

# drinks & cocktails

## signature cocktails

### **coconut rumish martini £7.95**

Rumish, coconut yoghurt, coconut milk, vanilla, maple creamy martini dusted with cinnamon

### **dry 75 £7.50**

Sea arch botanical spirit with lemon and organic sparkling wine our take on the gin based classic French 75

### **flu fighters martini £6.95**

give your immune system a boost with our fiery martini, ginger, citrus, aloe vera and chilli

### **black magic £7.95**

Borrage botanical spirit shaken with toxin-grabbing activated charcoal, aquafaba, fresh lemon, vanilla and maple

### **apple mockjito £6.95**

muddled apple presse with fresh mint and limes topped up with kombucha

### **Thai martini £7.95**

Caleno juniper and inca berry tropical free spirit muddled with fresh ginger, basil, lemongrass and cloudy apple

## sparkling

### **Noughty non alcoholic prosecco**

**£5.50 glass £19.50 bottle**

beautifully crafted alcohol-free sparkling wine made from the finest Italian grapes



Redemption

## long tonics

### **Ceder's crisp & cucumber tonic £6.95**

fresh and full of botanicals, served long on ice with cucumber tonic

### **Atopia spiced citrus £6.95**

spiced citrus with aromatic hibiscus flowers and hibiscus tonic

### **Atopia wild blossom £6.95**

delicate wild blossom botanicals with crisp cucumber tonic

## beer & soft

### **Hemp & Hop CBD lager £5.50 0.5% \***

full flavoured craft brew, with a twist of organic, hemp-derived CBD cannabidiol extract

### **Smashed apple soft cider £4.90**

crafted with English apples

### **Nirvana £4.90 / £5.20 \***

Tantra pale ale 0.0%  
Bavarian Hells larger 0.3%

### **Lucky Saint lager £4.90 0.5% \***

### **Fitbeer £4.90 0.3% \***

a premium alcohol-free beer brewed in Bavaria, a natural isotonic packed full of B vitamins and only 66 calories

\*not gluten free

### **kombucha £4.95**

Jarr kombucha - ask for the daily draft flavour

## spoil yourself without spoiling yourself

OUR DRINKS MENU IS VEGAN, ALCOHOL FREE AND REFINED SUGAR FREE

## plant spirits

unique botanical blends of powerful herbs and plants.

Taking ancient alchemy to produce powerful tonics to help elevate, heal and calm modern day stresses

Senser love: orris root, ashwaganda, tulsi, rosehip

Senser joy: lemon grass, schisandra berry

Three spirit social elixir: yerba mate, tulsi, lion's mane

Three spirit the livener: guava, ginger, hibiscus

### **love & tonic £7.25**

Senser love with passionfruit, bergamot and rose paired with our floral tonic

### **hibiscus sour £7.50**

Three spirit the livener, in a classic sour with lemon and hibiscus tea

### **joy & fizz £6.95**

organic sparkling wine infused with Senser joy with lemon grass, damiana and schisandra

### **spirit and soda £5.50**

50ml of plant spirit of your choice served simply with soda

### **humble spirit £8.50**

Humble Warrior plant based drinks with powerful botanicals perfect paired with plant spirits or drunk on their own, choose from the following

**turmeric & mango** paired with Senser love twist of orange

**tulsi & pomegranate** paired with Senser joy and mint

**reishi & pineapple** paired with Three spirit social elixir and rosemary

# evening



Redemption

® = RAW = NOT COOKED ABOVE 42

OUR MENU IS VEGAN, GLUTEN-FREE\* AND REFINED SUGAR-FREE

**WE USE NUTS AND SEEDS IN MANY OF OUR DISHES, IF YOU HAVE AN ALLERGY LET US KNOW**

A DISCRETIONARY SERVICE CHARGE OF 12.5% WILL BE SUGGESTED ON YOUR BILL

water

**WE BELIEVE IN DRINKING BETTER**

## **Belu still/ sparkling water £2.95**

750ml bottle of Belu still or sparkling mineral water, which donates all its profits to clean water charities

nibbles

## **kale crisps £4.75 ®**

British curly kale, rubbed with nutritional yeast and olive oil and love...

## **activated nuts £4.75 ®**

long-soaked, dehydrated with smoked paprika

## **house marinated mixed olives £4.50 ®**

## **sweet potato hummus £6.95**

organic, GMO-free blue corn chips with a sweet potato and roasted red pepper hummus

starters

## **soup of the day £7.95**

a fresh and seasonal daily bowl of goodness served with seeded bread

## **mozzarella & heritage beetroot £8.95**

plantbased mozzarella with seasonal roasted beets, white balsamic, lovage pesto and micro leaves

## **grilled aubergine & tahini £9.95**

sticky white miso and sesame glazed aubergine with sesame seeds, tahini dressing, toasted pine nuts, pomegranate seeds and micro basil

sharing starters

## **mezze plate £14.95**

falafel with lemon tahini drizzle, sweet potato and roasted red pepper hummus, tzatziki, olives with raw crackers

## **cheese board £13.50**

nut free creamy brie, a selection of fermented nut cheeses with raw crackers, fig chutney and grapes

## **antipasti board £15.95**

aubergine caponata, chargrilled artichokes, smoked sunblush tomatoes, Italian olives and smoked garlic with raw crackers

sides

## **roasted roots winter Caesar £5.95**

British curly kale with roasted butternut squash, heritage beetroot, a zesty sunflower seed Caesar dressing, black douce olives and macadamia

## **kimchi super slaw £5.95 ®**

smoky spicy kimchi with cabbage, red onion carrots, coriander and green chilli

## **rosemary roasted potatoes £5.95**

topped with chipotle mayonnaise

## **sweet potato hummus £4.50**

mains

## **brown rice pasta of day £13.95**

daily chef's pasta dish, ask for today's special

## **Korean spicy bbq jack bap £15.95**

slow cooked bbq jackfruit with kimchi slaw and pickled cucumber in a soft charcoal

\*brioche bun (not GF) served with rosemary roasted potatoes

## **the Redemption burger £15.95**

shitake mushroom, hemp seeds, quinoa, roasted chestnuts and toasted walnuts in a

\*warm charcoal brioche (not GF) with caramelised red onion marmalade, kimchi super and rosemary roasted potatoes

## **don't want the bun? go naked £14.95**

**add avo**

**£1.50**

**add cheese**

**£1.50**

## **roasted roots winter Caesar £14.50**

British curly kale with roasted butternut squash, heritage beetroot, a zesty sunflower seed Caesar dressing, black douce olives and macadamia

## **wild mushroom & roast squash risotto £15.95**

black Nerone rice with wild mushrooms, roasted butternut squash topped with lovage pesto drizzle and roasted cashew 'parmesan'

# hot drinks & sweets



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\* OATS ARE NATURALLY GLUTEN -FREE HOWEVER OUR OAT MILK MAY CONTAIN TRACES OF GLUTEN

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## sweet treats

### **bliss balls £6** ®

packed with antioxidants, raw dark chocolate and date truffles rolled in coconut

### **apple & cinnamon pie £7.95**

baked bramley apples with a crumble topping served with coconut cream

### **lemon & blueberry cheesecake £8.95** ®

coconut and almond crust with layers of lemon and blueberry cashew cream

### **banoffee pie £8.95** ®

a chewy oat base, layer of chocolate filled with a sticky medjool date caramel, banana and coconut cream

### **toasted banana bread £6.95**

chocolate chip banana bread with banana, whipped coconut cream and date syrup

### **cheese board £13.50**

nut free creamy brie, a selection of fermented nut cheeses with raw crackers, fig chutney and grapes

## indulge

### **love handles chocolate £4.95**

rich and decadent, cacao, vanilla bean, maple and coconut cream

### **guarana cacao latte (espresso free) £5.95**

energy-boosting guarana and ceremonial grade cacao with oat milk

## cleanse

### **turmeric latte £4.95**

organic turmeric root, ginger, cinnamon, a pinch of black pepper and coconut milk

### **matcha latte £4.95**

ceremonial grade matcha green tea whisked with coconut milk

## adaptogenic

utilising ancient & powerful medicinal mushrooms for healing, immunity and brain function

### **bullet proof chaga £3.95**

espresso, hot water with chaga & coconut oil coffee with a boost – helps you to wake up, focus and kick start your day without the coffee jitters

### **adaptogenic latte (espresso free) £5.95**

reishi, lion's mane and turmeric with tiger nut milk strong anti-inflammatory and immune booster, helps calm the body and clear the mind

### **mood enhancing mocha £5.95**

espresso, chaga, guarana & cacao made with coconut milk

a perfect any time of day energy boost, rich in polyphenols helping to increase blood flow to the brain and stimulating 'happy hormones'

## herbals

### **infusions £2.95**

fresh mint or fresh ginger

## tea

### **Redemption detox herbal blend £3.95**

unique detox tea, formulated to detox the lymphatic system, with nettles, cleavers and marigold

### **pot of loose leaf tea £3.50**

English breakfast / Earl grey  
orange rooibos  
green tea  
camomile  
spiced vanilla chai

coffee we have a range of nut and oat\* milk available

### **The Gentleman Baristas coffee £2.10-2.95**

organic, fair trade, single origin, Honduran blend espresso – americano - macchiato - cappuccino – latte – flat white

## comfort

### **hot toddy £4.95**

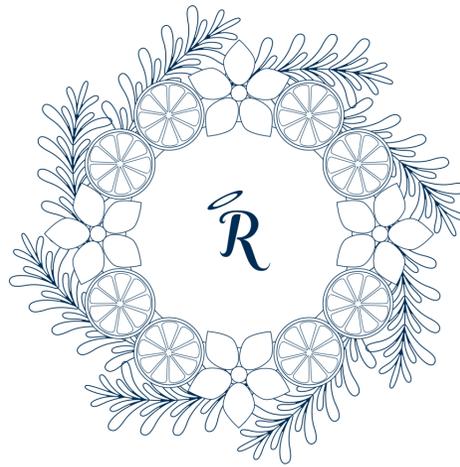
Borrage botanical spirit with hibiscus tea and Winter spices

### **hot apple and ginger £4.95**

cloudy apple juice and ginger

### **buttered rumish hot chocolate £5.95**

rich cacao, vanilla bean, maple and coconut cream with a double shot of Rumish!



*spoil yourself without spoiling yourself*