

MILDREDS

SOHO CAMDEN KING'S CROSS DALSTON

STARTERS & SHARERS

CHILLI EDAMAME **A SS SY** 4
sichuan chilli oil, crispy shallots, sesame

ROAST LEMON HUMMUS 6
G N SS SU
lemon oil, turmeric almonds, garlic pita

SPINACH GYOZA **A G SS SY** 6.5
sichuan chilli bean oil, edamame, toasted sesame, tamari dipping sauce

CHARRED ROMAN ARTICHOKES **MS SU SY** 7
crispy polenta, soft herbs, mustard sprouts, radish, garlic aioli

CRISPY OYSTER MUSHROOMS **A MS SS SY** 6.5
gochujang mayo, thai basil

ROAST WINTER SQUASH & BLACK GRAPE TARTINE **G N** 7
vegan basil pistou, rocket, toasted pumpkin seeds, grilled sourdough

KASHMIRI CAULIFLOWER **G MS** 6.5
coconut yogurt, coriander & green chilli chutney, crispy boondi

SIDES

GRILLED GARLIC PITA **G SS** 2
EV olive oil, sumac

HOUSEMADE KIMCHI **A SS SY** 3
carrot, apple, cabbage, spring onion, crispy shallots

WINTER ROOT SLAW 3
orange, maple and rosemary dressing

HARISSA BRAVAS **A MS SY** 4
roast potatoes, harissa, garlic aioli

MAINS

BASIL POLPETTE **G SY** 13
house made 'meatballs', pappardelle, pomodoro sauce, roast tomatoes, fresh basil

LEVANT CHICK'N KEBABS **SS SY** 13
grilled pepper and fennel, preserved lemon marinade, jewelled pomegranate and cranberry red rice, spinach, whipped tahini

KIRI HODI **MS N** 13
mild sri lankan coconut & curry leaf sauce, roast sweet potato, french beans, pea basmati, toasted coconut cashews, tomato sambal

HOISIN TOFU & MUSHROOM PHO **A G SS SY** 13
shimeji, chestnut and shiitake mushroom broth, hoisin glazed tofu, rice noodles, fragrant herbs

SOUL BOWL **A N SS SY** 13
rainbow quinoa, goji berries, carrot, seasonal baby leaf, tomatoes, avocado, tamari mushrooms, toasted pumpkin seeds, cashew cheese

BURGERS

BUTTERMILK CHICK'N **G MS SY** 9.5
southern fried chick'n, lettuce, red onion, bread and butter pickles, garlic aioli, brioche bun

KIMCHI CHICK'N **A G MS SS SY** 10
southern fried chick'n, kimchi, KFC sauce, fragrant herbs, crispy shallots, gochujang mayo, brioche bun

BURAKI **G MS SU SY** 9.5
beetroot, dill & white bean burger, bread and butter pickles, winter root slaw, garlic aioli, brioche bun

SPICED HALLOUMI 9.5
NV A G M MS SS SU
red onion, soft herbs, tomato, harissa, tahini, garlic pita

ADD ONS
vegan cheese / mature cheddar **NV M** 1.5
avocado 2
fries 3.5
sweet potato fries 4.5

- fries served with garlic aioli **MS SY**

DESSERTS

all our vegan desserts are handmade by our team of artisan pastry chefs

SOUR CHERRY & ALMOND FRANGIPANE **N SY** 7
cherry coulis, vegan vanilla ice cream

CARAMEL CHEESECAKE **G SY** 6.5
biscoff crumb, blackberry coulis, caramel popcorn

PUMPKIN SPICE STICKY TOFFEE PUDDING **N** 6.5
maple pecans, spiced toffee sauce, pumpkin spice anglaise

AZTEC CACAO BROWNIE **N SY** 7
horchata mousse, churro spiced coconut

MANHATTAN TRUFFLES **A SU SY** 3
bourbon & vermouth ganache, dehydrated orange

ALL DISHES ARE VEGAN UNLESS MARKED WITH **NV** (NOT VEGAN)
NOT ALL INGREDIENTS ARE LISTED ON THE MENU - SPEAK TO THE TEAM
IF YOU HAVE ANY ALLERGIES OR INTOLERANCES
GLUTEN-FRIENDLY PASTA & BREAD OPTIONS AVAILABLE

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.

ORGANIC JUICES & SHOTS

carrot, apple, ginger 5.5
kale, celery, cucumber, apple, lemon **C** 5.5
ginger, turmeric, orange, black pepper shot 2.5
apple, ginger shot 2.5
- all juices may contain traces of celery **C**

SMOOTHIES

strawberry, banana, coconut milk, chia seeds 6.5
spiced mango lassi, coconut milk, coconut yogurt, cinnamon, cardamom, oats, sea salt **G** 6.5

HOMEMADE BLENDS

hibiscus & pomegranate lemonade 3.5
pineapple & lemongrass green iced tea 3.5
peach & lemon iced tea 3.5
CBD, apple & pear iced tea 4

SOFT DRINKS

belu still / sparkling water 330ml / 750ml 2 / 3.5
coke zero / coke 330ml 2.5 / 2.6
pimento ginger beer 250ml 4
real kombucha royal flush 275ml 5

HOT DRINKS

organic coffee by union
americano / espresso 2.5
cappuccino / latte / flat white 3
loose leaf teas by rare tea co. 3
speedy breakfast / rare earl grey
jasmine silver / wild rooibos
sri lankan lemongrass / green leaf
fresh mint tea 2.5
fresh lemon & ginger tea 2.5
hot chocolate 3.5
milk options: organic milk **NV M** / oat **G** / rude health almond **N** / 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**

WWW.MILDREDS.CO.UK
MILDREDSRESTAURANTS

WHITE

CHARDONNAY, INZOLIA - ROOTS BIANCO italy **A SU**
crisp, tropical with hints of white flowers & peach
glass 6.5 carafe 17.5 bottle 24

VIOGNIER - EMILIANA ADOBE chile **A SU**
refreshing mix of spice, honeysuckle & jasmine
glass 7.5 carafe 21 bottle 28

PICPOUL DE PINET - PETIT ROUBIE france **A SU**
fresh and vibrant with bright citrus & melon fruit notes
glass 8.5 carafe 23 bottle 32

SAUVIGNON BLANC, 'NUTCRACKER' - WALNUT BLOCK marlborough, new zealand
tropical fruit flavours, capsicum & fresh ginger
glass 9 carafe 24.5 bottle 36

ROSÉ

ROSÉ TEMPRANILLO - BOHEM spain **A SU**
fresh and light with strawberry & raspberry notes
glass 6.5 carafe 17.5 bottle 24

COTEAUX D'AIX EN PROVENCE ROSÉ - DOMAINE TOUR CAMPANETS france **A SU**
dry and zesty with red summer fruit & pink grapefruit flavours
glass 9 carafe 24.5 bottle 36

GLASS 175ML CARAFE 500ML BOTTLE 750ML

ALL OUR WINES ARE ORGANIC, LOW IN SULPHITES & ALSO AVAILABLE IN 125ML

ALL OUR DRINKS ARE VEGAN

OUR MENUS ARE PRINTED ON 100% RECYCLED PAPER

RED

CABERNET SAUVIGNON, MERLOT, SYRAH, SHIRAZ - ROOTS ROUGE italy **A SU**
vinous, cherry and red plum, medium bodied with good fruit & concentration
glass 6.5 carafe 17.5 bottle 24

TEMPRANILLO, SYRAH - BODEGAS MUREDA DRAGORA TINTO spain **A SU**
smooth tannins and ripe red cherry flavours
glass 7.5 carafe 21 bottle 28

MALBEC - DOMAINE BOUSQUET argentina **A SU**
packed full of red fruit & spice notes
glass 8 carafe 22 bottle 30

MERLOT - CHATEAU COURONNEAU france **biodynamic A SU**
blackberry and damson with floral finish
glass 9 carafe 24.5 bottle 36

SPARKLING

PROSECCO SPUMANTE - GIOL italy **A SU**
light & fine bubbles with fresh apple flavours
glass 6.5 bottle 35

SPIRITS

served in 50ml measures, mixers 0.5 - 2.3 extra

VODKA A 7
absolut

TEQUILA A 7
olmeca blanco

BOURBON A 8
maker's mark

IRISH WHISKEY A 7
jameson

SCOTCH WHISKY A 9.5
glenlivet

COGNAC A 7
martell vs

RUM A 7
havana 3 years

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

COCKTAILS

CRYSTAL CLEAR DAIQUIRI A 7.5
appleton white rum, supasawa, simple syrup

CACAO OLD FASHIONED A 8
four roses bourbon, dark chocolate liqueur, maple syrup, angostura bitters

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

CAMDEN SASS A 9.5
sassy poir (pear) cider, grenall's gin, cointreau, salted caramel, lemon

BLOOD ORANGE & HIBISCUS MARGARITA A 8
olmeca blanco tequila, cointreau blood orange, lime juice, blood orange & hibiscus, hibiscus salt

ONE TRICKY PEAR A 7.5
absolut pear, pear puree, lemon juice, simple syrup

LYCHEE & ROSE MARTINI A SU 8
grenall's gin, lychee, yuzu, rose, peychaud's bitters

DALSTON SUNSET A 9.5
calvados, grapefruit, lime, double dutch ginger ale, CBD bitters

THE LEXINGTON G&T A 8.5
grenall's gin, double dutch cucumber & watermelon tonic

SALTED CARAMEL ESPRESSO MARTINI A 8.5
absolut vodka, tia maria, fresh union espresso, salted caramel

CHAI HOT TODDY A 6.5
grapefruit grenade rum, chai tea, cinnamon, cloves, star anise, dehydrated grapefruit

LOW & NO ALCOHOL

HEYMAN'S SMALL G&T A 6.5
low alcohol
heyman's small gin and tonic water

PASSION COLADA no alcohol 5
passion fruit, coconut cream, lemon juice, cardamom

LYCHEE & JASMINE BELLINI 6
no alcohol
real kombucha royal flush, lychee, jasmine, skeleton leaf

BEER & CIDER

CAMDEN HELLS LAGER 5
A G 330ml - 4.6% vol

MILDREDS X UNBARRED SOHO PALE A G 6
330ml - 4.5% vol

BEAVERTOWN NANOBOT IPA 5
A G 350ml - 2.8% vol - **low alcohol**

LUCKY SAINT UNFILTERED LAGER 5
A G 330ml - 0.5% vol - **low alcohol**

SASSY POIRE (PEAR) CIDER 6
A 330ml - 2.5% vol - **low alcohol**