

# MILDREDS

## STARTERS & SHARERS

<b>FURIKAKE EDAMAME</b> <b>SS SY</b>	4.5
<b>HUMMUS &amp; AMBA</b> <b>G MS SS SU</b>	6
apricot amba, apricot harissa, pita bread	
<b>AUBERGINE TIGANITES</b>	6
pomegranate beetroot ezme, dill tzatziki	
<b>SPINACH GYOZA</b> <b>C G SS SY</b>	7
black bean chilli oil, edamame, tamari dip	
<b>ROMAN ARTICHOKE</b> <b>SU</b>	7
panelle, herb cream, soft herbs	
<b>CHARRED HISPI</b> <b>MS PN SU</b>	7
salsa de cacahuete, crushed peanuts	
<b>HALDI GOBI</b> <b>G MS</b>	8
marsala cauliflower, coriander yoghurt, crispy boondi	
<b>AL PASTOR PORTOBELLO</b>	5.5/10
blue corn taco, jalapeño sour cream, pickled red onion	

## SIDES

<b>GRILLED PITA</b> <b>G SU</b>	2.5
<b>PARATHA</b> <b>G SY</b>	2.5
<b>HOUSEMADE KIMCHI</b> <b>G SY</b>	3.5
carrot, cabbage, red apple	
<b>BATATA HARRA</b> <b>MS SU</b>	4.5
crispy spiced potatoes	
<b>GLAZED HEIRLOOM CARROTS</b>	5
soft herbs, pomegranate	
<b>FRIES</b> <b>MS SU SY</b>	3.5
<b>SWEET POTATO FRIES</b> <b>MS SU SY</b>	4.5

## MAINS

<b>BOKKEUMBAP</b> <b>G MS SS SY</b>	13
kimchi fried rice, clean bean tofu, gochujang sesame sauce, nori	
<b>KIRI HODI</b> <b>MS N</b>	13.5
coconut curry leaf sauce, sweet potato, green beans, pea basmati, tomato sambal, coconut cashews	
<b>SOUL BOWL</b> <b>N SS SY</b>	13
goji carrot quinoa, kale, sesame mushrooms, pumpkin seeds, avocado, cashew butter	
<b>BHATTI KA CHICK'N KEBABS*</b> <b>SY 14</b>	
pomegranate carrot kachumber, jeera yoghurt, pumpkin pickle	
<b>MERCIMEK KOFTE</b> <b>G MS SS SU SY 13</b>	
red lentil kofte, butternut cranberry red rice, whipped tahini, turkish pepper, morcheh sorkh	

## DESSERTS

<b>CRÈME BRÛLÉE</b>	7
forest berry compote, coconut tuille	
<b>FAUX-RERRO FUDGE CAKE</b> <b>N SY 7</b>	
chocolate hazelnut cake, vanilla ice cream	
<b>WHITE CHOCOLATE TIRAMISU</b> <b>N 7</b>	
almond sponge, white chocolate mousse	
<b>CARAMEL CHEESECAKE</b> <b>G SY 7</b>	
blackberry coulis, caramel popcorn	
<b>CARROT CAKE STICKY TOFFEE</b>	7
toffee sauce, cream cheese chantilly	
<b>PINK WEDNESDAY TRUFFLES</b> <b>A 3</b>	
coconut rum white chocolate	

[WWW.MILDREDS.CO.UK](http://WWW.MILDREDS.CO.UK)  
@ MILDREDSRESTAURANTS

## BURGERS

<b>RANCH BBQ CHICK'N*</b>	13.5
<b>C G MS SU SY</b>	
southern fried chick'n, chipotle BBQ, dill pickles, baby gem, red onion, fries	
<b>KOREAN FRIED CHICK'N*</b>	13.5
<b>G MS SS SU SY</b>	
southern fried chick'n, kimchi, fragrant herb mix, gochujang mayo, korean fried chick'n sauce, fries	
<b>RUBEN</b> <b>C G MS SU SY</b>	13
house beef style patty, caraway sauerkraut, smoked cheeze, russian dressing, dill pickles, fries	
<b>BURAKI</b> <b>G MS SU SY</b>	12
house beetroot & white bean patty, dill pickles, baby gem, red onion, fries	
<b>SWAP</b> fries for sweet potato fries	1
<b>ADD</b> avocado	2
<b>ADD</b> smoked vegan cheeze	2

## SOFT DRINKS

pimento ginger beer 250ml	4
real kombucha royal flush 275ml	5.5
dalston's soda 330ml	3.5
elderflower / rhubarb / cherryade	

## ORGANIC JUICES

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

## HOMEMADE BLENDS

CBD, apple & pear iced tea	4.5
hibiscus & plum iced tea	4.5
peach iced tea	4.5

## SMOOTHIES

<b>date praline</b> <b>N PN</b>	6.5
abc nut butter, banana, date, almond milk	
<b>rocket berry</b>	6.5
mixed berries, banana, apple, spinach, flaxseed, maca, cacao, guarana	

## HOT DRINKS

<b>organic coffee by union</b>	
americano / espresso	2.5
flat white / latte / cappuccino	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> <b>SY</b>	3.5
<b>matcha latte</b>	4.5

**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**    **CELERY - C**    **MUSTARD - MS**    **PEANUTS - PN**    **SULPHITES - SU**  
**ALCOHOL - A**    **GLUTEN - G**    **NUTS - N**    **SESAME SEEDS - SS**    **SOYA - SY**

\*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.

## WHITE

### CATARRATTO, CONTRADE BELLUSA **SU**

italy  
organic  
glass 6.6    carafe 17.7    bottle 25

### GRENADE BLANC, LA LOUPE **SU**

france  
glass 7.1    carafe 18.7    bottle 26.5

### VIIGNIER, LA PLAYA **SU**

chile  
sustainable producer  
glass 7.5    carafe 20    bottle 28

### VINHO VERDE, LOUREIRO, AB VALLEY **SU**

portugal  
low intervention  
glass 8.7    carafe 22.2    bottle 30.5

### SAUVIGNON BLANC, ROARING MEG, MT DIFFICULTY **SU**

new zealand  
sustainable producer  
glass 10.9    carafe 27.7    bottle 39.5

## RED

### NERO D'AVOLA, CONTRADE BELLUSA **SU**

italy  
organic  
glass 6.6    carafe 17.7    bottle 25

### CASA DO LAGO TINTO, TOURIGA NACIONAL CABERNET BLEND **SU**

portugal  
sustainable agriculture  
glass 7.5    carafe 20    bottle 28

### MALBEC, 'PUNTO ALTO', PROEMIO **SU**

argentina  
carbon minus & low sulphur  
glass 9    carafe 23    bottle 32

### COTES DU RHONE VILLAGES, 'SEGURET', DOMAINE DE L'AMANDINE **SU**

france  
glass 10.5    carafe 27    bottle 38

### THE LADYBIRD RED, BORDEAUX BLEND, LAIBACH VINEYARDS **SU**

south africa  
organic  
glass 11.1    carafe 28.6    bottle 41

## ORANGE & PINK

### LANGUEDOC ROSE - DOMAINE DE LA GRANDE COURTADE **SU**

france  
organic  
glass 8    carafe 21    bottle 29

### PINOT GRIGIO RAMORO, CANTINA ORSOGNA **SU**

italy  
biodynamic  
glass 10.9    carafe 27.7    bottle 39

## SPARKLING

### PROSECCO SPUMANTE EXTRA DRY - BORGO DEL COL ALTO **SU**

italy  
glass 7.5    bottle 36

### CLASSIC CUVVEE - 'HINDLEAP' BLUEBELL VINEYARDS, SUSSEX **SU**

england  
bottle 65

### NOUGHTY 0% BLANC DE BLANCS, THOMPSON & SCOTT (alcohol-free) **SU**

spain  
glass 6.5    bottle 29

## COCKTAILS

### BLACKBERRY ROSEMARY MARGARITA 9.5

blanco tequila, cointreau, blackberry coulis, rosemary, orange bitters

### CACAO OLD FASHIONED **SY** 9.5

bourbon, mozart dark chocolate, maple syrup, angostura bitters

### SPICED PINEAPPLE NEGRONI **SU** 10

pineapple grenade rum, takamaka spiced rum, peychaud's aperitivo, vermouth

### SALTED DATE ESPRESSO MARTINI 8.5

vodka, tia maria, fresh coffee, date molasses

### LYCHEE ROSE MARTINI **SU** 9.5

hayman's dry gin, lychee, rose, lime puree, lemon, agave

### DARK & SPICY 9.5

dark rum, lime, pimento ginger beer

### CAMDEN SASS **SU** 9.5

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

### ONE TRICKY PEAR 8.5

pear vodka, elderflower liqueur, pear

### SMOKED PALOMA 11

mezcal, grapefruit, lime, smoked paprika salt, torched grapefruit, winter flower

## MOCKTAILS

### FOREST BELLINI 6.5

no alcohol  
real kombucha dragon flush, forest berries shrub, skeleton leaf

### SPICED MATCHA COLADA **SU** 8.5

no alcohol  
matcha, pineapple, coconut cream, lemon juice, cardamom

## BEER & CIDER

### MILDREDS X UNBARRED SOHO PALE **G** 330ml - 4.5% 5.5

### HARBOUR HELLES LAGER **G** 330ml - 4.3% 5.5

### BEAVERTOWN NANOBOT IPA **G** 330ml - 2.8% 5

### LUCKY SAINT UNFILTERED LAGER **G** 330ml - 0.5% 5

### SASSY BRUT (APPLE) CIDER **SU** 330ml - 5.2% 5.5

ALL OUR DRINKS ARE VEGAN  
GLASS 175ML CARAFE 500ML BOTTLE 750ML | ALSO AVAILABLE IN A 125ML GLASS