

SUPER SMOOTHIES

6.75

GREEN MACHINE

Organic cold press apple juice,
spinach leaves, curly kale & pineapple

PINK TONIC

Organic cold pressed apple juice,
strawberries, banana & peach

OMG+PP

Freshly squeezed orange juice,
mango, ginger, pear & pineapple

BERRY BOOST

Organic cold pressed apple juice,
blueberry, mango, papaya & raspberry

JUICES

5.25

FRESHLY SQUEEZED ORANGE

ORGANIC COLD PRESSED APPLE

PURE PRESSED CRANBERRY

100% PRESSED TOMATO

FRESH HOMEMADE DRINKS

4.95

Classic Lemonade
Raspberry Pink Lemonade
Elderflower Bubbly
Pink Ginger Cooler

Ice Teas

Peach
Passion Fruit & Lemon
Cucumber & Mint Green tea



NATURAL KITCHEN

Drinks & Cocktails

ALLERGEN NOTICE

*Some dishes may contain nuts or traces of nuts.
Full allergen matrix available on request.*

WINES

WHITES

CONVERTIDO Verdejo

ORGANIC - SPAIN

Easy drinking, fresh, aromatic. Enjoy anytime

175ml glass 7.5 / 500ml Carafe 17.5 / Bottle 24

GRILLO, IL FOLLE

ORGANIC - ITALY

Velvety, floral & smooth with aromas of ripe peach

175ml glass 8.25 / 500ml Carafe 21.5 / Bottle 32

GRENACHE CHARDONNAY, ROC D'OPALE

FRANCE

Packed with Orange, Raspberry & Plum

175ml glass 8.25 / 500ml Carafe 23 / Bottle 34.5

SAUVIGNON TOURAINE, DOM DES VAUBLINS

FRANCE

Classic French style, Dry with fruit

175ml glass 8.25 / 500ml Carafe 23 / Bottle 34.5

PINOT GRIGIO, LA JARA VENETO IGT

ITALY

Fruity bouquet, delicious & balanced. Exquisite Pinot

175ml Glass 10.5 / 500ml Carafe 27 / Bottle 40

CHABLIS, DOMAINE DU COLOMBIER

FRANCE

Sophisticated, buttery with no oak

Bottle 52

NUSSBERG, GRUNER VELTLINER

WEINGUT HAJSZAN NEUMANN 2020

Refined, crisp, fresh & floral. A classic varietal

Bottle 55

SHORT FOR KATE, SAUVIGNON BLANC

GLOVER FAMILY VINEYARDS NEW ZEALAND

Classic NZ sauvignon, crisp, fresh & floral

Bottle 54

BACCHUS BLOCK, LYME BAY 2020

ENGLAND

Long citrus-dominated finish with great depth & tropical-fruit notes, herbal undertones

Bottle 58

ROSE

PINOT GRIGIO, 'ROSE', SENTINA

ITALY

Light, crisp & floral

175ml glass 7.95 / 500ml Carafe 19.75 / Bottle 29.5

COTES DE PROVENCE, DOMAINE PINCHINAT

FRANCE

Balanced, fresh, dry but sweet, fruity bouquet

Bottle 44

*125ml glass also available

CHAMPAGNE & SPARKLING

PROSECCO DOC BRUT NV MASOTTINA

ITALY

Fruity, fun and very pure with lively bubbles

Glass 8 / Bottle 29.5

ROSE PROSECCO, MILLESIMATO MASOTTINA

ITALY

Hints of wild strawberries & raspberries

Glass 8.5 / Bottle 32.5

LA MAISON NUEVE CREMANT DE LOIRE NV

FRANCE

Bubbly, fruity with hints of flowers

Bottle 62.5

CHAMPAGNE GOSSET GRAND RESERVE BRUT NV

FRANCE

Fruit aromas, soft finish. Super old school champagne

Bottle 125

REDS

CONVERTIDO TEMPRANILLO

SPAIN

Easy drinking, soft, light berried red

175ml glass 7.5 / 500ml Carafe 17.5 / Bottle 24

NERO D'AVOLA. IL FOLLE

ORGANIC - ITALY

Hints of blackberry, medium bodied with savoury notes

175ml glass 7.95 / 500ml Carafe 21.5 / Bottle 32

MERLOT BELLA STORIA CIELO E TERRE

ORGANIC - ITALY

Dark ruby red, well balanced with fascinating bouquet

175ml glass 9.25 / 500ml Carafe 26. / Bottle 39

MALBEC FINCA LA LINDA, BODEGA LUIGI BOSCA

ARGENTINA

Balanced, full bodied with hints of vanilla

175ml Glass 10.5 / 500ml Carafe 30. / Bottle 45

RIOJA LA VENDIMIA, PALACIOS REMONDO

SPAIN

Dark cherries, vanilla & great intensity

175ml Glass 11.75 / 500ml Carafe 33.5 / Bottle 50

PINOT NOIR, DOMAINE DE CABRILS

FRANCE

Tastes of red fruits, herb spice & soft finish

Bottle 48

COTE DU RHONE VILLAGES, LES CASSAGNES

FRANCE

Hints of Peach, musk, melon & honey

Bottle 54

ZINFANDEL, ST GEORGES OLD VINES

CALIFORNIA, BIRICHINO 2018

Red berry fruits with a warm peppery note

Bottle 68

*125ml glass also available

DRAUGHT BEERS

PRAVHA BY STAROPRAMEN Lighter Tasting Czech Pilsner

4 % ABV

Pale gold Pilsner with iconic flavour and gentle bitterness
Clean, light and refreshing

HALF 3.5 PINT 6.5

STAROPRAMEN Premium Czech Lager

5% ABV

Authentic beer from Prague. Medium bodied lager,
refreshing, malty with a well-balanced bitterness

HALF 3.65 PINT 6.8

ATLANTIC PALE ALE SHARP'S Cornish Pale Ale

4.2% ABV

Modern Pale Ale from Sharp's. Stunning citrus notes and juicy tropical fruits
make it complex, balanced and super refreshing liquid.

HALF 3.5 PINT 6.75

MADRI EXCEPTIONAL Spanish Premium Lager

4.6% ABV

Super Premium Lager, Crisp and refreshing with bitter sweet finish

HALF 3.9 PINT 6.9

BOTTLED BEER, CIDER

PERONI NASTRO AZZURRO GLUTEN FREE 5.1% ABV 33cl 5.5

MEANTIME LONDON PALE ALE 4.3% ABV 33cl 5.5

PERONI LIBERA 0.0% ABV 33cl 4.95

ASPALL SUFFOLK DRAUGHT CYDER 5.5% ABV 33cl 5.5

REKORDERLIG STRAWBERRY-LIME CIDER 4.0% ABV 50cl 6.5

HOUSE SPIRITS

SINGLE 25ML DOUBLE 50ML

SOUTHBANK GIN 7.5 9.5

MOONSHINE VODKA 7.5 9.5

JUAN COSTA WHITE RUM 7.5 9.5

GRANTS SCOTCH WHISKY 7.5 9.5

PRICE INCLUDES YOUR CHOICE OF MIXER

OTHER SPIRITS AVAILABLE



Two for £18*

All day Everyday

*For the same two cocktails made at the same time.

See cocktail list on other page



Two for £18*

*For the same two cocktails made at the same time.

APEROL SPRITZ £10.5

prosecco, soda & orange wedge

PIMMS COCKTAIL £10.25

Orange, Lemon & cucumber slices, strawberry
& lemonade OR Indian tonic

LEMONCELLO SPRITZ £10.5

prosecco, soda, lemon wedge & fresh mint

TEQUILA SUNRISE £11.25

Reposado Tequila, grenadine, fresh
orange juice & dried orange slice

NEGRONI £11.5

Tarquin's Cornish Gin, red vermouth,
Campari & orange slice

ESPRESSO MARTINI £11.95

Stolichnaya Vodka, Kahlua & Espresso

PORN STAR MARTINI £11.95

Stolichnaya Vanilla Vodka, Passion fruit
liqueur & puree, apple, lemon Juice & Prosecco

TOMMY'S CHILLI MARGARITA £11.5

Tequila, Lime Juice & mild fresh chilli

MARTINI £10.95

Stolichnaya Vodka or Tarquin's Gin,
Noilly Prat vermouth shaken OR stirred & even
dirty!

CARIBEAN MULE £11.95

Twin Spiced Cornish Rum, lime juice
& ginger beer

DARK & STORMY £10.95

Spiced Rum, lime juice, sugar syrup
& ginger beer

ABOVE ARE OUR HOUSE COCKTAILS BUT WE
CAN DO MORE SO PLEASE DON'T BE SHY & ASK...

SHOTS

PARTY SHOTS SGL/DBL £8/£12

Sambuca Black/white

Rooster Tequila Rojo Blanco/Reposado

Jagermeister

Baby Guinness

PREMIUM TEQUILA SHOTS SGL/DBL £10/£14

Coffee Tequila

Cenote White Tequila

Patron Silver

MOCKTAILS '0% alcohol'

£6.95

CRODINO SPRITZ

bitter sweet Orange & Grapefruit
w/ herbal extracts.

VIRGIN MOJITO

Fresh apple juice, brown sugar,
muddled mint, lime & soda

SEEDLIP PINK GIN

Angostura bitters, tonic & lime wedge