



***FIND OUT WHAT'S IN OUR MENU***





## ALL ABOUT DA KATSU

### DID YOU KNOW?

Aubergine is not only bursting with essential vitamins and minerals but most critically, a lot of magnesium.

Magnesium is key to calming and regulating your nervous system, and is what allows your body to relax before sleeping

### INGREDIENTS

Aubergine  
Panko Bread Crumbs  
Diced Carrot  
Diced Onion  
Mild Curry  
Soya Sauce  
Cooked Brown Rice  
Salt  
Soft Coriander

### NUTRITION

781 Kcal  
3267.7 Kj  
17.5G Of Protein  
121.2G Of Carbs  
18.1G Of Fats  
17.4G Of Fiber



## THAI OASIS

### DID YOU KNOW?

Bamboo shoots contain phytochemicals, which have antibacterial and antiviral effects in the body. Besides being a good source of dietary fibre, they contain potassium, important for a healthy heart and to maintain normal blood pressure.

### INGREDIENTS

Wild Rice  
Sugar Snap Peas  
Green Peppers  
Courgette  
Spring Onion  
Ginger  
Lemongrass  
Coconut Milk  
Coriander  
Thai Basil  
Bamboo Shoot  
Green Chilli

### NUTRITION

314 Kcals  
1313.78 Kj  
5.3G Of Protein  
29.6G Of Carbs  
17.2G Of Fats  
10G Of Fiber





## SOUL CURRY

### DID YOU KNOW?

Chickpeas are an excellent source of fibre, folate, and manganese and a good source of protein, iron, magnesium, and phosphorus. fibre keeps the digestive tract healthy, improves weight control while also reducing the risk of colorectal cancer.

### INGREDIENTS

White Onion  
Cashew Nut  
Sweet Potato  
Banana Shallots  
Wilted Spinach  
Chickpeas  
Coconut Yoghurt  
Salt  
Wild Rice

### NUTRITION

610 Kcal  
2552.24 Kj  
19.2G Of Protein  
66.7G Of Carbs  
26.3G Of Fats  
13.9G Of Fiber



## SEITAN STIR FRY

### DID YOU KNOW?

Baby corn is rich in fibre which helps control blood sugar levels and heart health. It also stimulates digestion and can contribute to healthy and effective weight loss. Yellow baby corn is abundant in two carotenoids which keep eyes healthy and lower the risk of cataracts.

### INGREDIENTS

Seitan  
Eggless Noodle  
Bean Sprout  
Pineapple  
Baby Corn  
Sliced Peppers  
Shiitake Mushroom  
Sweet Chilli Sauce  
Limes  
Chilli  
Ginger  
Orange Juice

### NUTRITION

1033 Kcal  
4322.072 Kj  
30.8 G Of Protein  
175.2 G Of Carbs  
21.5 G Of Fats  
21.5 G Of Fiber





## NUTS ON TEMPEH

### DID YOU KNOW?

Kale is a powerful antioxidant, containing significant Vitamin C and Vitamin K which reduce your risk of developing blood clots. As a 'bitter food' which is part of the cruciferous family, Kale stimulates the digestive system, improves your absorption of food and increases saliva and stomach acid production which allows for easier digestion.

### INGREDIENTS

Peanut Butter  
Peanuts  
Eggless Noodle  
Tempeh  
Shredded Kale  
Shaved Coconut  
Spring Onion  
Lime Juice  
Ginger  
Mirin  
Coconut Milk

### NUTRITION

1139 Kcal  
4765.576 Kj  
46.1 G Of Protein  
46.1 G Of Carbs  
84.2G Of Fats  
15 G Of Fiber



## TUCK-IN TAGINE

### DID YOU KNOW?

Couscous contains good levels of protein and fibre with very little fat and no salt.

Significant amounts of minerals and vitamins in the couscous, including selenium, thiamin, niacin, folic acid, and manganese, contribute to many health benefits. For example, selenium protects the cardiovascular system and has anti-cancer properties. In addition, it improves the muscle mass and boosts the immune system.

### INGREDIENTS

Onion  
Courgette  
Carrot  
Parsnip  
Mix Peppers  
Diced Aubergine  
Vegetable Stock  
Dry Date  
Dry Apricot  
Raisin  
Olives  
Fresh Coriander  
Garlic  
Ground Cumin  
Salt  
Baharat Spice  
Couscous

### NUTRITION

510 Kcal  
2133.84 Kj  
9G Of Protein  
63.6G Of Carbs  
84.2G Of Fats  
22.2G Of Fiber





## SUMO SQUASH

### DID YOU KNOW?

Lentils are high in iron and have strong antioxidant properties. The delicious kabocha squash contains iron, vitamin C, and beta carotene (vitamin A). Both work together to strengthen your immune system.

### INGREDIENTS

Kabocha Squash  
Diced Mixed Root Vegetables  
Garlic  
Brown Lentil  
Diced Onion  
Vegetable Stock  
Chopped Tomato  
Salt  
Cracked Black Pepper  
Sweet Potato  
Oat Milk  
Red Onion  
White Wine Vinegar

### NUTRITION

566 Kcal  
2138.02 Kj  
20.6G Of Protein  
63.8G Of Carbs  
16.5G Of Fats  
25.3G Of Fiber





## KIMCHI BAO BUNS

### DID YOU KNOW?

Beetroots contain a lot of iron which fortifies the body for pregnancy, increases your energy levels and improves your athletic performance.

Onions regulate the immune and digestive health, protecting you against any disease spreading bacteria. They also have a great amount of fibre and prebiotics which nourish your good bacteria in the gut.

### INGREDIENTS

Mix Beetroot  
Oyster Mushroom  
Silky Tofu  
Broad Bean  
Edamame Bean  
Boa Bun  
Shredded Cabbage  
Red Onion  
Vegan Mayonnaise  
Sweet Potato

### NUTRITION

782 Kcal  
3271.89 Kj  
14.2G Of Protein  
53.9G Of Carbs  
54.3G Of Fats  
10.1G Of Fiber





## SALSA STATE BURRITOS

### DID YOU KNOW?

Cherry tomatoes are abundant in potassium and vitamins which help maintain a healthy hearth, boosts immunity and act as antioxidants.

Even avocados are rich in potassium and because it's considered a low fat, it also lowers cholesterol and triglyceride levels.

### INGREDIENTS

Corn Tortilla Wrap  
Brown Rice  
Refried Bean  
Avocado  
Red Peppers  
Garlic Clove  
Red Onion  
Soft Coriander  
Mexican Cheese  
Red Cherry Tomato  
Spring Onion  
Mangoes  
Extra Virgin Olive Oil  
Lime Juice

### NUTRITION

517 Kcal  
2267.73 Kj  
9.9G Of Protein  
57.1G Of Carbs  
25.8G Of Fats  
10.3G Of Fiber



## MARINARA V BALLS

### DID YOU KNOW?

Tofu is a great source of protein, calcium, and iron, making it a fantastic meat alternative. It also contains magnesium, copper, zinc and vitamin B1. Tofu is also known for lowering cholesterol and is a great antioxidant.

### INGREDIENTS

Tofu  
Chickpeas  
Oyster Mushrooms  
Cannellini Beans  
Chopped Tomato  
Garlic  
White Onion  
Tomato Pure  
Vegan Parmesan  
Spaghetti

### NUTRITION

470 Kcal  
1966.48 Kj  
20.9G Of Protein  
61.3G Of Carbs  
13.1G Of Fats  
10.9G Of Fiber





## BETTER NOT GNOCCHI

### DID YOU KNOW?

Mushrooms are a good source of proteins and contain antioxidants to protect your cells. In addition, the powerful antiviral properties of the garlic in this dish will protect you against sickness.

### INGREDIENTS

Gnocchi  
Diced Butternut  
Diced Shallots  
Portobello Mushroom  
Oatly Milk  
Veg Stock  
Garlic  
Salt  
Balck Pepper

### NUTRITION

363 Kcal  
1514.61Kj  
6.7G Of Protein  
38.6G Of Carbs  
14.3G Of Fats  
6.7G Of Fiber



## PUMPKIN PANCAKES

### DID YOU KNOW?

Pumpkin seeds and blueberries are a great combination as they are high in fibre and vitamin C. A much needed immune system boost for the winter!

### INGREDIENTS

White Flour  
Almond Milk  
Baking Powder  
Bicarb Soda  
Maple Syrup  
Pumpkin Seed  
Pumpkin Purée  
Blueberry

### NUTRITION

293 Kcal  
1225.91Kj  
8.7G Of Protein  
48.3G Of Carbs  
6.4G Of Fats  
2.9G Of Fiber





## BANGIN OVERNIGHT OATS

### DID YOU KNOW?

Blueberries: Help your muscles recover and reduce muscle inflammation, boost your memory and are a good source of Vitamin C.

Oats: Reduce cholesterol and regulate your blood sugar balance, making sure to provide enough energy for the day.

Pumpkin Seeds. Reduce your cholesterol and have a great amount of zinc to protect your brain.

### INGREDIENTS

Grated Apple  
Dry Cranberry  
Dry Apricot  
Sultana  
Sunflower Seed  
Chia Seed  
Linseed  
Oat  
Almond Milk  
Blueberries

### NUTRITION

500 Kcal  
2092 Kj  
14.4G Of Protein  
60.5G Of Carbs  
18.1G Of Fats  
15.6G Of Fiber



## TROPICAL QUINOA

### DID YOU KNOW?

Quinoa is very high both in protein and fibre, more than most grains. It also has a low glycemic index, which is good for blood sugar control.

Chia seeds are a superfood. They are full of antioxidants, fibre, minerals and omega-3 fatty acids, which are great for your heart. Consumption of chia seeds improves digestion, gut health and could reduce the risk of heart disease and diabetes.

### INGREDIENTS

White Quinoa  
Coconut Milk  
Chia Seed  
Desiccated Coconut  
Mango

### NUTRITION

702 Kcal  
2937.17 Kj  
19.3G Of Protein  
72.6G Of Carbs  
28G Of Fats  
24G Of Fiber





## **OUR CONTACT**

**Email Address:** [team@plantsumo.com](mailto:team@plantsumo.com)

**Contact Number:** 020 8064 0858

## **LOCATION**

**Plant Sumo, Unit 6, Acton Business Centre,  
Park Royal, London NW10 6TD, United  
Kingdom**

**Follow Us On Social Media!**



[/plantsumo](https://www.facebook.com/plantsumo)



[@plantsumo](https://www.instagram.com/plantsumo)



[plantsumo](https://www.youtube.com/plantsumo)