **K'POW**

Pears, Apples, Kale, turmeric and lime.

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

# Milkshakes & Smoothies

## **Vegan Milkshakes**

£6.50

*Super rich. Pure indulgence!*

### **APHRODITE**

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

*A delicious aphrodisiac chocolate indulgence, rich in antioxidants.*

### **ADONIS**

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

*A delicious aphrodisiac with extra peanut butter, rich in heart-healthy protein and 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.*

### **ICED COFFEE** .....£4.70

bananas, double shot espresso, dates, ice and coconut milk.

*Your daily caffeine dosage in a delicious, rich smoothie.*

## Protein Milkshakes

£6.00

### ALMOND BUTTER CRUNCH

Bananas, organic almond butter, organic hemp protein, agave, pink himalayan salt, almond milk & flaked almonds

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

*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!*

### BREAKFAST SMOOTHIE

Gluten-free oats, 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 Smoothies

£5.75

### 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.*

*The best of both worlds. Health & wealth!*

### NOT SUMMER YET

Mango, pineapple, baby 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!*

### PURPLE VELVET

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

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

### NOW OR NEVER

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

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

### CRAZY BERRIES

Blueberry, Raspberry, Strawberry, acerola, lemon, chia seeds and agave.

*This sorbet-like smoothie is loaded with antioxidants and fiber. Helps digestion and protects against cell damage in your body.*

# Hot drinks

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## Coffee

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Double espresso.....	£2.20
Americano .....	£2.20
Flat white.....	£2.70
Latte .....	£2.70
Cappuccino.....	£2.70
Mocha.....	£2.70
Tumeric Latte.....	£3.20
Chai latte .....	£2.90

## Loose leaf tea £3.25

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- Breakfast • Earl grey • Fresh mint • Mint green • Green tea
- Fennel • Tangerine & ginger • Rooibos • Tumeric & Ginger Rooibos
- Juniper Rose • Hibiscus Berry • Russian Caravan

## The Real Hot Chocolate Co £2.70

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- Black Forest • Orange • Cinnamon • Dark Chocolate

# Cold drinks

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## Kombucha £3.75

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- Original • Ginger • Wild berry

## Soft drinks £3.25

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Karma Cola  
Gingerella  
Organic Lemonade

## Fresh juices £3.75

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Apple juice  
Orange juice

## Strathmore Water £2.50

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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 Sanksrit, 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.