

THE ARCANA DECK

The cards that make up the Arcana represent and describe the changes that occur to our inner being throughout the course of our lives.

We believe this deck of in-house designed cocktails represents exactly that.

£9.50 EACH

THE HIGH PRIESTESS

This lady infuses Gordon's gin with lemongrass, slapped together with elderflower and lemon, served over ice with a splash of soda.

Advises you to adhere to your chosen spiritual practice on a more regular basis. If you want the benefits of evolution, you'll have to cooperate with spirit.

**THE PERFECT DRINK TO RELEASE
YOUR INNER SPIRIT!**



THE FOOL

This cheeky chap shakes Tanqueray gin with fresh blackberries, mint and a dash of lemon. Strained over ice and served short with a top up of lemonade to add some fizz.

Advises you to lighten up. Let yourself be spontaneous enough to stretch beyond the realm of logic.

**OPEN AND RECEIVE THIS DRINK
WITHOUT QUESTION**



THE MAGICIAN

A fruity blend of Olmeca Blanco tequila, Cointreau and fresh strawberries shaken with fresh lime. Double strained over a sugar stranded rim.

Advises you to give your questioning nature and free associating mind plenty of room to explore the subject at hand. Behave just as if you were an open-minded and curious scientist.

TASTE THE MAGIC!



THE EMPEROR

A rum-based concoction of Captain Morgan Spiced rum and Havana 7 sweetened with Archers peach Schnapps and apple juice, topped up with fresh lime and ginger beer.

Sitting comfortably on his throne, The Emperor suggests that you have the necessary abilities to be the final authority. This situation is an opportunity to showcase your competence and skill.

ACT WITH THE CONFIDENCE OF SOMEONE WHO KNOWS HOW TO TAKE CARE OF BUSINESS!



THE LOVERS

This perfect relationship intertwines Havana 3 rum and Archers peach Schnapps, shaken with peach purée, raspberries and lime juice.

Advise to be willing to make some compromises and stick with the commitments you finally make. Trust your intuition along with your rational intellect.

**ONCE YOU MAKE YOUR CHOICE,
CARRY IT OUT WITH CONVICTION**



THE CHARIOT

A divine mix of Absolut Raspberri vodka and raspberry liqueur shaken with a dash of Angostura bitters and apple juice, served long and topped with ginger ale.

Advises that you be prepared for changes that might include a move or an opportunity to travel. The Charioteer travels light and stays open to fresh experiences that change with every valley or mountain pass.

QUITE THE EXPERIENCE!



THE WHEEL OF FORTUNE

A perfect fusion of Jack Daniel's and Amaretto muddled together with glacé cherries and fresh lemon juice.

Shaken and strained over ice, served short with a top up of Coca-Cola.

Advises you to follow the flow of events. Physical moves, spiritual awakenings or dramatically changing social patterns could soon arise.

TIME TO SPIN THE WHEEL!



CAN'T FIND YOUR FAVOURITE CLASSIC COCKTAIL?

Just ask your bartender

PENTACLES BY NUMBERS

The cards in the suit of Pentacles often stand for material wealth and success but also represent the hard work and focus needed to achieve your goals. We believe this suit of cocktails represents these meanings.

£9.50 EACH

ACE MOJITO

This timeless classic is made with Havana 3 rum, fresh lime wedges, mint and sugar syrup.

A firm foundation of security and stability.

**CREATIVE ISN'T THE WAY WE THINK
IT'S HOW WE LIKE TO LIVE!**



II

LONG ISLAND ICED TEA OR BEACH TEA

Gordon's gin, Russian Standard vodka, Olmeca Blanco tequila, Triple Sec and Havana 3 rum shaken with Coca-Cola top. Or choose cranberry juice and make it a Beach Tea.

No change necessary with this one!

A reminder to view change as a necessary part of life.

CHANGE IS INEVITABLE!



III

PORN STAR MARTINI

Absolut Vanilia and Passoã shaken with passion fruit and vanilla syrup.
Perfectly double strained with a shot of Da Luca Prosecco on the side.

A period of growth and steady progress with expansion leading to ultimate success.

MINDSET IS EVERYTHING!



IV

OLD FASHIONED

Traditionally prepared with bitters and sugar, Maker's Mark is the foundation of this drink, bringing a little of Kentucky to the West End.

Pure power and control.

STRONG IS THE NEW BEAUTIFUL!



V

ESPRESSO MARTINI

Patron Café XO, Russian Standard vodka, a shot of espresso and guaranteed good times ahead.

A difficult time can be eased through seeking sanctuary from problems.

TOUGH TIMES DON'T LAST. TOUGH PEOPLE DO!



VI THE BISON

Zubrowka vodka and Galliano liqueur shaken with a dash of bitters and egg white. A little cocktail with a light and fluffy attitude!

Be willing to receive and to reflect on attitudes towards abundance.

"I SAW THAT!".....KARMA



VII AVIATION

Tanqueray gin, violet and Maraschino liqueurs shaken with fresh lemon juice and double strained into the simplicity of a coupe. The perfect purpose for your palate.

A sense of purpose and meaning gained through work.

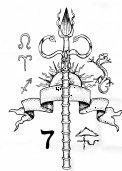
CAUSE YOU'RE WORTH IT!



LOVE HAPPY HOUR?

3 is the magic number!
Ask your bartender for full details!

SUIT OF SHOTS



A predominance of wands in a spread brings creativity and optimism. Wands are often associated with travel, new ventures, deals and negotiations.

£5.00 EACH

PAGE OF WANDS

Russian Standard vodka, Chambord and sugar syrup topped with Da Luca Prosecco.

KNIGHT OF WANDS

Russian Standard vodka, bubblegum syrup and Blue Curaçao.

KING OF WANDS

Frangelico and Kahlúa with an added pinch of salt.

QUEEN OF WANDS

Chambord and Baileys, layered in the shot glass.

SUIT OF SHARERS



When swords appear in a spread they can herald a desire of knowledge, learning and exploring.

£20.00 EACH

ACE OF SWORDS

This mixed up punch served in a vintage storage jar includes Havana 3 and Havana 7 rums with Triple Sec, pineapple juice, grenadine, almond syrup and lime.

TWO OF SWORDS

A mouthwatering experience in a vintage jar, Southern Comfort Whiskey and Archers peach Schnapps with cranberry juice, grenadine and lime.

THREE OF SWORDS

A twist on the Porn Star Martini served in a vintage jar. Russian Standard vodka, passion fruit and Archers peach Schnapps. Topped with Da Luca Prosecco.

FOUR OF SWORDS

A vintage jar bursting with lemongrass-infused Gordon's gin, elderflower and lemon. Topped with soda water.

FIVE OF SWORDS

Gordon's gin, Havana 3 rum, Russian Standard vodka, Archers peach Schnapps, Blue Curaçao and Triple Sec stirred together and topped with Tropical Red Bull.

SUIT OF CUPS



The Suit of Cups meanings deal with the emotional level of consciousness and are associated with love, feelings, relationships and connections.

Cups are about displays of emotion, expression of feelings and the role of emotions in relation to others.

WHITE

Dry, Crisp & Exhilarating

ANTONIO RUBINI PINOT GRIGIO DELLE VENEZIE
Veneto, Italy

Shows apple and pear with hints of white peach & elderflower

125ml	175ml	250ml	Bottle
4.80	6.70	8.65	24.00

EL VELERO VERDEJO BLANCO
Valdepeñas, Spain

Dry, light and lemony

4.40	6.15	7.90	22.00
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GAVI DI GAVI, LA TOLEDANA
Piemonte, Italy

Exotic fruits, floral notes and hints of honey

36.00

SANCERRE BLANC, LA GRAVELIÈRE,
JOSEPH MELLOT, LOIRE
Loire Valley, France

Stylish and vibrant with gooseberry and citrus notes

45.00

CHABLIS CELLIER DE LA SABLIERE, LOUIS JADOT
Burgundy, France

Full of flavour with bright citrus fruits

49.50

Bright, Vibrant & Fruity

	125ml	175ml	250ml	Bottle
CULLINAN VIEW CHENIN BLANC <i>Western Cape, South Africa</i> Fresh and creamy with a tropical fruit twist	4.70	6.60	8.45	23.50
PICPOUL DE PINET, LES GIRELLES, JEAN-LUC COLOMBO <i>Coteaux du Languedoc, France</i> Vivacious French white with a fruity palate				32.00
RARE VINEYARDS, MARSANNE-VIOGNIER <i>Pays d'Oc, France</i> Dry and full of aromas of peach blossom	5.20	7.30	9.35	26.00
SON EXCELLENCE SAUVIGNON BLANC <i>Côtes de Gascogne, France</i> Fresh with prominent gooseberry characters	5.20	7.30	9.35	26.00
LOS ROMEROS SAUVIGNON BLANC <i>Central Valley, Chile</i> Crisp, aromatic and lively with a burst of fruit flavour	4.90	6.85	8.80	24.50
VILLA MARIA LIGHTER SAUVIGNON BLANC <i>Marlborough, New Zealand</i> Vibrant bouquet of gooseberry and lime				34.50
CLOUDY BAY SAUVIGNON BLANC <i>Marlborough, New Zealand</i> An iconic Sauvignon blanc, bursting with gooseberry				55.00

Opulent, Vanilla & Stone Fruit

DASHWOOD PINOT GRIS <i>Marlborough, New Zealand</i> Versatile and balanced with hints of honey and gentle citrus				34.00
SHORT MILE BAY CHARDONNAY <i>South-Eastern Australia</i> Ripe, fruity and creamy with hints of vanilla	5.00	7.00	9.00	25.00

SUIT OF CUPS



ROSÉ

Dry and Elegant

LOS ROMEROS MERLOT ROSÉ

Central Valley, Chile

Strawberry, raspberry and red plum character

125ml

5.00

175ml

7.00

250ml

9.00

Bottle

25.00

CHÂTEAU DE BEAULIEU PROVENCE ROSÉ

Provence, France

Full-flavoured with hints of summer fruits and Mediterranean herbs

31.00

Medium, sweet and fresh

WHITE ZINFANDEL, WHISPERING HILLS

California, USA

Versatile with lovely strawberry aromas

5.90

8.25

10.60

29.50

ARE YOU PLANNING AN EVENT?

Our team can help! Check us out on:

WWW.FOUNDATION-BAR.CO.UK

Or get in touch with us on:

INFO@FOUNDATION-BAR.CO.UK

RED

Refreshing, Fruity & Charming

PINOT NOIR, ERRÁZURIZ

Casablanca Valley, Chile

Smooth and intense with a final hint of vanilla

125ml

175ml

250ml

Bottle

34.50

EL VELERO TEMPRANILLO TINTO

Valdepeñas, Spain

Soft and easy-drinking with fruits of the forest flavours

4.40

6.15

7.90

22.00

FLEURIE, PASCAL CLÉMENT

Beaujolais, France

Light-bodied with wild cherry and strawberry flavours and a velvety finish

40.00

Velvety Rich with a Warming Spice

SHORT MILE BAY, SHIRAZ

South-Eastern Australia

Spicy bramble fruit with a slightly peppery finish

5.00

7.00

9.00

25.00

ALTORITAS MERLOT

Central Valley, Chile

Soft and light with plummy aromas and flavours

4.80

6.70

8.65

24.00

PABLO GARNACHA

Calatayud, Spain

Bright and juicy with blueberry, blackberry and cherry flavours

29.50

VINE TRAIL MALBEC

Rapel Valley, Chile

Fleshy with ripe fruit flavours and a touch of spice

5.40

7.55

9.70

27.00

RIOJA CRIANZA, VIÑA REAL

Rioja, Spain

Rich fruitcake and spice, smooth and supple

6.40

8.95

11.50

32.00

CABERNET SAUVIGNON, ERRÁZURIZ

Aconcagua Valley, Chile

Finished in oak barrels for a rich and flavoursome texture

5.70

8.00

10.25

28.50

SUIT OF CUPS



SPARKLING WINE

	125ml	Bottle
CODORNÍU BRUT CAVA <i>Spain</i>	6.00	34.00
CODORNÍU ROSÉ CAVA <i>Spain</i>	6.50	35.50
DA LUCA PROSECCO <i>Italy</i>	6.75	37.00
BOTTEGA GOLD PROSECCO <i>Italy</i>		43.00
BOTTEGA ROSÉ GOLD PROSECCO <i>Italy</i>		48.00

CHAMPAGNE

	125ml	Bottle
G.H. MUMM CORDON ROUGE <i>France</i>	10.00	55.00
PERRIER-JOUËT GRAND BRUT <i>France</i>	11.75	65.00
G.H. MUMM NO.1 NIGHT GOLD <i>France</i>		70.00
MOËT & CHANDON <i>France</i>		68.50
G.H. MUMM ROSÉ <i>France</i>		72.50
VEUVE CLICQUOT YELLOW LABEL <i>France</i>		73.50
BOLLINGER SPECIAL CUVÉE <i>France</i>		88.00
LAURENT-PERRIER ROSÉ <i>France</i>		108.50
DOM PÉRIGNON <i>France</i>		185.00

FOOD OF FORTUNE

NIBBLES

CHORIZO SAUSAGE ROLL

£4.50

Spicy chorizo sausage meat wrapped in puff pastry and served with our red pepper ketchup

FRIES (v)

£3.50

Simple salted Foundation's golden fries!

GIANT ONION RINGS (v)

£3.50

With malt vinegar mayonnaise

VOODOO CHICKEN WINGS

£4.50

Glazed with Foundations hot voodoo sauce!

SANDWICHES

HOT SALTY PASTRAMI

£9.95

New York-style salted beef with pickle, Emmental cheese and French-American mustard served on sourdough

GRILLED CHEESE

£7.95

King of melted cheese - Monterey Jack combined with Comté & Oglesfield Cheddar served with fruity tomato chutney and onions

STEAK PHILLY

£8.95

A taste of the US with sautéed mushrooms, Philly cheese, steak and rocket

FISH FINGER

£8.50

Jumbo beer battered cod goujons in a toasted brioche bun with tartare sauce and babygem lettuce. With fries, you can't go wrong!

All served with fries

FOOD OF FORTUNE

BOXED UP BURGERS

BEEF BURGER

£8.95

Chargrilled British beef burger in a toasted brioche bun with beef tomato, baby gem lettuce, red onions and our wicked burger mayo. Served with salted fries in a Foundation-style happy meal box!

CHICKEN BURGER

£8.95

Chargrilled chicken escalope in a toasted brioche bun with beef tomato, baby gem lettuce, red onions and mayo. Served with salted fries in a Foundation-style happy meal box!

DIRTY BURGER

£9.95

Chargrilled British beef burger in a toasted brioche bun with barbequed pulled pork, beef tomato, babygem lettuce, red onions and mayo. Served with salted fries in a Foundation-style happy meal box!

VEGGIE BURGER (V)

£8.95

Falafel and spinach burger in a toasted brioche bun, tomato, lettuce, red onion and tzatziki alongside some salted fries in a Foundation-style happy meal box!

SMOKED DOG

£8.95

Our signature smoked hot dog in a classic soft bun topped with crunchy Asian slaw. Served with sour cream, mustard and salted fries

TOPPINGS

Jalapeños, Sour Cream, BBQ Sauce

£0.75 (EACH)

Cheddar Cheese, Stilton Blue Cheese, Pulled Pork, Smoked Bacon

£1.50 (EACH)

FOOD OF FORTUNE

SHARERS & PIZZA

FOUNDATION PLATTER

£17.95

Pepperoni and chilli kickin' hand-rolled pizza, voodoo chicken wings, chorizo sausage roll, chilli popcorn, chips and dips. You'll be spoilt for choice

SHARING NACHOS (v)

£9.95

With spicy salsa, sour cream & chives, guacamole and jalapeños.
Who will you share yours with?

VOODOO CHICKEN WINGS

£9.95

Glazed with Foundation's hot sauce

HAND-ROLLED PIZZA (v)

£8.95

Lovingly created with slow-roasted tomatoes, mozzarella, freshly-ripped basil and chillies. Less is clearly more!

PEPPERONI & CHILLI KICKIN' HAND-ROLLED PIZZA

£9.95

Hot, rough and ready. A delicious pizza served with pepperoni, slow-roasted tomatoes, melted mozzarella, oregano and chillies

ALOHA PIZZA

£9.95

Ham and pineapple over slow-roasted tomatoes and mozzarella
A guaranteed Foundation Fave!

MEATORAMA

£10.95

For all the meat lovers! Voodoo chicken, pepperoni and ham over slow-roasted tomatoes and mozzarella. This one will not disappoint!

Some dishes may contain nuts and other allergens - please ask a member of staff for more details.

All menus are subject to availability. Fish dishes may contain bones.

(v) Dishes marked with this symbol are meat free and suitable for vegetarians.