



HEALTHY *Hedonism*

Light & Low

Prosecco Spritz £5.95

Prosecco topped up with London Essence White Peach & Jasmine Soda and a touch of lime

WW & WP £5.95

White wine topped up with London Essence White Peach & Jasmine Soda and a lemon twist

Campari Twisted Spritz £6.50

Campari topped up with London Essence Grapefruit & Rosemary Tonic and a touch of thyme

Light But Not Low £6.50

Silent Pool gin perfectly served with London Essence Bitter Orange & Elderflower Tonic and a touch of orange

Zero Proofs

Côte de Lavender £4.50

Apricot, lavender topped up with London Essence Bitter Orange & Elderflower Tonic and a touch of fresh lavender

Jasmine Dream £4.50

Chamomile, mint & lemon topped up with London Essence White Peach & Jasmine Soda

Spiced Mojito-No £5.95

Kafir lime leaves, passionfruit puree topped up with London Essence Rhubarb & Cardamom Soda

Cos-No £5.95

Cayenne pepper, lime, cranberry juice topped up with London Essence Grapefruit & Rosemary Tonic

Spirits are served in 50ml measure, 25ml is also available on request. Wines are also available in 125ml on request.
All bills include a discretionary 12.5% service charge and VAT.

THE LONDON ESSENCE CO.

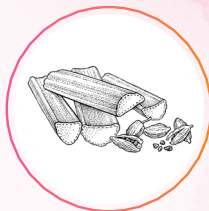
FINE MIXERS FROM DISTILLED ESSENCES



White Peach & Jasmine Soda

Jasmine represents: Sensuality, beauty, luck and appreciation

Used to help with: Jasmine has been used for liver disease (hepatitis), liver pain due to cirrhosis, and abdominal pain due to severe diarrhoea (dysentery). It is also used to cause relaxation (as a sedative), to heighten sexual desire (as an aphrodisiac), and in cancer treatment.



Rhubarb & Cardamom Soda

Rhubarb represents: Freeing oneself of something unwanted, and is the symbol of approaching pitfalls

Used to help with: It is a great source of Calcium suitable for vegans. About 3.5oz of rhubarb contains nine percent of the daily recommended amount of calcium, and 5g of fibre. Rhubarb is also high in vitamin K for strong bones, vitamin C, iron and manganese.



Grapefruit & Rosemary Tonic

Rosemary represents: Fidelity, honesty, longevity and wisdom

Used to help with: The aroma from rosemary can improve a person's concentration, performance, speed, and accuracy and, to a lesser extent, their mood. Rosemary appears to be protective against brain damage.



Bitter Orange & Elderflower Tonic

Represents: Joy, energy and resilience

Used to help with: Swollen sinuses, colds, influenza, swine flu, bronchitis, diabetes, and constipation. It is also used to increase urine production (as a diuretic), to increase sweating (as a diaphoretic), and to stop bleeding.