

## small

edamame, szechuan passion, furikake	4.5
hummus, apricot harissa chickpeas, pita	6.0
spinach gyoza, daikon pickle, orange lime ponzu	7.5
roman artichokes, panelle, roast pepper pine nut cream, basil	7.0
chipotle cheez nachos, black bean molé, pico de gallo, sour cream	8.5
gunpowder bonda, pea spinach & potato fritters, mango pickle yoghurt	7.0
tempeh laab club cultured, prik nam pla dressing, leaves, herbs	8.0
confit garlic labneh, zhoug, blistered primavera	7.0

## big

mercimek kofte, pea & pomegranate freekeh, dill tahini	13.5
kiri hodi, kadhai masala sweet potato, green beans, spinach, pea basmati, lemon amchar, cashew coconut	14.5
bhatti ka chick'n*, kachumber, mango pickle yoghurt, tomato chilli chutney	14.5
alma bowl, sweetcorn goji quinoa, rainbow ribbons, neep & beet pickle, leche de tigre shrub, almond queso fresco, avocado cream, omega seeds	14.0
bokkeumbap, kimchi fried rice, crispy salt & pepper clean bean tofu, nori	14.0

## in bread

ranch bbq chick'n* burger, chipotle bbq sauce, dill pickles	14.0
korean fried chick'n* burger, kimchi, fragrant herb mix, gochujang mayo	14.5
katsu hot dog, pickled daikon, katsu curry sauce	14.5
fasolia burger, white bean carrot patty, tzatziki, harissa, grilled aubergine	13.0

*all served with fries*

---

SWAP fries for sweet potato fries	1.0
ADD smoked cheez slice	2.0

## sides

grilled pita	3.0
paratha	3.0
housemade kimchi	4.0
gunpowder masala fries	5.0
herb seed salad, baby gem, lemon ev dressing, omega seeds	4.0
fries	3.5
sweet potato fries	4.5

## desserts

caramel cheesecake, blackberry coulis, caramel popcorn	7.0
white chocolate almond tiramisu	7.0
faux rerro cake, chocolate sauce, hazelnut praline, chantilly cream	7.0
crème brûlée, wild blueberry, shortbread crumbs	7.0
butterscotch banana pudding, miso butterscotch, salted caramel ice cream	8.0
heart of darkness truffles, spiced rum <small>refined sugar free</small>	2.0

ALL OUR DISHES ARE PLANT-BASED

*Not all ingredients are listed on the menu. Scan the QR code for full allergen information if you have any allergies or intolerances. Alternatively, please speak to a member of staff. Gluten conscious bread options available.*



Allergen information is available in all of our restaurants and on our website at [www.mildreds.co.uk/allergen-menus](http://www.mildreds.co.uk/allergen-menus). Please ask a member of staff to view the allergen menu or scan the QR code above. Please let our team know if you have any allergies or intolerances when ordering. Whilst we take all reasonable precautions to prevent cross contamination, our food is prepared & freshly cooked to order, so 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 item if you have an allergy to any of these foods. Gluten: food items stated as gluten conscious contain no gluten in their ingredients, 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.

## cocktails

<i>bergamot spritz</i> : italicus, grapefruit bitters, prosecco, soda	11.5
<i>tropicana mai tai</i> : takamaka spiced rum, carpano bitters, leche de tigre shrub, orange, pineapple	10.0
<i>banana hazelnut old fashioned</i> : four roses bourbon, discarded banana peel rum, hazelnut liqueur, maple, bitters	10.0
<i>tokyo highball</i> : roku gin, sake, artisan yuzu tonic, cucumber	12.0
<i>lychee rose martini</i> : hayman's dry gin, lychee, rose, lime	10.0
<i>kalamansi margarita</i> : el tequilaño tequila blanco, cointreau, kalamansi, sage, citrus caviar	11.0
<i>sassy summer cup</i> : sassy fine calvados, summer berries, sassy rose cider	11.0
<i>espresso orange martini</i> : sapling vodka, tia maria, cointreau, fresh coffee	10.0
<i>mezcal mule</i> : banhez mezcal, passion fruit szechuan, lime, pimento ginger beer	11.0

## noughties

<i>pink citrus spritz</i> : everleaf marine, artisan pink citrus tonic, grapefruit <i>no alcohol</i>	8.5
<i>forest bellini</i> : forest berries shrub, real kombucha royal flush, skeleton leaf <i>no alcohol</i>	6.5

## beer & cider

mildreds x unbarred soho pale 330ML - 4.5%	6.0
harbour helles lager 330ML - 4.3%	6.0
beavertown nanobot ipa 330ML - 2.8%	5.5
lucky saint unfiltered lager 330ML - 0.5%	5.5
sassy rose cider 330ML - 3.0%	7.0

## white

catarratto, contrade bellusa <i>italy organic</i> GLASS 6.8 CARAFE 17.8 BOTTLE 26.0
grenache blanc, la loupe <i>france</i> GLASS 7.2 CARAFE 19.0 BOTTLE 27.0
viognier, la playa <i>chile sustainable producer</i> GLASS 8.0 CARAFE 21.0 BOTTLE 29.0
vinho verde, loureiro, ab valley <i>portugal low intervention</i> GLASS 8.8 CARAFE 22.8 BOTTLE 31.5
sauvignon blanc, roaring meg, mt difficulty <i>new zealand sustainable producer</i> GLASS 12.0 CARAFE 29.0 BOTTLE 41.0

## sparkling

prosecco spumante extra dry, borgo del col alto <i>italy</i> GLASS 7.5 BOTTLE 37.0
crazy bulles petillant rosé, domaine tropez <i>france</i> GLASS 8.2 BOTTLE 45.0
classic cuvée, 'hindleap' bluebell vineyards, sussex <i>england</i> BOTTLE 66.0
noughty 0% blanc de blancs, thompson & scott (alcohol-free) <i>spain</i> GLASS 7.2 BOTTLE 29.0

## homemade blends

cbd, apple & pear iced tea	5.0
lemon & rose	5.5
passion fruit & szechuan	5.0

## fresh juices

carrot, apple, ginger	5.5
pineapple, apple, ginger, turmeric	5.5
celery, apple, green pepper, green chilli, parsley, mint	5.5

ALL OUR DRINKS ARE PLANT-BASED.

Our wines are served in glass 175ml,  
carafe 500ml, bottle 750ml.  
Also available in a 125ml glass

## red

nero d'avola, contrade bellusa <i>italy organic</i> GLASS 6.8 CARAFE 18.0 BOTTLE 26.0
casa do lago tinto, touriga nacional cabernet blend <i>portugal sustainable agriculture</i> GLASS 7.2 CARAFE 21.0 BOTTLE 29.0
malbec, 'punto alto', proemio <i>argentina carbon minus &amp; low sulphur</i> GLASS 9.1 CARAFE 23.2 BOTTLE 33.0
tempranillo, wine & roses, la bastida <i>spain</i> GLASS 9.7 CARAFE 25.0 BOTTLE 37.0
pinot noir reserve, 'black label', wairau river wines <i>new zealand</i> GLASS 14.0 CARAFE 31.0 BOTTLE 44.5

## orange & pink

jardin de gascogne rosé <i>france</i> GLASS 7.2 CARAFE 19.0 BOTTLE 27.5
languedoc rosé, domaine de la grande courtade <i>france organic</i> GLASS 8.7 CARAFE 22.5 BOTTLE 31.0
pinot grigio ramoro, cantina orsogna <i>italy biodynamic</i> GLASS 11.1 CARAFE 28.6 BOTTLE 41.0

## hot drinks

organic coffee by union: <i>americano / espresso</i>	2.5
<i>flat white / latte / cappuccino</i>	3.0
loose leaf teas by rare tea co: <i>speedy breakfast / rare earl grey / jasmine silver / wild rooibos / sri lankan lemongrass / green leaf</i>	3.0
fresh mint / lemon & ginger tea	2.5
hot chocolate	3.5
matcha latte	4.5

## soft drinks

real kombucha royal flush 275ML	6.5
agua de madre elderflower & apple kefir water 175ML <i>- contains some alcohol, under 1.2%</i>	6.5
dalston's cherryade 330ML	3.5
pimento ginger beer 250ML	4.5