

the juice bar

REPLENISH <i>the green one</i>	High in manganese for the protection of cells from oxidative stress and high in vitamin C. Pineapple, Apple, Spinach, Kale + Superfood Blend	4.5
VITALITY <i>the yellow one</i>	High in vitamin C which contributes to the normal functioning of the immune and nervous systems. Pineapple, Mango, Papaya, Ginger + Superfood Blend.	4.5
ENERGY <i>the red one</i>	Naturally high in vitamin C which contributes to the reduction of tiredness and fatigue. Strawberry, Blueberry, Raspberry, Banana + Superfood Blend	4.5
EAGER JUICE	Apples, oranges, tomatoes <u>or</u> cranberries. still.	3
FRESH OJ	Minimum of 5 oranges squeezed right before your very eyes. Nothin' else!	4
HOMEMADE LEMONADE	A big squeeze of lemons, a splash of sugar syrup & topped with soda.	4
KIDS JUICES	Apple & pear, Apple & mango or Summer berries Cawston Press cartons.	2

cocktails + mocktails

APEROL SPRITZ	Aperol, Prosecco & soda. Go AF with Lyres Italian orange + tonic	10 7
ESPRESSO MARTINI	Vodka. Kahlua. Double espresso. MartiniNO - with seedlip spice 94	8 7
CHOCOLATE ORANGE MARTINI	Espresso. Chocolate powder. Tia Maria. Chase Marmalade vodka. Cointreau. Shaken. Go AF with seedlip spice 94	8
MANGO G&T	Double mango, ginger & lime 6 o'clock gin with tonic & fresh lime. Staying sober? Try our Lyre's London Dry	8
BLOODY MARY	Double vodka & the pickle house spiced tomato juice. Garnished with pickle & pepper. Virgin Mary? We use Lyre's White Cane	9
CRANBERRY SOUR	Whisky. Cranberry. Syrup. Orange & ginger beer. Go AF with Lyre's American Malt	9 8
WINTER BERRY MOJITO	Berry compot. Two Drifters white rum. mint. lime. sugar & soda NoJito? Switch the rum for Lyre's white cane.	10 9



2 of
the same
for
£15



drinks menu

AND WINE LIST

AW 23

draught beer + cider

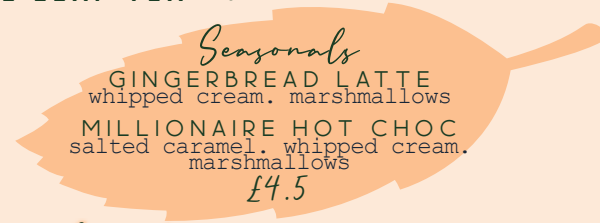
HOUSE LAGER PILSNER	Our house lager is inspired by Germany, crafted using 100% British ingredients. 4%	5
PERONI NASTRO AZZURRO	Unmistakable Italian style. Crisp and refreshing crafted with passion and flair. 5.2%	6
ASAHI DRY	Unique dry & crisp taste. Japan's Number 1 beer. 5.2%	6
WIPER & TRUE SUNDANCE	A hazy IPA that's all about that juicy hop hit. Enjoy great splashes of orange and ripe pineapple aroma, layered with stone fruit & pine. 5.6%	6.5
BBF MILK STOUT	The original Bristol Milk Stout with smooth chocolatey sweetness and balancing coffee bitterness with hints of dark fruits. 4.6%	6
ARBOR MOSAIC	Gluten Free pale ale with bold floral and tropical fruit flavours and aromas. 4%	6
<i>alcohol free</i> BBF CLEAR HEAD	A 0.5% draught IPA. Raising vital funds for @talkclubuk, a mens health charity working wonders around Bristol and beyond	4.5
CASK ALE	We stock 2 or 3 rotating guest pumps. We change the brewery weekly and they never travel very far.	4 TO 6
CORNISH ORCHARD GOLD	Made using a blend of bittersweet and dessert apples to give the cider body and crispness. 5%	5
THATCHERS CHEDDAR VALLEY	Cheddar Valley cider is distinctively orange and cloudy in character, it's chock-full of apple flavours like Tremlett's Bitter and Dabinett. 6%	5

in the fridge

CAWSTON PRESS	Apple - pressed Golden Delicious, Jonagold, Gala & Braeburn apples with sparkling water. Rhubarb - pressed rhubarb, apples & sparkling water.	3
PUNCHY	Peach, ginger & chai or cucumber, yuzu & rosemary Low calorie. Low sugar. All natural.	3.5
SAN PELLEGRINO	Limonata or Aranciata rosso all-natural drink made from an age old recipe.	3
LOVELY DRINKS	Ginger beer or sparkling elderflower fizzy & lovely.	3
FRANK WATER	Still or sparkling. Big or small. Bristol charity using 100% of profits for good.	3 / 5
PULP FRUIT CIDER	Mango & lime or raspberry cider from the can. 4%	4.2
<i>gluten free</i> PERONI	Bottles of Peroni, Senza Glutine! 5.1%	4.5
BIG DROP AF LAGER	An eminent golden ray of sunshine, this malt forward offering brings a soft, honey aroma and a robust malt backbone. 0.5%	4.2

coffee house

ESPRESSO MACCHIATO	2.8	STANDARD TEA	2	ATTIC TEA	3.5
AMERICANO FLAT WHITE	3	LOOSE LEAF TEA	3		
LATTE CAPPUCCINO	3.5				
HOT CHOC	3.8				
MOCHA LUXURY CHOC	4				
<i>Oat. Coconut. Soy available</i>					



wine list

<i>house red</i> SOUTH AFRICA	'Old school' Syrah. Wild yeast fermentation, aged in French oak. Full yet elegant.	175ML 6.5 250ML 8.5 750ML 24
PINOT NOIR FRANCE	Bright ruby red. Fresh raspberries & underlying savoury notes. Silky soft.	175ML 6 250ML 8 750ML 22
MALBEC ARGENTINA	A pure expression of Malbec. Full, smooth & wonderfully aromatic.	175ML 7.5 250ML 9.5 750ML 26
RIOJA SPAIN	Modern style Crianza. Lifted aromatics of brambles, pepper & spice. 12 months in oak.	175ML 8 250ML 10 750ML 28
<i>house white</i> SOUTH AFRICA	Un-oaked wild fermented chardonnay from a coastal vineyard. Intense & delicate.	175ML 6.5 250ML 8.5 750ML 24
PINOT GRIGIO ITALY	Fresh & dry with gently floral & citrus aromas. Orchard fruit & light honeyed notes.	175ML 5.5 250ML 7.5 750ML 20
SAUVIGNON BLANC MARLBOROUGH NZ	A brilliant example. Minerality underscores bright apple, guava & grassy notes.	175ML 7.5 250ML 9.5 750ML 26
GRÜNER VELTLINER AUSTRIA	This is special. Subtle exotic hints, ripe pear & citrus flavours. Fruity & complex.	750ML 28
<i>house rosé</i> ITALY	A pale pink rosé. Luscious & textural blend with tangy red berry flavours. Dry & fresh.	175ML 5.5 250ML 7.5 750ML 20
WHITE ZINFANDEL CALIFORNIA	Luscious strawberry ice cream on the nose supported by a bright, fruity palate.	175ML 6 250ML 8 750ML 22
<i>try something new</i> ORANGE NATURAL ROMANIAN	Made by leaving grapes & skins in contact with the juice. Well balanced and structured.	750ML 28
PROSECCO	Both mini and regular bottles of Italy's famous fizz.	250ML 10 750ML 28