

MILDREDS

STARTERS & SHARERS

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

SIDES

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

WWW.MILDREDS.CO.UK

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

**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

*Allergen information is available in all of our restaurants and on our website at www.mildreds.co.uk/allergen-menus. Please ask a member of staff to view the allergen menu, and let our team know if you have any allergens or intolerances when ordering. Whilst we take all reasonable precautions to prevent cross contamination, 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 do not have dedicated preparation or cooking areas in our kitchens for nut-free or gluten-free food. Vegan chick'n: 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. Gluten: food items stated as gluten conscious are not made with gluten, however some dishes are cooked in our fryers that have also been used to cook wheat products. As a result, we cannot 100% guarantee that there will be no cross-contamination. An optional service charge of 12.5% will be added to your bill for the benefit of all our staff.

MAINS

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

DESSERTS

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

BURGERS

RANCH BBQ CHICK'N*	13.5
C G MS SU SY southern fried chick'n, chipotle BBQ, dill pickles, baby gem, red onion, fries *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.	
KOREAN FRIED CHICK'N*	13.5
G MS SS SU SY southern fried chick'n, kimchi, fragrant herb mix, gochujang mayo, korean fried chick'n sauce, fries *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.	
RUBEN C G MS SU SY	13
house beef style patty, caraway sauerkraut, smoked cheeze, russian dressing, dill pickles, fries	
BURAKI G MS SU SY	12
house beetroot & white bean patty, dill pickles, baby gem, red onion, fries	

SWAP fries for sweet potato fries	1
ADD avocado	2
ADD 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	5.5
pineapple, apple, ginger, turmeric	5.5
beetroot, apple, carrot, lime	5.5
- all juices may contain traces of celery	C

HOMEMADE BLENDS

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

SMOOTHIES

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

HOT DRINKS

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

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', PREMIO **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