

## 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:

MILDLY SPICY MEDIUM SPICY VERY SPICY

Cold Dishes: C



Tofuveganlondon

Web: [www.tofuvegan.com](http://www.tofuvegan.com)

## Tasting menu

**7-Course  
Minimum 2 people  
Book 7 days in advance  
Excluding drinkings  
£45.00/per head**

## Tofu Vegan



Eat what makes you happy!

## 开胃菜 Starters



1. 五彩拉皮 🍴 🌶️ £ 9.20  
Dongbei sweet potato noodle sheets with slivered vegetables, in a spicy sesame sauce (Chef's special)



2. 手撕杏鲍菇 🍴 🌶️ £ 7.90  
Hand shredded king oyster mushroom



3. 炆炒空心菜 🍴 🌶️ £ 8.20  
Stir-fried water spinach with chilli and Sichuan pepper

4. 椒盐鸡块 🍴 £ 8.20  
Deep-fried 'chicken' with salt and Sichuan pepper

5. 红油水饺 🍴 🌶️ £ 6.90  
Chengdu vegetable dumplings in a spicy sauce (6 pieces) (Chef's special) (5 pices)

6. 香煎杏鲍菇 🍴 £ 7.90  
Pan-fried king oyster mushroom with garlicky breadcrumbs (Chef's Special)

7. 麻酱鸡 🍴 🌶️ 🌶️ £ 7.80  
'Chicken' and celery in a spicy sesame sauce

8. 香炸春卷 🍴 £ 7.20  
Spring rolls with a mushroom and vegetable stuffing (6 pieces)

9. 椒盐豆腐 🍴 🌶️ £ 7.90  
Deep-fried tofu with salt and Sichuan pepper



10. 香菜木耳 🍴 £ 7.50  
Cloud ear mushroom salad with coriander and pickled chilli



11. 脆拍黄瓜 🍴 🌶️ £ 7.20  
Smacked cucumbers with a spicy, garlicky sesame dressing



12. 锅贴 🍴 £ 7.50  
Fried pot-sticker dumplings (5 pieces)

Gluten wheat Gluten oats Gluten rye gluten barley peanuts nuts sesame celery

## 开胃菜 Starters



13. 鲜椒腐皮卷 🍴 🌶️ £ 8.90  
Tofu skin and vegetable roll in a sour-and-hot dressing



14. 口水鸡 🍴 🌶️ £ 7.80  
Mouthwatering 'chicken' with celery in a chilli oil dressing



15. 香辣炆炒藕片 🍴 🌶️ £ 7.90  
Stir-fried lotus root slices with chilli

16. 椒麻豆腐干 🍴 🌶️ 🌶️ £ 7.50  
Firm spiced tofu and celery with chilli and Sichuan pepper

17. 椒盐白玉菇 🍴 £ 7.90  
Deep-fried shimeji mushrooms with salt and Sichuan pepper



18. 夫妻肺片 🍴 🌶️ 🌶️ £ 7.80  
'Man-and-Wife' slices in a spicy sauce (vegetarian version of a Chengdu street snack)



19. 拌三丝 🍴 £ 7.20  
Slivered tofu and carrot salad with coriander

## 汤类 Soups

20. 云吞汤 🍴 £ 4.80  
Vegetarian wonton soup (4 pieces)

21. 香菌豆腐羹 🍴 £ 4.80  
Mixed Mushroom and tofu soup

22. 酸辣汤 🍴 £ 4.80  
Sour-and-Hot Soup

23. 鸡茸粟米羹 🍴 £ 4.80  
Sweetcorn soup with vegetarian 'chicken'

Gluten wheat Gluten oats Gluten rye gluten barley peanuts nuts sesame celery

## 热菜 Hot Dishes



24. 鱼香铁板豆腐 🍲 £ 11.80  
Sizzling deep-fried tofu in a fish-fragrant sauce (Chef's special)



25. 回锅鱼 🍲 £ 13.80  
Twice-cooked 'fish' (Highly recommended)



26. 水煮鱼 🍲 🍲 🍲 £ 15.80  
Sliced 'fish' in sizzling chilli oil



27. 孜然羊肉 🍲 🍲 £ 12.80  
Stir-fried 'lamb' with cumin and chilli



28. 辣子鸡 🍲 🍲 🍲 £ 14.80  
Chongqing 'chicken' in a pile of fragrant chillies



30. 孜然平菇 🍲 £ 10.80  
Deep-fried oyster mushrooms with cumin



29. 酸辣炒菌菇 🍲 £ 12.80  
Assorted mushrooms with sweet pickled chilli



31. 毛血旺 🍲 🍲 🍲 🍲 £ 16.80  
Chongqing 'assorted meats' in a fiery sauce



32. 香炸豆腐丸 🍲 £ 11.80  
Deep-fried tofu and mushroom balls with a fish-fragrant dipping sauce



34. 鱼香茄子 🍲 £ 9.80  
Fish-fragrant aubergines

33. 蓝花黑椒杏鲍菇 🍲 £ 12.80  
King oyster mushrooms in black pepper sauce



35. 干煸四季豆 🍲 £ 9.80  
Dry-fried green beans



37. 麻婆豆腐 🍲 🍲 £ 9.80  
Vegetarian mapo tofu

39. 剁椒蒸豆腐 🍲 £ 11.80  
Steamed tofu with chopped salted chilli

41. 咕嚕鸡 🍲 🍲 £ 8.80  
Cantonese sweet-and-sour 'chicken'



43. 宫保杏鲍菇 🍲 🍲 £ 10.80  
Gong Bao king oyster mushrooms with cashew nuts

45. 宫保豆腐 🍲 🍲 £ 10.90  
Gong Bao tofu with peanuts

47. 宫保鸡丁 🍲 🍲 £ 11.80  
Gong Bao 'chicken' with peanuts

49. 香辣薯条 🍲 £ 7.90  
Hot and fragrant potato chips



36. 虎皮青椒 🍲 £ 8.50  
Pan-seared Padron peppers

38. 炒时蔬 🍲 £ 9.20  
Stir-fried vegetables with your choice of chilli or garlic sauce

40. 双菇烧豆腐 🍲 £ 11.80  
Stir-fried tofu with king oyster and shiitake mushrooms with garlic (Chef's special)

42. 铁板黑椒杏鲍菇 🍲 £ 12.80  
Sizzling fried king oyster mushroom with black pepper sauce



44. 香辣豆腐 🍲 £ 11.80  
Hot-and-fragrant deep-fried tofu

46. 韭菜香干 🍲 £ 8.90  
Stir-fried spiced tofu with Chinese chives

48. 剁椒杏鲍菇 🍲 £ 10.80  
Stir-fried king oyster mushrooms with chopped salted chilli

50. 口味花菜 🍲 £ 9.80  
Dry-wok cauliflower



Gluten wheat



Gluten oats



Gluten rye



gluten barley



peanuts



nuts



sesame



celery



Gluten wheat



Gluten oats



Gluten rye



gluten barley



peanuts



nuts



sesame



celery



51. 大厨手工豆花 £ 9.80  
House-mado silken tofu  
in a spicy sauce or  
savoury sauce



52. 豆腐芽菜包 £ 11.80  
Stir-fried tofu and galic sprout  
with lotus leaf buns



53. 北京鸭 £ 13.80  
Vegetarian 'Peking Duck'

54. 地三鲜 £ 9.80  
Dongbei-style potato, green pepper and aubergine  
(Three delicacies of the earth)

55. 椒盐芦笋 £ 8.60  
Deep-fried asparagus with salt and Sichuan  
pepper

56. 香辣芦笋 £ 8.60  
Hot-and-fragrant deep-fried asparagus

57. 腐皮青椒 £ 8.90  
Green peppers and tofu skin in a savoury  
sauce



## 点心 Dim Sum



58. 小笼包 £ 5.80  
Xiao Long Bao stuffed with tofu  
and mushroom (3 pieces)



59. 香菇饺 £ 5.20  
Steamed mushroom dumplings  
(3 pieces)



60. 香菇豆腐饺 £ 5.20  
Steamed tofu and mushroom  
dumplings (3 pieces)

61. 酸豇豆蒸饺 £ 5.20  
Spicy steamed jiaozi dumplings with pickled  
bean and tofu stuffing (3 pieces)

62. 香辣蒸饺 £ 5.80  
spicy steamed Jiaozi dumplings with  
mushroom and tofu (3 pieces)



Gluten wheat



Gluten oats



Gluten rye



gluten barley



peanuts



nuts



sesame



celery



63. 点心拼盘 £ 8.90  
Assorted dim sum (6 pieces)

65. 烧麦 £ 6.80  
Vegetarian siu mai dumplings(4 pieces)



67. 特别炒面 £ 8.50  
Special fried noodles, Sichuan style

69. 特别炒饭 £ 7.90  
Special fried rice

71. 米饭 £ 2.40/per head  
Plain steamed rice

72. 豆沙芝麻卷 £ 4.80  
Sesame rolls stuffed with red bean paste



Gluten wheat



Gluten oats



Gluten rye



gluten barley



peanuts



nuts



sesame



celery



64. 油泼云吞 £ 7.80  
Wontons in a mildly spicy sauce(6 pieces)  
(Highly recommended)

66. 杂菜饺 £ 5.20  
Steamed vegetable dumplings  
(3 pieces)

## 主食 Staple foods



68. 荷叶饼 £ 1.80  
lotus leaf bun

70. 时蔬炒河粉 £ 7.90  
Stir-fried ho fun rice noodles with  
mixed vegetables



## 甜点 Desserts

73. 绣球汤圆 £ 4.80  
Toffee glutinous rice balls