

MILD REDS

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 harissa, pita bread

COURGETTE & PEA FRITTERS 7
G MS SU
feta & roast pepper dip, pea shoots

VINE TOMATO KACHUMBER **G** 7
tomato methi pickle, jeera coconut yoghurt, crispy boondi

ROMAN ARTICHOKE **MS SU SY** 7
crispy herb polenta, aioli, soft herbs, radish, broad beans

SPINACH GYOZA **G SS SY** 6.5
black bean chilli oil, edamame, tamari dip

MANGO RANCHERO NACHOS 8.5
burnt mango ranchero, mango pico de gallo, melted vegan cheese, jalapeño sour cream

DESSERTS

BLUEBERRY LEMON TART **G** 7
lemon curd, chantilly cream, blueberry compote

FAUX-RERRO FUDGE CAKE **N SY** 7
chocolate hazelnut cake, hot chocolate sauce, vanilla ice cream

CHOC RASPBERRY PB&J **PN** 7
refined sugar-free
raspberry jelly, peanut butter mousse, chocolate crumb base, chocolate drizzle

MAINS

TEMPEH POKE BOWL **PN SS SY** 13
lemongrass watermelon, brown jasmine rice, edamame, cucumber, sesame glazed club cultured tempeh, peanut dressing, nori

KIRI HODI **N MS** 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

BASIL POLPETTE PAPPARDELLE **G SY** 13
basil, chestnut mushroom & soya 'meatballs', basil mojo verde, baby spinach, roast tomatoes

TOFU TAMARIND PAD THAI 13
PN SS SY
rice noodles, clean bean tofu, stir-fried greens, tamarind & pineapple sauce, fragrant herb & shoot mix, peanuts

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

CARAMEL CHEESECAKE **G SY** 7
blackberry coulis, caramel popcorn

BLACK & GOLD PAVLOVA **SS SU** 7
charcoal meringue, mango & passion fruit mousse, passion fruit coulis, black sesame tuille

PINK WEDNESDAY TRUFFLES **A** 3
coconut, rum, vegan white chocolate, pink sugar

BURGERS

BBQ RANCH CHICK'N 9.5
C G MS SU SY
southern fried chick'n*, BBQ sauce, ranch dressing, baby gem, house pickles, red onion

KOREAN FRIED CHICK'N 10
G MS SS SU SY
southern fried chick'n*, house kimchi, fragrant herb & shoot mix, gochujang mayo, Korean fried chick'n sauce

LE ROYALE **C 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 sweet potato fries 4.5
avocado 2 smoked vegan cheese 1.5
- fries served with garlic aioli **MS SY**

SIDES

GRILLED PITA **G SU** 2
EV olive oil, sumac

PARATHA **G SY** 2.5
nigella seeds

HOUSEMADE KIMCHI **SY** 3.5
carrot, cabbage, red apple

HARISSA PATATAS BRAVAS **MS SY** 4
garlic aioli, parsley

BABY KALE & HERB SALAD 4
lemon, EV olive oil, sumac, sea salt

SZECHUAN SMASHED CUCUMBERS **SS SY** 4
rice vinegar, chilli oil, sesame

LEMONGRASS WATERMELON **PN** 4.5
chilli, herbs, pickled red onions, peanuts

ORGANIC JUICES

carrot, apple, ginger 5.5
kale, celery, cucumber, apple, lemon **C** 5.5
pineapple, apple, ginger, turmeric 5.5
apple, beetroot, carrot, lime 5.5
- all juices may contain traces of celery **C**

SMOOTHIES

strawberry & chia 6.5
spiced mango lassi 6.5

HOMEMADE BLENDS

pineapple & lemongrass green iced tea 3.5
CBD, apple & pear iced tea 4
hibiscus & pomegranate iced tea 4.5
peach shrub iced tea 4.5

SOFT DRINKS

belu still / sparkling water 330ml / 750ml 2 / 3.5
coke 330ml 2.6
coke zero 330ml 2.5
pimento ginger beer 250ml 4
real kombucha royal flush 275ml 5
dalston's soda 330ml 3
elderflower / rhubarb / cherryade

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 almond **N** /
rude health coconut / rude health soya **SY**
- decaf coffee available

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

ALLERGEN GUIDE
ALCOHOL - A

CELERY - C
GLUTEN - G

MUSTARD - MS
NUTS - N

PEANUTS - PN
SESAME SEEDS - SS

SULPHITES - SU
SOYA - SY

WHITE

CATARRATTO, CONTRADE BELLUSA

Italy **organic SU**
moreish Sicilian grapefruit and melon flavours combined with a mouthwatering lemony acidity
glass 6.5 **carafe** 17.5 **bottle** 24

GRENADE BLANC, LA LOUPE

France **SU**
lovely dry, textured palate, impressively fragrant and ever so drinkable
glass 7 **carafe** 18.5 **bottle** 26

VIQNIER, LA PLAYA

Chile **sustainable producer SU**
expressive and vibrant, with peach, pear and honeysuckle aromas
glass 7.5 **carafe** 20 **bottle** 28

VINHO VERDE, LOUREIRO, AB VALLEY

Portugal **low intervention SU**
a stylish, zesty and floral vinho verde from Anthony Souza, considered the region's leading winemaker
glass 8.5 **carafe** 22 **bottle** 30

SAUVIGNON BLANC, ROARING MEG, MT DIFFICULTY

New Zealand **SU sustainable producer**
deliciously hedonistic, a really classy Kiwi sauvignon
glass 10.5 **carafe** 27 **bottle** 38

ORANGE & 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

PINOT GRIGIO RAMORO, CANTINA ORSOGNA

Italy **biodynamic SU**
attractive copper colour, fresh floral fruit with an intense savoury finish
glass 9.5 **carafe** 24 **bottle** 36

RED

NERO D'AVOLA, CONTRADE BELLUSA

Italy **organic SU**
soft and medium bodied Sicilian red with an opulent fruity morello cherry character
glass 6.5 **carafe** 17.5 **bottle** 24

CASA DO LAGO TINTO - TOURIGA NACIONAL CABERNET BLEND

Portugal **SU sustainable agriculture**
supple tannins, a medley of rich cassis, plum and cinnamon spice flavours
glass 7.5 **carafe** 20 **bottle** 28

MALBEC, 'PUNTO ALTO', PROEMIO

Argentina **carbon minus & low sulphur SU**
generous, full bodied and rounded with dark fruits & chocolate on the finish
glass 9 **carafe** 23 **bottle** 32

COTES DU RHONE VILLAGES - 'SEGURET', DOMAINE DE L'AMANDINE

France **SU**
classic French winemaking - rich, spicy and inviting
glass 10 **carafe** 26 **bottle** 37

THE LADYBIRD RED - BORDEAUX BLEND, LAIBACH VINEYARDS

South Africa **organic SU**
big, bold and bursting with flavour
glass 11 **carafe** 28.5 **bottle** 40

SPARKLING

PROSECCO SPUMANTE EXTRA DRY - BORGO DEL COL ALTO,

Italy **SU**
fragrant and attractive Italian sparkler, with a fine mousse and lovely persistent bubbles
glass 7.5 **bottle** 35

CLASSIC CUVVEE - 'HINDLEAP' BLUEBELL VINEYARDS, SUSSEX

England **SU**
vibrant and elegant with crisp lemon sherbert and vanilla flavours
glass 12 **bottle** 65

COCKTAILS

CRYSTAL CLEAR DAIQUIRI 7.5
bacardi carta blanca white rum, supasawa, simple syrup

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

THE LEXINGTON G&T 8.5
hayman's dry gin, double dutch cucumber & watermelon

CAMDEN SASS SU 9.5
sassy brut (apple) cider, hayman's dry gin, cointreau, salted caramel, lemon

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

LYCHEE & ROSE MARTINI SU 9
hayman's dry gin, lychee, yuzu, rose, peychaud's bitters

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

HIBISCUS MARGARITA 8
olmeca blanco tequila, cointreau, lime juice, hibiscus syrup, hibiscus salt

DARK & SPICY 8
gosling's dark rum, pimento ginger beer, angostura bitters, peychaud's bitters, lime

SPICED PINEAPPLE NEGRONI SU 9.5
pineapple grenade spiced rum, takamaka bay spiced rum, peychaud's aperitivo, punt e mes vermouth

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

HAYMAN'S SMALL G&T 6.5
2% vol - low alcohol
hayman's small gin, tonic water

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

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

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 SU 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)

WWW.MILDREDS.CO.UK

[@ MILDREDSRESTAURANTS](https://www.instagram.com/mildredsrestaurants)

*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. 1705