

# MILDREDS

SOHO CAMDEN KING'S CROSS DALSTON

## STARTERS

<b>ROAST LEMON HUMMUS</b> <b>G N SS SU</b>	5.5
lemon oil, almond and hazelnut dukkah, warm pita bread	
<b>SAFFRON &amp; PEA ARANCINI</b> <b>G</b>	6.5/12
peashoots, roast red pepper romesco	
<b>SUGARSNAPS &amp; TENDERSTEM BROCCOLI</b> <b>SS SY</b>	7
whipped tahini, chilli, super seed furikake	
<b>GRILLED ROMAN ARTICHOKE</b> <b>MS SY</b>	7
lemon polenta, soft herbs, broad beans, radish, aioli	
<b>GYOZA DUMPLINGS</b> <b>A G SS SY</b>	6.5
shimeji mushrooms, chilli bean oil, tamari dip, toasted sesame	
<b>EDAMAME &amp; SHISO SUMMER ROLLS</b> <b>PN SS SY</b>	6.5
shichimi rice noodles, lemongrass satay sauce	

## BURGERS

<b>BUFFALO CHICK'N</b> <b>G MS SU SY</b>	10
house ranch dressing, cos lettuce, red onion, tomato, brioche bun	
<b>RANCHERO BLACK BEAN</b> <b>G MS SU SY</b>	9.5
cos lettuce, red onion, tomato, coriander lime mayo, brioche bun	
<b>MOCK DUCK BANH MI</b> <b>G MS PN SS SU SY</b>	9.5
bean sprout carrot salad, char siu glazed mock duck, peanuts, coriander mayo, brioche bun	
<b>ADD ONS</b>	
avocado	2
vegan cheese	1.5
fries	3.5
mature cheddar <b>NV M</b>	1.5
sweet potato fries	4.5
- fries served with coriander lime mayo <b>MS SY</b>	

## SIDES

warm pita bread, EV olive oil, za'atar <b>G SS</b>	2
baby spinach & soft herb salad, EV oil, lemon, sumac	4
black venus rice, roast nori & superseed furikake <b>SS</b>	4

## MAINS

<b>SOUL BOWL</b> <b>A N SS SY</b>	13
rainbow quinoa, carrot goji berry, baby kale, sesame mushrooms, cashew cheese, toasted seeds, avocado	
<b>LEVANT CHICK'N KEBABS</b> <b>SS SY</b>	13
preserved lemon marinade, grilled pepper and fennel, jewelled pomegranate, cucumber and tomato salad, spinach, whipped tahini	
<b>SWEET POTATO KIRI HODI</b> <b>MS N</b>	13
mild sri lankan coconut & curry leaf sauce, roast sweet potato, french beans, pea basmati, toasted coconut cashews, lime, sambal	
<b>TOFU DONBURI</b> <b>A SS SY</b>	13
clean bean tofu, mange tout, sugar snap peas, edamame, black venus rice, apricot ginger teriyaki, superseed furikake	

## DESSERTS

all desserts are handmade by Sarah Wasserman & her team in our Dalston kitchen

<b>YUZU LEMON FINANCIER</b> <b>N</b>	6.5
candied coconut, pandan syrup, coconut cream	
<b>CARAMEL CHEESECAKE</b> <b>G SY</b>	6.5
biscoff crumb, blackberry coulis	
<b>DOUBLE CHOCOLATE BROWNIE</b> <b>SY N</b>	7
raspberry coulis, chocolate mousse	
<b>S'NICKERS</b> refined sugar-free <b>PN</b>	7
date caramel, peanut butter nougat, maple peanuts	
<b>LIMONCELLO ELDERFLOWER TRUFFLES</b> <b>A SY</b>	3
dark chocolate, dehydrated lemon, elderflower, vodka	

**YOU CAN ORDER, PAY & CHECK ALLERGENS USING YOUR PHONE - ask our team**

## ORGANIC JUICES & SHOTS

carrot, apple, ginger	5.5
kale, celery, cucumber, apple, lemon <b>C</b>	5.5
ginger, turmeric, black pepper shot	2.5
apple, ginger shot	2.5
celery shot <b>C</b>	2.5
- all juices may contain traces of celery	

## SMOOTHIES

banana, strawberry, coconut milk, chia seeds	6.5
apple, mango, coconut, lime, pineapple, mint, spirulina	6.5

## HOMEMADE BLENDS

hibiscus & pomegranate lemonade	3.5
pineapple & lemongrass green iced tea	3.5

## SOFT DRINKS

belu still / sparkling water 330ml / 750ml	2/3.5
coke zero / coke	2.5/2.6
double dutch ginger beer	3.5
captain kombucha	3.5

## HOT DRINKS

### ORGANIC SPECIALITY COFFEE BY UNION

americano / espresso	2.5
cappuccino / latte / flat white	3

### LOOSE LEAF TEAS BY RARE TEA CO.

speedy breakfast / rare earl grey / jasmine silver / wild rooibos / sri lankan lemongrass / green leaf	3
fresh mint tea / fresh lemon & ginger tea	2.5
hot chocolate	3.5
<b>milk options:</b> organic milk <b>M NV</b> / oatly <b>G</b> / rude health almond <b>N</b> / rude health coconut	
- decaf coffee available	

**ALLERGEN GUIDE**  
ALCOHOL - **A**

**CELERY - C**  
**GLUTEN - G**

**EGGS - E**  
**MILK - M**

**MUSTARD - MS**  
**NUTS - N**

**PEANUTS - PN**  
**SESAME SEEDS - SS**

**SULPHITES - SU**  
**SOYA - SY**

ALL DISHES ARE VEGAN UNLESS STATED OTHERWISE WITH **NV** (NOT VEGAN)

Whilst not containing any gluten, some dishes are cooked in our fryers that have also been used to cook wheat products, these dishes should be avoided if this level of cross contamination will affect you. We do not have dedicated preparation or cooking areas in our kitchens for nut-free or gluten-free food. As our food is prepared & freshly cooked to order, there may be a risk that traces of all allergens can be found in any dish. We are happy to provide you with allergen and ingredient information for all our menu items. We advise you to speak to a member of staff if you have any food allergies or intolerances. An optional service charge of 12.5% will be added to your bill for the benefit of all our staff.

## WHITE WINE

**ROOTS BIANCO, CHARDONNAY** italy **organic SU**  
crisp, tropical with hints of white flowers and peach  
glass 175ml 6.5 carafe 500ml 17.5 bottle 750ml 24

**EMILIANA ADOBE, VIOGNIER** chile **organic SU**  
refreshing mix of spice, honeysuckle and jasmine  
glass 175ml 7.5 carafe 500ml 21 bottle 750ml 28

**PIROVOLIKES, VILANA** greece **SU**  
intense aroma of wildflowers, citrus fruit and light herbal notes  
glass 175ml 8.5 carafe 500ml 23 bottle 750ml 32

**WALNUT BLOCK, NUTCRACKER MARLBOROUGH, SAUVIGNON BLANC** new zealand **SU**  
tropical fruit flavours, capsicum and fresh ginger  
glass 175ml 9 carafe 500ml 24.5 bottle 750ml 36

## RED WINE

**BODEGAS MUREDA DRAGORA, TINTO TEMPRANILLO** spain **organic SU**  
smooth tannins and ripe red cherry flavours  
glass 175ml 6.5 carafe 500ml 17.5 bottle 750ml 24

**LA TRACA, BOBAL** spain **SU**  
bright cherry colour with refreshing fruit nose  
glass 175ml 8.5 carafe 500ml 23 bottle 750ml 32

**DOMAINE BOUSQUET, MALBEC** argentina **organic SU**  
packed full of brambly red fruits and spice notes  
glass 175ml 8 carafe 500ml 22 bottle 750ml 30

**CHATEAU COURONNEAU, MERLOT** france **biodynamic SU**  
blackberry and damson with floral finish  
glass 175ml 9 carafe 500ml 24.5 bottle 750ml 36

## ROSÉ WINE

**BOHEM, ROSÉ TEMPRANILLO** spain **organic SU**  
fresh light with strawberry and raspberry flavour  
glass 175ml 6.5 carafe 500ml 17.5 bottle 750ml 24

**DOMAINE TOUR CAMPANETS, COTEAUX D'AIX EN PROVENCE ROSÉ** france **organic SU**  
zesty with red summer fruits and pink grapefruit  
glass 175ml 9 carafe 500ml 24.5 bottle 750ml 36

## SPARKLING WINE

**GIOL PROSECCO SPUMANTE** italy **organic SU**  
light and fine bubbles with fresh apple flavours  
glass 125ml 6.5 bottle 750ml 35

## COCKTAILS

**KERALA FIZZ** 7.5  
disaronno amaretto, jim beam bourbon, mint, lime, rooibos, coriander bitters and double dutch ginger ale

**CACAO OLD FASHIONED** 8  
four roses bourbon, dark chocolate, maple syrup and angostura bitters

**SPICED PINEAPPLE NEGRONI** 9.5  
pineapple grenade rum, duppy share spiced rum, campari and punt e mes vermouth

**ONE TRICKY PEAR** 7.5  
absolut pear vodka, pear puree, lemon juice, syrup

**MEZCALITA** 9  
mezcal verde, triple sec, yuzu, agave, black lava salt

**WATERMELON & BASIL COOLER** 8.5  
havana club special rum, watermelon, basil topped with double dutch soda water

**LYCHEE & ROSE MARTINI SU** 8  
greenall's gin, lychee, rose and yuzu

**MOCHA ESPRESSO MARTINI** 8.5  
absolut vodka, tia maria, chocolate and union hand roasted espresso

**THE LEXINGTON GIN & TONIC** 7.5  
greenall's gin, double dutch cucumber and watermelon tonic

**WILD & TONIC alcohol-free** 7.5  
ceder's wild distilled gin alternative and double dutch skinny tonic water

**PASSION FRUIT COLADA alcohol-free** 5  
passion fruit, coconut cream, lemon juice and cardamom

## OTHER SPIRITS

served in 50ml measures, mixers 0.5 - 1.5 extra

**VODKA** 7  
absolut

**TEQUILA** 7  
olmeca reposado

**HOUSE BOURBON** 7  
jim beam

**BOURBON** 8  
maker's mark

**IRISH WHISKEY** 7  
jameson

**SCOTCH WHISKY** 9.5  
glenlivet

**COGNAC** 7  
martell vs

**RUM** 7  
havana 3 years

**LIQUEURS** 6  
vegan baileys / tia maria / cointreau / koko kanu / mozart chocolate liqueur

## BEER

**MEANTIME LAGER** 330ml 4.5% vol 5

**MEANTIME PALE ALE** 330ml 4.3% vol 5

**GASPING GOOSE CIDER** 330ml 4.8% vol 5

**LUCKY SAINT LAGER** 330ml 0.5% vol 5

**SEASONAL CRAFT BEER** 6  
- ask server for details

LISTEN TO  
OUR PLAYLIST  
ON SPOTIFY



ALL OUR DRINKS ARE VEGAN. OUR WINES ARE LOW IN SULPHITES AND ALSO AVAILABLE IN 125ML.  
OUR MENUS ARE PRINTED ON 100% RECYCLED PAPER