

Welcome to Saf Restaurant & Bar Shoreditch

*“At Saf we are dedicated to creating
unique and healthy recipes that are bursting
with natural flavour and nutrition*

*Every ingredient and dish is individually
prepared in our multi award-winning
kitchen, from our dairy free milk, cheeses,
sauces and dressings all the way to our
cakes and ice creams ”*

*This is.....
Simply Authentic Food*

saf

TO START

Almond Keffir (raw) (GF)

Fermented almond milk that is rich in probiotics and healthy enzymes, served with citrus marinated oyster mushroom and fresh chives
£7.50

Apple Napoléon (raw) (GF)

Layers of sliced dehydrated apple filled with walnut pâté and balsamic reduction served with beet salad, argan oil and flax seed crisps
£8.50

Courgette Cannelloni (raw) (GF)

Courgette wrapped cashew cream cheese, served with marinara sauce and fresh basil
£7.50

Chinese Pancake (raw) (GF)

Sesame mushrooms, marinated peppers and shaved cabbage wrapped in a flax seed pancake served with homemade fresh plum sauce
£8.20

Macadamia Caprese (raw) (GF)

Macadamia cheese rolled in tarragon and chive crust served with dehydrated tomato, raisin chutney and flax seeds crackers
£8.50

Butternut Squash Ravioli (raw)(GF)

Chilli and garlic marinated butternut squash, filled with herb cheese, served with fennel salad, balsamic fig compote, balsamic reduction and pumpkin seed oil
£7.00

Spinach and Date Gyoza

Organic madjol date, spinach, caramelized onion and chive dumplings, served with black vinaigrette
£7.45

Saf Cheese Trio (raw) (GF)

A selection of our signature, olive, herb and smoked paprika cheeses, served with flax crackers, homemade quince jam and drizzled with herb oil
£7.50

California Roll (raw) (GF)

Avocado, enoki mushroom, umeboshi purée and cucumber wrapped in parsnip rice then dusted with beetroot powder - served with orange-ponzu dipping sauce
£8.20

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- (raw) - Prepared below 48C^o
 - (GF) - Gluten Free
 - All Prices shown are inclusive of VAT
 - All dishes are available for takeaway
 - Dishes may contain nuts - ask service staff for details





SHARING PLATTERS

*“Perfect for sampling our unique flavours.
These platters are great to share or can be enjoyed equally alone”*

Cheese Tasting Platter (Sharing) (raw) (GF)

A selection of smoked paprika, herb, olive and macadamia cheeses served with
raisin chutney, quince jam and flax crackers
£15.50

Meze Platter (Sharing)

Homemade hummus, harissa, artichoke puree, marinated olives, herb cashew cheese
and tabouleh served with crostini and lavash flat bread
£16.50

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SALADS

House Salad (raw) (GF)

Watercress, rocket, baby gem lettuce, lollo rosso and flax seed crumble, tossed in our green mustard dressing
£4.50

Detox Salad (raw) (GF)

Watercress, rocket, kale, fresh parsley, cucumber, arame kelp, wakame seaweed, sprouted mung bean and lentils drizzled with omega oil dressing
£5.50/ 8.10

Smoked Tofu Salad (GF)

Warm smoked tofu slices, watercress, rocket, baby gem lettuce, lollo rosso, cucumber, tomato, pumpkin seeds and blue poppy seeds, tossed in wasabi tahini dressing
£5.50/ 8.10

Kale Avocado & Walnut Salad (raw) (GF)

Wilted kale, avocado, fresh peppers, topped with a candied walnut crumble and marinated in an olive oil and fresh lemon juice dressing
£8.10

Sea Vegetable Salad (raw) (GF)

Arame kelp, wakame seaweed, daikon radish, beetroot, carrot, spring onion and cucumber tossed in miso citrus dressing
£8.10

Additional superfoods for Salad

Avocado	£1.00
Smoked tofu	£1.00
Sprouted lentil and mung beans	£0.75
Omega3 seeds	£0.75
Sea vegetables	£1.00
Marinated olives	£1.00
Grilled artichoke	£1.00
Flax seeds crackers	£1.00
Mixed Dried fruits	£0.75

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MAINS

Thai Red Curry (GF)

Butternut squash, aubergine, okra, spring onion, runner beans and organic Saf tofu cooked in a spiced coconut curry soup - served with black rice
£14.45

Salsify Fettuccine (raw) (GF)

Salsify and daikon fettuccine and wild rocket tossed in truffle cream, with yuzu marinated mushrooms and cashew parmesan
£14.00

Saf Pad Thai (GF)

Carrot, courgette, and mange tout noodles, sprouted lentils, mung bean, enoki mushrooms, spicy cashews, coriander and fresh chillies tossed in chipotle almond sauce
£15.50

Spinach and Radish Top Quiche

Spinach and radish top cashew cream, pickled date and onion and semi dehydrated tomato in a buckwheat crust served with house salad
£14.50

Pumpkin Risotto

Pearl barley risotto with pumpkin cream, sliced cinnamon marinated pumpkin, fried sage, pumpkin seeds and drizzled with pumpkin seed oil
£12.75

Buddha bowl (GF)

Green tea smoked tofu, roasted kale, kimpura, kimchee, omega 3 seeds served with steamed brown rice and miso-sambal sauce,
£14.00

Seitan Picatta

Seitan marinated in mustard and Italian herbs served with a caper-tomato sauce, smoky aubergine puree, garlic roasted kale and cherry tomato confit
£14.50

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