

# MILDREDS

SOHO CAMDEN KING'S CROSS DALSTON

## STARTERS & SHARERS

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

## MAINS

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

## DESSERTS

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

<b>CARAMEL CHEESECAKE</b> <b>G SY</b>	6.5
blackberry coulis, caramel popcorn	
<b>PINK WEDNESDAY TRUFFLE</b> <b>A</b>	3
coconut, rum, vegan white chocolate, pink sugar	
<b>CHOC RASPBERRY PB&amp;J</b> <b>refined sugar-free PN</b>	7
raspberry jelly, peanut butter mousse, chocolate crumb base, chocolate drizzle	
<b>CHOC CHIP COOKIE</b> <b>G SY</b>	2
<b>PEANUT CARAMEL COOKIE</b> <b>G N PN</b>	2.5
<b>DOUBLE CHOC TAHINI COOKIE</b> <b>G SS SY</b>	2.5

## BURGERS

<b>BBQ RANCH CHICK'N</b> <b>G MS SU SY</b>	9.5
southern fried chick'n, BBQ sauce, ranch dressing, baby gem, house pickles, red onion	
<b>KOREAN FRIED CHICK'N</b> <b>G MS SS SU SY</b>	10
southern fried chick'n, house kimchi, fragrant herb & shoot mix, gochujang mayo, Korean fried chick'n sauce	
<b>LE ROYALE</b> <b>G MS SY</b>	9.5
smoky meat-style pattie, special sauce, lettuce, house pickles, red onion	
<b>KASHMIRI CHANA PATTIE</b> <b>G MS</b>	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 <b>MS SY</b>			

## SIDES

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

## HOT DRINKS

<b>organic coffee by union</b>	
americano / espresso	2.5
cappuccino / latte / flat white	3
<b>loose leaf teas by rare tea co.</b>	3
speedy breakfast / rare earl grey / jasmine silver wild rooibos / sri lankan lemongrass / green leaf	
<b>fresh mint tea</b>	2.5
<b>fresh lemon &amp; ginger tea</b>	2.5
<b>hot chocolate</b>	3.5
<b>milk options:</b> moma oat <b>G</b> / rude health coconut / rude health almond <b>N</b> / rude health soya <b>SY</b>	
- decaf coffee available	

**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.

## 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

## 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**

## ORGANIC JUICES

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

## 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

<b>CRYSTAL CLEAR DAIQUIRI</b>	7.5
bacardi carta blanca white rum, supasawa, simple syrup	
<b>CACAO OLD FASHIONED <b>SY</b></b>	8
four roses bourbon, dark chocolate liqueur, maple syrup, angostura bitters	
<b>SPICED PINEAPPLE NEGRONI</b>	9.5
pineapple grenade spiced rum, takamaka bay spiced rum, campari, punt e mes vermouth	
<b>CAMDEN SASS</b>	9.5
sassy brut (apple) cider, hayman's dry gin, cointreau, salted caramel, lemon	
<b>DALSTON SUNSET</b>	9.5
calvados, grapefruit, lime, double dutch ginger ale, CBD bitters	
<b>BLOOD ORANGE &amp; HIBISCUS MARGARITA</b>	8
olmeca blanco tequila, cointreau blood orange, lime juice, blood orange & hibiscus, hibiscus salt	

<b>ONE TRICKY PEAR</b>	7.5
absolut pear, pear puree, lemon juice, simple syrup	
<b>LYCHEE &amp; ROSE MARTINI <b>SU</b></b>	9
hayman's dry gin, lychee, yuzu, rose, peychaud's bitters	
<b>THE LEXINGTON G&amp;T</b>	8.5
hayman's dry gin, double dutch cucumber & watermelon	
<b>SALTED CARAMEL ESPRESSO MARTINI</b>	8.5
stolichnaya vodka, tia maria, fresh union espresso, salted caramel	
<b>HAYMAN'S SMALL G&amp;T 2% vol - low alcohol</b>	6.5
hayman's small gin, tonic water	
<b>PASSION COLADA no alcohol</b>	5
passion fruit, coconut cream, lemon juice, cardamom	
<b>LYCHEE &amp; JASMINE BELLINI no alcohol</b>	6
real kombucha royal flush, lychee, jasmine, skeleton leaf	

## BEER & CIDER

<b>MILDREDS X UNBARRED SOHO PALE <b>G</b></b>	5.5
330ml - 4.5% vol	
<b>CAMDEN HELLS LAGER <b>G</b></b>	5
330ml - 4.6% vol	

<b>BEAVERTOWN NANOBOT IPA <b>G</b></b>	5
350ml - 2.8% vol	
<b>LUCKY SAINT UNFILTERED LAGER <b>G</b></b>	5
330ml - 0.5% vol	
<b>SASSY BRUT (APPLE) CIDER</b>	5.5
330ml - 5.2% vol	

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.

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