



**ANNA
LOKA**

100% VEGAN

Contact

 114 Albany Rd, Cardiff,
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)



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

**Please note an optional 10% service
charge will be automatically added to
your bill**

BREAKFAST / LUNCH MENU

AVAILABLE:

11:30 AM - 4:00 PM (Monday - Friday)

10:30 AM - 4:00 PM (Saturday)

Starters

GUEST HUMMUS (V.L.G.O)	£5.50
Interchanging hummus flavours served with toasted sourdough, seeds and micro parsley	V.L.G £6.00
PATATAS BRAVAS (V.L.G)	£5.50
Deep fried diced potatoes served with garlic mayo and brava sauce	
SHARING PLATTER (V.L.G.O)	£10.95
Marinated olives, fool, hummus, Feta tofu, toasted sourdough, olive oil & balsamic served on a board	V.L.G £11.95
BREAD AND OLIVES (G.F.O)	£5.50
With balsamic vinegar and extra virgin olive oil	

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 and tomato ketchup	V.L.G £10.95
	• Add Jazzy Beans • • for +£1.50 •
MIDDLE EASTERN BREAKFAST (V.L.G.O)	£9.95
Tofu omelette, shakshuka, hummus, fool, olives, sourdough, coriander	
BREAKFAST BAPS (V.L.G.O)(A.F.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

- **BISCOFFEE (A.F)**
 - **CHOCOLATE & STRAWBERRY (V.L.G)(A.F)**
 - **MAPLE AND BACON (V.L.G)(A.F)**
- Biscoff and toffee sauce, banana, vanilla ice cream
- Chocolate sauce, strawberries and vanilla ice cream
- Smokey rashers, fresh blueberries, maple syrup

DONER WRAP £8.95

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

ARABIAN WRAP (V.L.G.O)(N) £8.95

Homemade kofta balls of beetroot, cashew nuts and red lentils, V.L.G £11.50
mixed with hummus, slaw, rocket, garlic mayo and sweet chilli sauce
served with hummus, nachos and side salad

PEKING WRAP (V.L.G.O) £8.95

Chinese spiced sticky tempeh, watercress, slaw, pickled radish, V.L.G £11.50
cucumber, spring onion, gochujang ketchup served with
hummus, nachos and side salad

KRISHNA'S MIGHTY£9.95

WHOLE FOOD BOWL (V.L.G.O)(A.F.O)(N) *Light Lunch/Starter*

Maharaja rice, Asian tempeh cubes, edemame beans, £11.95
pickled radish, candy beetroot, seasonal veg, salad leaves, *Dinner*
chilli & Thai basil dressing

PAD THAI (V.L.G.O)(A.F)(N)£12.95

Udon Noodles tossed in a pan with cabbage, chestnut mushrooms and pak choi coated in Bali sauce served with crispy onions, chilli peanuts, watercress, kaffir lime tofu and gochujang ketchup

ANNA-LOKA RODEO BURGER (A.F.O)£12.95

Our homemade seitan patty topped with an onion ring, vegan cheese, tomato, gherkin and rocket, 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, rocket, garlic mayo & sweet chilli sauce, served with a choice of triple cooked chips (ketchup) or sweet potato fries (garlic mayo)

MENANAM BURGER (V.L.G.O)£12.95

Southern fried crispy tempeh patty topped with melted smoked cheese, smokey rashers, rocket, tomato, gherkin, chilli & tomato chutney 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

Please note, an optional 10% service charge will be automatically added to your bill

EVENING MENU

AVAILABLE:

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

Starters

TERIYAKI TEMPEH (V.L.G)£7.95

Sweet and savoury sticky tempeh pieces with sesame seeds, pickled raddish, watercress, spring onion, chilli and micro corriander

AVOCADO TATAR (V.L.G)£6.95

Layered avocado, tofu feta and mango salsa served with chilli and Thai basil dressing, candy beetroot and micro herbs

GUEST HUMMUS (V.L.G.O)£5.50

Interchanging hummus flavours served with
V.L.G £6.00
toasted sourdough, seeds and micro parsley

PATATAS BRAVAS (V.L.G)£5.50

Deep fried diced potatoes served with garlic mayo and brava sauce

SHARING PLATTER (V.L.G.O)£10.95

Marinated olives, fool, hummus, Feta tofu, V.L.G £11.95
toasted sourdough, olive oil & balsamic served on a board

BREAD AND OLIVES (G.F.O)£5.50

With balsamic vinegar and extra virgin olive oil

Mains

SAAG GOBI (V.L.G)(N)£12.95

Cauliflower, spinach and pea curry served with maharaja rice, minted raita, beetroot and red lentil koftas, mango salsa and micro herbs

HUDON SALAD (V.L.G.O)(N)£12.95

Warm noodles cooked in broad beans and mint, salad leaves, kale & broccoli, spicy shakshuka, cumin raita, avocado, roasted balsamic blush tomatoes and pine nuts

KRISHNA'S MIGHTY£11.95

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

Maharaja rice, Asian tempeh cubes, edemame beans, pickled radish, candy beetroot, seasonal veg, salad leaves, chilli & Thai basil dressing

PAD THAI (V.L.G.O)(A.F)(N)£12.95

Udon Noodles tossed in a pan with cabbage, chestnut mushrooms and pak choi coated in Bali sauce served with crispy onions, chilli peanuts, watercress, kaffir lime tofu and gochujang ketchup

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 (ketchup) or sweet potato fries (garlic mayo)

MENANAM BURGER (V.L.G.O)£12.95

Southern fried crispy tempeh patty topped with melted smoked cheese, smokey rashers, rocket, tomato, gherkin, chilli & tomato chutney and garlic mayo served with a choice of triple cooked chips (ketchup) or sweet potato fries (garlic mayo)

Upgrade your chips/fries to
cheesy fries for
+£2.00

EXTRA FILLINGS AND DIPS
are available

Sides

Cheesy fries (V.L.G)£6.95

Choice of triple cooked chips or sweet potato fries topped with smoked melted cheese, cajun spice, and jalapeños

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

Please note, an optional 10% service charge will be automatically added to your bill!

SUNDAY MENU

AVAILABLE:
10:30 AM - 4:00 PM

Starters

GUEST HUMMUS (V.L.G.O)	£5.50
Interchanging hummus flavours served with toasted sourdough, seeds and micro parsley	V.L.G £6.00
PATATAS BRAVAS (V.L.G)	£5.50
Deep fried diced potatoes served with garlic mayo and brava sauce	
SHARING PLATTER (V.L.G.O)	£10.95
Marinated olives, fool, hummus, Feta tofu, toasted sourdough, olive oil & balsamic served on a board	V.L.G £11.95
BREAD AND OLIVES (G.F.O)	£5.50
With balsamic vinegar and extra virgin olive oil	

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 and tomato ketchup	V.L.G £10.95
	• Add Jazzy Beans • • for +£1.50 •
MIDDLE EASTERN BREAKFAST (V.L.G.O)	£9.95
Tofu omelette, shakshuka, hummus, fool, olives, sourdough, coriander	
BREAKFAST BAPS (V.L.G.O)(A.F.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

- **BISCOFFEE (A.F)**
 - **CHOCOLATE & STRAWBERRY (V.L.G)(A.F)**
 - **MAPLE AND BACON (V.L.G)(A.F)**
- Biscoff and toffee sauce, banana, vanilla ice cream
- Chocolate sauce, strawberries and vanilla ice cream
- Smokey rashers, fresh blueberries, maple syrup

Sunday's Special

AVAILABLE
FROM 12 PM

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

£10.95

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

DONER WRAP £8.95

Our famous thinly sliced seitan with kalamata olives, pickled tofu,
slaw, tomatoes, cornichons, rocket and garlic mayo served with
hummus, 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 hummus, slaw, rocket, garlic mayo and sweet chilli sauce
served with hummus, nachos and side salad

V.L.G £11.50

PEKING WRAP (V.L.G.O) £8.95

Chinese spiced sticky tempeh, watercress, slaw, pickled radish,
cucumber, spring onion, gochujang ketchup served with
hummus, nachos and side salad

V.L.G £11.50

KRISHNA'S MIGHTY £9.95

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

Light Lunch/Starter

Maharaja rice, Asian tempeh cubes, edemame beans,
pickled radish, candy beetroot, seasonal veg, salad leaves,
chilli & Thai basil dressing

£11.95

Dinner

ANNA-LOKA RODEO BURGER (A.F.O) £12.95

Our homemade seitan patty topped with an onion ring, vegan cheese,
tomato, gherkin and rocket, 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, rocket, garlic mayo & sweet chilli sauce,
served with a choice of triple cooked chips (ketchup)
or sweet potato fries (garlic mayo)

Upgrade your chips/fries to
cheesy fries for
+£2.00

SIDES, DIPS AND EXTRA FILLINGS
on the next page

Please note, an optional 10% service charge will be automatically added to your bill!

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 a choice of Nacho cheese or Smoked melted cheese, topped with smoked chilli cajun spice, and jalapeños

SWAP YOUR CHIPS/FRIES FOR A SALAD

No extra charge!

Sides

Cheesy fries (V.L.G)£6.95

Choice of triple cooked chips or sweet potato fries topped with smoked melted cheese, cajun spice, and jalapeños

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

Dips

£0.80 each

- Ketchup
- Mayonnaise
- Garlic mayo
- Burger sauce
- Sweet chili sauce
- BBQ
- Gochujang ketchup



DRINKS

menu

Sacred juices

£6.50

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 iriflammatory 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.

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

£7.50

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

£6.50

The best of both worlds. Healthy & wealthy!

NOT SUMMER YET

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

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.

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 *Add vegan whipped cream on the top for no extra charge!*

Double espresso.....	£2.20
Americano	£2.50
Flat white.....	£2.90
Latte	£2.90
Cappuccino.....	£2.90
Mocha.....	£3.70
Caramel Macchiato	£3.70
Hazelnut Macchiato	£3.70
Tumeric Latte.....	£3.70
Chai latte	£3.70

Loose leaf tea £3.50

- 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 £3.50

- 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 £3.95

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.