



**ANNA
LOKA**
100% VEGAN

Contact

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CF24 3RU


 hello@anna-loka.com

 029 2049 7703

 www.anna-loka.com

Social media

 [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

SHARING PLATTER (V.L.G.O)£7.50

Marinated olives, pickled tofu, V.L.G.O £8.50
spicy curried cashew nuts and sourdough bread

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

Mains

THE CALI BREAKFAST (V.L.G.O) (A.F)£9.95

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

Add jazzy beans£1.50

BREAKFAST BAPS (V.L.G.O)

Smokey rasher bap.....£5.75

Scrambled tofu bap£5.75

Sausage bap£5.75

Fully loaded bap.....£7.00

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

BREAKFAST PANCAKES (V.L.G)£8.50

Gluten free, crispy and fluffy topped with:

- Panisse “bacon”, maple syrup and blueberries
- Chocolate sauce, strawberries and vanilla ice cream
- Toffee sauce, sliced banana and vanilla ice cream

DONER WRAP (N) £8.95

Our famous thinly sliced seitan with spanish olives, pickled tofu, slaw, tomatoes, cornichons, rocket and garlic mayo served with muhammara, nachos and side salad

ARABIAN WRAP (V.L.G.O) (N) £8.95

Homemade kofta balls of beetroot, cashew nuts and red lentils, mixed with slaw, salad leaves, garlic mayo and sweet chilli sauce served with muhammara, nachos and side salad

V.L.G £9.95

KRISHNA'S MIGHTY£9.95

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

Light Lunch/Starter

Coconut biryani rice, carrot gravlax, fresh pineapple, spicy cashews, cooling raita, roasted veg, seasonal greens and pomegranate seeds on a bed of rocket and watercress tossed with refreshing lime and coriander dressing, garnished with zesty and salty oregano crisps

£11.95

Dinner

HORAI SALAD (V.L.G) (N)£10.50

A greek style salad with garlinger fried greens, pickled tofu, spanish olives, vine tomatoes, herbed croutons, panisse "bacon", pine nuts, capers, rocket leaves and watercress tossed with lemon basil dressing and crispy onions

RAMEN (V.L.G)£12.95

Fried wild mushrooms, pak choi, kaffir marinated tofu, soba noodles, beancurd cracklings, fresh lime, spring onions and chilli oil for extra punch of flavour

ANNA-LOKA RODEO BURGER (A.F.O)£12.95

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 (V.L.G.O)(N)£12.95

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 (comes with 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

- SHARING PLATTER (V.L.G.O)**£7.50
Marinated olives, pickled tofu, V.L.G.O £8.50
spicy curried cashew nuts and sourdough bread
- 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
- CHILLI AND CHEESE NACHOS**£8.00
Served with lemon-herb mayo, tomatoes, coriander and jalapeños
- FRIED SEITAN CHORIZO**£5.50
Cooked in red wine, served with sourdough bread and garlic mayo

Mains

- KRISHNA'S MIGHTY**£11.95
WHOLE FOOD BOWL (V.L.G) (A.F) (N)
Coconut biryani rice, carrot gravlax, fresh pineapple,
spicy cashews, cooling raita, roasted veg, seasonal greens
and pomegranate seeds on a bed of rocket and watercress tossed with
refreshing lime and coriander dressing, garnished with zesty and salty oregano crisps
- CARIBBEAN CURRY (V.L.G)**£11.95
Beluga lentils cooked in rich tomato, pineapple and coconut sauce served with coconut
biryani rice, cooling raita, rumanana fritters and chilli mayo

RAMEN (V.L.G)£12.95
Fried wild mushrooms, pak choi, kaffir marinated tofu, soba noodles,
beancurd cracklings, fresh lime, spring onions and chilli oil for extra punch of flavour

ANNA-LOKA RODEO BURGER (A.F.O)£12.95
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 (V.L.G.O)(N)£12.95
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 (comes with ketchup) or sweet potato fries (garlic mayo)

MENDOAN BURGER (V.L.G.O)(N)£12.95
Purwokerto style battered tempeh with thai slaw, lemon-herb mayo,
sweet chilli sauce, tomatoes, gherkins and pickled ginger, served with a choice of
triple cooked chips (comes with ketchup) or sweet potato fries (garlic mayo).

EXTRA FILLINGS AND DIPS
are available

Sides

Triple cooked chips with homemade ketchup (V.L.G) (A.F).....£5.50
Sweet potato fries with garlic mayo (V.L.G)£5.50
Super slaw (V.L.G) (A.F)£4.00
Onion rings (V.L.G.O)£4.50
Add jazzy beans to your meal (V.L.G).....£1.50
Cheesy fries (V.L.G)£6.95
*(Triple cooked chips or sweet potato fries with smoked chilli cajun spice,
melty cheese and jalapeños)*

SUNDAY MENU

AVAILABLE FROM 10:30 AM - 5:00 PM

Starters

SHARING PLATTER (V.L.G.O)£7.50

Marinated olives, pickled tofu, V.L.G.O £8.50
spicy curried cashew nuts and sourdough bread

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

Mains

THE CALI BREAKFAST (V.L.G.O) (A.F)£9.95

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

Add jazzy beans£1.50

BREAKFAST BAPS (V.L.G.O)

Smokey rasher bap.....£5.75

Scrambled tofu bap£5.75

Sausage bap£5.75

Fully loaded bap.....£7.00

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

BREAKFAST PANCAKES (V.L.G)£8.50

Gluten free, crispy and fluffy topped with:

- Panisse “bacon”, maple syrup and blueberries
- Chocolate sauce, strawberries and vanilla ice cream
- Toffee sauce, sliced banana 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

DONER WRAP (N) £8.95

Our famous thinly sliced seitan with spanish olives, pickled tofu,
slaw, tomatoes, cornichons, rocket and garlic mayo served with
muhammara, nachos and side salad

ARABIAN WRAP (V.L.G.O) (N) £8.95

Homemade kofta balls of beetroot, cashew nuts and red lentils,
mixed with slaw, salad leaves, garlic mayo and sweet chilli sauce
served with muhammara, nachos and side salad

V.L.G £9.95

KRISHNA'S MIGHTY £9.95

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

Coconut biryani rice, carrot gravlax, fresh pineapple,
spicy cashews, cooling raita, roasted veg, seasonal greens
and pomegranate seeds on a bed of rocket and watercress tossed with
refreshing lime and coriander dressing, garnished with zesty and salty oregano crisps

Light Lunch/Starter

£11.95

Dinner

ANNA-LOKA RODEO BURGER (A.F.O) £12.95

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 (V.L.G.O)(N) £12.95

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 (comes with ketchup) or sweet potato fries (garlic mayo)

SIDES, DIPS AND EXTRA FILLINGS
on the next page

Extras

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

Triple cooked chips with homemade ketchup (V.L.G) (A.F).....£5.50

Sweet potato fries with garlic mayo (V.L.G).....£5.50

Super slaw (V.L.G) (A.F)£4.00

Onion rings (V.L.G. O).....£4.50

Add jazzy beans to your meal (V.L.G).....£1.50

Cheesy fries (V.L.G)£6.95

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

Dips

£0.80 each

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



DRINKS

menu

Sacred juices

£5.95

Made from local organic vegetables

SUPER DETOX

Kale, celery, cucumber, apple, parsley, lemon, ginger and chlorella

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

HEALTH POTION NUMBER 3

Kale, 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, rainbow chard, 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

Pear, apple, 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.

FLAME

Carrot, apple, ginger, lemon, mint and orange juice

Rich in vitamin C and refreshing. Brings summer in your heart even in the cold seasons.

Milkshakes & Smoothies

Vegan Milkshakes

£6.50

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.

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.

Ask for extra chilli to spice it up!

ICED COFFEE£4.70

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

Your daily caffeine dosage in a delicious, rich smoothie.

Protein Milkshakes

£6.95

Energize, Empower, Enliven!

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.

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

£5.95

The best of both worlds. Healthy & wealthy!

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.

FRUTA DEL SOL

Mango, turmeric, fresh banana, orange juice, lemon juice and mineral water.

Taste the sun and feel the health benefits. This smoothie is gleaming with yellow superfoods to create a lovely tropical and cool drink.

Ask for extra black pepper to boost curcumin absorption!

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

Coffee

Double espresso.....	£2.20
Americano	£2.50
Flat white.....	£2.70
Latte	£2.70
Cappuccino.....	£2.70
Mocha.....	£3.20
Tumeric Latte.....	£3.70
Chai latte	£3.70

Loose leaf tea £3.25

- 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

- Black Forest • Orange • Cinnamon • Dark Chocolate

Cold drinks

Kombucha £3.75

- Original • Ginger • Wild berry

Soft drinks £3.25

- Karma Cola
- Gingerella
- Organic Lemonade
- Orangeade Summer

Fresh juices £3.75

- Apple juice
- Orange juice

Strathmore Water £2.20

- 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.