



AMRUTHA
VEGAN SOUL FOOD



Selection Grandé Menu

Selection Grandé - £34.00 pp

Beet Gazpacho N | NGC

Kale Salad NGC

Lentil Falafels NGP

Buddha Curry
(red and green lentil coconut dahl) NGC

Thai Green Curry NGC

Fluffy Basmati Rice NGC

Sesame Slaw NGC

Chinese Salad NGC

Crispy Golden Pakora
(with homemade peanut satay and sweet chilli sauces) N | NFP | NGP

Coconut & Tamarind Chutney NGC

Sautéed Mung Sprouts NGC

Cashew Cheese N | NGC

Classic Selection Menu

The Original Selection - £29.00 pp

Buddha Curry
(red and green lentil coconut dahl) NGC

Thai Green Curry NGC

Fluffy Basmati Rice NGC

Sesame Slaw NGC

Chinese Salad NGC

Crispy Golden Pakora
(with homemade peanut satay and sweet chilli sauces) N | NFP | NGP

Coconut & Tamarind Chutney NGC

Sautéed Mung Sprouts NGC

Cashew Cheese N | NGC

À La Carte Menu
Starters/ Sides
Beet Gazpacho 6

Spicy and sweet. Smooth cold beetroot & coconut soup with silky cashew & dill cream. N | NGC

Kale Salad 6

Fresh and clean. In a creamy orange marinade with fig, sunflower seed and goji berry garnish. NGC

Golden Pakoras 8

Crispy perfection. Mushroom, aubergine & broccoli in our signature onion seed & spice batter.
With sweet chilli sauce and peanut satay. N | NFP | NGP

Crispy Lentil Falafels 7

Aromatic and zingy. With lime & date sauce. NGP



Desserts

Triple Chocolate Brownie

Cheesecake (ask for flavours) N | NGC

Chill Gelato(ask for flavours) N | NGP

Drinks

Amrutha Lemonade £4.50

Freshly squeezed lemons and limes, sweetened with jaggery

HOLOS Kombucha £4.50

Ginger & Hibiscus or Raspberry Elderflower

Mango Lassi £4.50

With mango, coconut, cardamom and kaffir lime leaves

IMPOSSIBREW® Enhanced Pale 0.5% ABV 4.5

Hazy, juicy, tropical beer with nootropics.

Amrutha Herbal Teas

Our naturally caffeine-free tea blends bring balance, invigoration or calm:

Amrutha tea £6.00

This tea aids digestion, sugar metabolism, and hormone balance.

(It's also an incredible hangover cure and fantastic for grounding during detox or fasting).

Blend: nettle, dandelion, peppermint, and a touch of magic...

Love potion tea £6.00

This invigorating tea can help improve brain and nerve function.

Blend: spices, herbs and flowers.

Tranquili-tea £6.00

Enjoy a good night's sleep and restful waking.
This tea will calm your nerves and help you to relax.

Blend: herbs and flowers.

Freshly Pressed Juice £4.50

Apple, beetroot, pineapple, ginger and lemon

Amrutha Earlsfield is always BYOB.

Millennium Food & Wine (459 Garratt Lane) is our favourite local shop.

Amrutha Honor Oak is always BYOB.

Honor Oak Supermarket (66 Honor Oak Park) is our favourite local shop.

Every ingredient is vegan. Not every ingredient is on our menus.

We can cater for non-gluten and nut-free with ease.

Please tell us if you have allergies, intolerances
(or even just particularly strong dislikes!).



Amrutha Earlsfield Takeaway Menu

Call us on 0208 001 4628 to book your collection.

Starters/ Side £7.00
Beet Gazpacho

Spicy and sweet. Smooth cold beetroot & coconut soup with silky cashew & dill cream. N | NGC

Golden Pakoras

Crispy perfection. Mushroom, aubergine & broccoli in our signature onion seed & spice batter.
With sweet chilli sauce and peanut satay. N | NFP | NGP

Crispy Lentil Falafels

Aromatic and zingy. With lime & date sauce. NGP

Mains

Buddha Curry £15.00

Mild and creamy, it's our take on a traditional dahl.
Two-lentil & coconut curry with fluffy white rice and sesame slaw. NGC

Thai Curry £15.00

Hot and spicy, we pack our fragrant Thai green curry with green veg, potatoes, mushrooms and aubergine.
With fluffy white rice and green salad. NGP

Noodle Stir-Fry £15.00

Punchy and slurpable, we stir-fry fresh wheat noodles with roast mushrooms, broccoli, spinach and chilli. Plus,
crunchy peanut sauce, sesame seeds and fresh herbs. Choose your level of heat! N | NFP

Annie's Soul Bow £15.00

Fresh and hearty, we surround our beetroot gazpacho with the works. Kale salad, sautéed mung bean sprouts,
cashew cheese, sesame slaw, green salad, lentil falafels and cherry tomatoes. N | NGP

Extras

Kale Salad NGC £7.00

Creamy Cashew, Garlic & Rosemary Dip N 2

Super Spicy Mila Chilli Pickle £1.50

Coconut Tamarind Chutney £1.50

Drinks

HOLOS Kombucha £4.50

Ginger & Hibiscus or Raspberry Elderflower

IMPOSSIBREW® Enhanced Pale 0.5% ABV £4.50

Amrutha Lemonade £4.50

Mango Lassi £4.50

Amrutha Herbal Teas £6.00

Amrutha Tea, Tranquili-tea or Love Potion

Desserts

Triple Chocolate Brownie N | NGC 4

Cheesecake (ask for flavours) £6.00

Please tell us if you have allergies, intolerances (or even just particularly strong dislikes!).

Every ingredient is vegan. We can cater for non-gluten and nut-free with ease.

Let us know if you want us to bring the heat, and we'll add some fresh chilli to your bag.

N contains nuts, NGC non-gluten-containing, NGP non-gluten possible, NFP nut-free possible



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Kale Salad £6.00

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Golden Pakoras £8.00

Crispy perfection. Mushroom, aubergine & broccoli in our signature onion seed & spice batter.
With sweet chilli sauce and peanut satay. N | NFP | NGP

Crispy Lentil Falafels £7.00

Aromatic and zingy. With lime & date sauce. NGP



Desserts

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Love potion tea £6.00

This invigorating tea can help improve brain and nerve function.

(It can also help boost libido, allegedly).

Blend: spices, herbs and flowers.

Tranquili-tea £6.00

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Blend: herbs and flowers.

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