

LAH KOH MENU

PURPLE CURRYBOWLS (SERVED FROM 5PM ONWARDS)

All curry rice bowls are served with high fibre purple rice.

NON-VEGAN

Thai Red Chicken Curry and PURPLE RICE (Medium Heat)

Regular £5.99 Large £7.50

Lemongrass chicken, butternut squash and okra in our thai red curry sauce.

Thai Massaman Chicken Curry and PURPLE RICE (Medium Heat)

Regular £5.99 Large £7.50

Lemongrass chicken, okra and sweet potato in our thai massaman curry sauce.

Indian Chicken Tikka Massala and PURPLE RICE (Mild)

Regular £5.99 Large £7.50

Tandoori Chicken and Mixed Peppers in our Tikka Masala Sauce.

Japanese Stewed Chicken Curry and PURPLE RICE (Mild)

Regular £6 Large £7.50

Lemongrass chicken, edamame and mixed peppers in our Japanese-style curry sauce.

Thai Green Chicken Curry and PURPLE RICE (HOT)

Regular £6 Large £7.50

Served with high fibre purple lahkoh wild grains. Lemongrass chicken, sweet potato and okra in our thai green currysauce. For those who like their spice; this one has a kick!

Thai Panang Chicken Curry and PURPLE RICE (Medium Heat)

Regular £6 Large £7.50

Served with high fibre purple lahkoh wild grains. Lemongrass chicken, butternut squash and edamame in our thaipanang curry sauce.

VEGAN

Thai Green Curry and PURPLE RICE (Spicy)

Regular £4.50 Large £5.25

Served with high fibre purple lahkoh wild grains. Sweet potato and okra in our vegan thai green curry sauce. For those who like their spice; this one has a kick!

Thai Panang Curry and PURPLE RICE (Medium heat)

Regular £4.50 Large £5.25

Served with high fibre purple lahkoh wild grains. Butternut squash and edamame in our vegan thai panang currysauce.

Indian Chickpea Massala and PURPLE RICE (Mild)

Regular £4.50 Large £5.25

Served with high fibre purple lahkoh wild grains. Butternut squash and edamame in our vegan thai panang currysauce.

Japanese Stewed Curry (Mild)

Regular £4.50 Large £5.25

Served with high fibre purple lahkoh wild grains. Edamame and mixed peppers in our Japanese-style curry sauce.

+Teriyaki Tofu

Regular +£1 Large +£1.20

Looking to add some protein to your vegan purple currybowl? Our air fried teriyaki tofu may be perfect for you!

CURRY SAUCE POTS (SERVED FROM 5PM ONWARDS)

Our meals are designed with nutrition in mind. However, if you love your curry sauce you may want some more!

- i) Massala (mild)
- ii) Japanese (mild)
- iii) Penang (medium)
- iv) Massaman (medium)
- v) Thai Red (medium)
- vi) Thai Green (spicy)

All priced at £1.49

BIBIMBAP PURPLE RICE BOWLS

Regular £5.99 Large £7.50

The Korean Classic is OUR SUMMER HERO DISH! Our bibimbap rice bowls come with 6 vegetable toppings(kale, pickled mooli (a white root vegetable), carrots, green beans, beansprouts and red) infused in toasted sesameoil served upon a bed of purple wild grains and your choice of protein!

Gochujang Bibimbap

Served with our class sweet and spicy Gochujang dressing.

Please select a protein from:

Lemongrass chilli chicken

Maple-glazed tofu

Braised black bean

Teriyaki Bibimbap

Served with our sweet gluten-free teriyaki dressing.

Please select a protein from:

Lemongrass chilli chicken

Maple-glazed tofu

Braised black bean

SALAD

Grilled Lemongrass Chicken Bun Salad

Regular £4.50 Large £5.50

Vietnamese noodle salad with rice noodle, carrot, lettuce, pickled carrot and our grilled lemongrass chilli chicken. Served with a sweet and slightly spicy bun salad dressing.

Peanut Side Slaw

Side £1.99

A fresh Asian style peanut slaw packed full of crunchy red cabbage, carrot, peppers and edamame.

SOUPS

Indian Coconut Cauliflower Soup (Medium heat)

Side £1.99 Regular £2.99

A cauliflower and red pepper soup made with Indian spices, coconut milk, green chillies and high fibre red lentils

WRAPS

Lemongrass and Chilli Chicken Wrap

£3.50

Chicken marinated in lemongrass and chilli in a khobez wrap. Filled with cucumber, pickled carrot and sweet chillisauce.

Chicken Tikka Wrap

£3.50

Tandoori chicken in a low fat khobez wrap with yoghurt mint raita, cucumber and pickled carrot.

SIDES

Hoisin Duck Gyoza £3.25

Four gyoza dumplings with a classic Chinese filling of duck and hoisin sauce.

Spicy Vegetable Kimchi Dumplings £3.00

Three dumplings filled with the Korean staple of spicy kimchi.

Spinach Pastry Vegetable Gyoza £3.00

Four veg-filled gyoza, wrapped with green spinach pastry.

Sourdough Naan £1.50

Half of a sourdough naan bread; to perfectly complement our curries.

Sourdough Naan & Curry Sauce (Served from 5pm onwards) £2.49

Half of a sourdough naan bread served with your choice of our curry sauce.

Customer selects one of 6 options:

- i) Massala (mild)
- ii) Japanese (mild)
- iii) Penang (medium)
- iv) Massaman (medium)
- v) Thai Red (medium)
- vi) Thai Green (spicy)

Edamame Beans £2.25

Lightly salted edamame beans. Just remove from the pod and enjoy!

Grilled Lemongrass Chicken Pot £2.00

Side Portion of our lemongrass chilli chicken garnished with spring onion.

Chicken Tikka with Yoghurt Mint Raita £2.25

Side Portion of our lemongrass chilli chicken garnished with spring onion.

Peanut Slaw £1.99

A fresh Asian style peanut slaw packed full of crunchy red cabbage, carrot, peppers and edamame.

Kimchi Pot £2.50

Delicious kimchi which is good for the gut as well as the tastebuds!

NUTRITIOUS SNACKS

Snickeroo bar £2.40

A rich peanut butter bar- with three layers of goodness. A crunchy base of toasted nuts & raw cacao, with a sweetpeanut date caramel topped with a thin layer of handmade dark chocolate.

Salted Maca Millionaire £2.40

A moreish caramel bar with a shortbread base of ground nuts, crunchy buckwheat & cranberries. A cashew caramelsweetened with maca powder, topped with a thin layer of handmade dark chocolate.

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| Caramel Crunch Bar | £2.40 |
| <i>A flavoursome caramel bar made with crunchy nuts, pumpkin seeds & toasted buckwheat. A sweet & salty almond butter & date caramel topped with a thin layer of handmade dark chocolate.</i> | |
| Chocolate Praline Slice | £2.40 |
| <i>A triple chocolate layered bar with a base of toasted nuts, tart cherries and rich cacao. A rich hazelnut chocolate praline, topped with a thin layer of handmade dark chocolate, scattered with crunchy nuts.</i> | |
| Maple Pecan Slice | £2.40 |
| <i>A delicious sweet crunchy treat of toasted nuts & sweet cranberries with a maple caramel layer. Topped with handmade toffee white chocolate & scattered pecans, cranberries & pumpkin seeds.</i> | |
| Superseed Flapjack | £2.40 |
| <i>A wholesome oat bar flavoured with spices, sure to sustain your hunger and nourish you. Packed with mixed seeds & sweetened with banana, molasses, some cheeky golden syrup & mixed dried fruits</i> | |

COLD DRINKS

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| Turmeric Boost Shot 60ml shot | £1.95 |
| Organic Berry Gut Health Shot 60ml shot | £1.95 |
| Strawberry and Banana Smoothie (vegan) | £3.25 |
| <i>A simple mix of strawberries, bananas and almond milk to give you the healthiest milkshake-like smoothie you'll ever have.</i> | |
| Mixed Berry and Banana Smoothie (vegan) | £3.25 |
| <i>Mixed berries and almond milk blended together to produce a beautifully refreshing drink.</i> | |
| Banana, Peanut Butter and Cinnamon Smoothie (vegan) | £3.25 |
| <i>A blend of banana, peanut butter and cinnamon to produce an oh so creamy and comforting smoothie.</i> | |
| Chocco Nutter Protein Smoothie | £3.50 |
| <i>A mix of banana, peanut butter, semi skimmed milk and a chocolate protein powder used by a number of elite sportsteams to help build muscle.</i> | |
| Chocco Nutter Smoothie (vegan) | £3.50 |
| <i>A mix of banana, peanut butter, almond milk and chocolate.</i> | |
| Raw Apple Juice 12oz clear cup | £2.75 |
| Still Water 600ml bottle | £1.20 |
| Sparkling Water 600ml bottle | £1.20 |
| Iced Latte 12oz clear cup | £2.50 |

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| Iced Americano 12oz clear cup | £1.85 |
| Diet coke 330ml can | £1.50 |
| Coca-cola 330ml can | £1.50 |
| Kombucha Raspberry Lemonade 250ml can | £2.35 |
| San Pellegrino Lemon 330ml can | £1.70 |
| San Pellegrino Orange 330ml Can | £1.70 |

HOT DRINKS

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| Flat White 8oz Cup | £2.40 |
| Espresso Double shot | £1.65 |
| Americano 12oz Cup | £1.95 |
| Latte 12oz Cup | £2.60 |
| Cappuccino 12oz Cup | £2.60 |
| Mocha 12oz Cup | £2.75 |
| Hot Chocolate 12oz cup | £2.75 |
| Lemongrass & Ginger Tea 12oz cup | £1.99 |
| English Breakfast Tea 12oz cup | £1.99 |
| Jasmine Pearls Tea 12oz cup | £1.99 |
| Red Berry & Hibiscus Tea 12oz cup | £1.99 |
| Triple Mint Tea 12oz cup | £1.99 |
| Jade Green Tea 12oz cup | £1.99 |
| Wild Rooibos Tea 12oz cup | £1.99 |
| English Breakfast Tea 12oz cup | £1.99 |

