

MILDREDS

SOHO CAMDEN KING'S CROSS DALSTON

STARTERS & SHARERS

KAFFIR LIME EDAMAME SS SY	4.5
sweet green chilli sauce, toasted sesame	
HUMMUS & AMBA G MS SS SU	6
apricot amba, apricot harrissa, pita bread	
COURGETTE & PEA FRITTERS G MS	7
feta & roast pepper dip, pea shoots	
SPINACH GYOZA G SS SY	6.5
black bean chilli oil, edamame, tamari dip	
ROMAN ARTICHOKE MS SU SY	7
crispy herb polenta, aioli, soft herbs, radish, broad beans	

MAINS

TOFU TAMARIND PAD THAI PN SS SY	13
rice noodles, clean bean tofu, stir-fried greens, peanuts, tamarind & pineapple sauce, fragrant herb & shoot mix	
KIMCHI BOKKEUMBAP MS SS SY	13
fried rice, glazed clean bean tofu, crispy shallots, stir-fried vegetables, nori	
KIRI HODI MS N	13
creamy coconut & curry leaf sauce, roast sweet potato, green beans, pea basmati, tomato coconut sambal, toasted coconut cashews	
SOUL BOWL N SS SY	13
goji quinoa salad, baby kale, sesame chestnut mushrooms, toasted seeds, avocado, cherry tomatoes, cashew cheese	
LEVANT SPICED KEBABS G SS SY	13
grilled chick'n, pepper & fennel, preserved lemon marinade, jewelled pomegranate & cranberry farro, soft herbs, whipped tahini	

BURGERS

BBQ RANCH CHICK'N G MS SU SY	9.5
southern fried chick'n, BBQ sauce, ranch dressing, baby gem, house pickles, red onion	
KOREAN FRIED CHICK'N G MS SS SU SY	10
southern fried chick'n, house kimchi, fragrant herb & shoot mix, gochujang mayo, Korean fried chick'n sauce	
LE ROYALE G MS SY	9.5
smoky meat-style pattie, special sauce, lettuce, house pickles, red onion	
KASHMIRI CHANA PATTIE G MS	9
chickpea & quinoa fritter, tomato methi pickle, cucumber, carrot & coriander slaw, masala mayo	

ADD ONS

fries	3.5	smoked vegan cheeze	1.5
sweet potato fries	4.5	avocado	2
- fries served with garlic aioli MS SY			

SIDES

GRILLED PITA G SU	2.5
EV olive oil, sumac	
PARATHA G	2.5
nigella seeds	
HARISSA PATATAS BRAVAS MS SY	4.5
aioli, parsley	
HOUSEMADE KIMCHI SY	3.5
carrot, cabbage, red apple	
SZECHUAN SMASHED CUCUMBERS SS SY	4
rice vinegar, chilli oil, tamari	

DESSERTS

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

CARAMEL CHEESECAKE G SY	6.5
blackberry coulis, caramel popcorn	
PINK WEDNESDAY TRUFFLE A	3
coconut, rum, vegan white chocolate, pink sugar	

CHOC RASPBERRY PB&J refined sugar-free PN	7
raspberry jelly, peanut butter mousse, chocolate crumb base, chocolate drizzle	
CHOC CHIP COOKIE G SY	2
PEANUT CARAMEL COOKIE G N PN	2.5
DOUBLE CHOC TAHINI COOKIE G SS SY	2.5

ALLERGEN GUIDE
ALCOHOL - A

CELERY - C
GLUTEN - G

MUSTARD - MS
NUTS - N

PEANUTS - PN
SESAME SEEDS - SS

SULPHITES - SU
SOYA - SY

ALL OUR DISHES ARE VEGAN. NOT ALL INGREDIENTS ARE LISTED ON THE MENU.
SPEAK TO THE TEAM IF YOU HAVE ANY ALLERGIES OR INTOLERANCES.

Although our vegan chick'n is made with entirely plant-based ingredients, we are unable to guarantee the absence of whey protein (milk), egg and peanut during the production process and we advise that you avoid this product if you have an allergy to any of these foods. 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.

MILDREDS

SOHO CAMDEN KING'S CROSS DALSTON

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: moma oat G / rude health coconut /	
rude health almond N / rude health soya SY	
- decaf coffee available	

WHITE

**CATARRATTO, 'CONTRADE BELLUSA' -
MONDODELVINO** Italy **organic SU**
moreish Sicilian grapefruit and melon flavours
combine with a mouthwatering lemony acidity
glass 6.5 carafe 17.5 bottle 24

**VIIGNIER - LA PLAYA, COLCHAGUA
VALLEY** Chile **sustainable producer SU**
expressive and vibrant, with evocative peach,
pear and honeysuckle aromas
glass 7.5 carafe 20 bottle 28

**SAUVIGNON BLANC - ROARING MEG,
MT DIFFICULTY, CENTRAL OTAGO** New Zealand
sustainable producer SU
deliciously hedonistic, a really classy Kiwi sauvignon
glass 10.5 carafe 27 bottle 38

PINK

**LANGUEDOC ROSE - DOMAINE DE LA GRANDE
COURTADE** France **organic SU**
delicate, pale pink dry rose packed with scents of freshly
picked red summer fruits
glass 8 carafe 21 bottle 29

BEER & CIDER

MILDREDS X UNBARRED SOHO PALE G	5.5
330ml - 4.5% vol	
CAMDEN HELLS LAGER G	5
330ml - 4.6% vol	
BEAVERTOWN NANOBOT IPA G	5
350ml - 2.8% vol	
LUCKY SAINT UNFILTERED LAGER G	5
330ml - 0.5% vol	
SASSY BRUT (APPLE) CIDER	5.5
330ml - 5.2% vol	

ALL OUR DRINKS ARE VEGAN & OUR WINES
ARE ALL LOW IN SULPHITES
GLASS 175ML CARAFE 500ML BOTTLE 750ML
(ALSO AVAILABLE IN A 125ML GLASS)

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
dalston's soda elderflower / rhubarb / cherryade 330ml	3

ORGANIC JUICES

carrot, apple, ginger	5.5
kale, celery, cucumber, apple, lemon C	5.5
- all juices may contain traces of celery C	

RED

**NERO D'AVOLA - CONTRADE BELLUSA,
MONDODELVINO** Italy **organic SU**
soft and medium bodied Sicilian red with an opulent
fruity morello cherry character
glass 6.5 carafe 17.5 bottle 24

**MALBEC - 'PUNTO ALTO', PROEMIO,
MENDOZA** Argentina
organic, carbon minus & low sulphur SU
generous, full bodied and rounded with dark fruits &
chocolate on the finish
glass 9 carafe 23 bottle 32

**THE LADYBIRD RED - BORDEAUX BLEND,
LAIBACH VINEYARDS** South Africa **organic SU**
brilliant South African interpretation of the traditional
Bordeaux style; big, bold and bursting with flavour
glass 11 carafe 28.5 bottle 40

SPARKLING

**PROSECCO SPUMANTE EXTRA DRY - BORGO
DEL COL ALTO, VENETO** Italy **SU**
fragrant and attractive Italian sparkler, with a fine mousse
and lovely persistent bubbles
glass 7.5 bottle 35

COCKTAILS

CACAO OLD FASHIONED SY	8
four roses bourbon, dark chocolate liqueur, maple syrup, angostura bitters	
SPICED PINEAPPLE NEGRONI	9.5
pineapple grenade spiced rum, takamaka bay spiced rum, campari, punt e mes vermouth	
BLOOD ORANGE & HIBISCUS MARGARITA	8
olmeca blanco tequila, cointreau blood orange, lime juice, blood orange & hibiscus, hibiscus salt	
LYCHEE & ROSE MARTINI SU	9
hayman's dry gin, lychee, yuzu, rose, peychaud's bitters	
SALTED CARAMEL ESPRESSO MARTINI	8.5
stolichnaya vodka, tia maria, fresh union espresso, salted caramel	