

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

**bottomless filtered still or sparkling water
£2.50**

refillable 750ml bottle of filtered mineral water - we give 75p per bottle to team nominated local charities and projects that can make a difference to the communities they serve.

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)

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

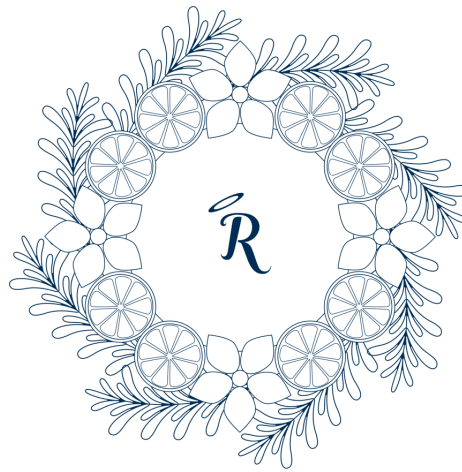
Borrage botanical spirit with hibiscus tea and Winter spices

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