

# THE SKINNY KITCHEN

## Drinks Menu

*We love to create fresh, nutritious, unique and honest food, cooked to order, that never compromises on taste. Above all we cater for a host of diets and, so you know exactly what you are putting into your body, we include macronutrients too.*

*The Skinny Kitchen provides a choice for all with a fresh and creative twist as well as offering a really broad menu for veggies and vegans.*

 VEGAN

 GLUTEN FREE

 HIGH PROTEIN

 NUTS

 VEGETARIAN

 LOW CALORIE

PLEASE INFORM STAFF OF ANY ALLERGIES. WE CANNOT SAFELY GUARANTEE OUR FOOD IS FREE OF NUTS AND OTHER ALLERGENS. CUSTOMERS WITH FOOD AND DRINK ALLERGIES MAY BE EXPOSED TO CROSS CONTAMINATION, FOR THIS REASON IF YOU DO HAVE ANY FOOD OR DRINK ALLERGIES WE STRONGLY ADVISE THAT YOU DO NOT DINE WITH US. THE SKINNY KITCHEN WILL TAKE NO RESPONSIBILITY FOR ANY INJURY, LOSS OR DAMAGE CLAIMED BY ANY CUSTOMER WITH FOOD OR DRINK ALLERGIES WHO DECIDES TO TAKE THE RISK AND CONSUME FOOD AND DRINK AT THE SKINNY KITCHEN AGAINST OUR ADVICE.

## JUICES

<b>STRAWBAZZLE</b> Strawberry, apple, basil	6
<b>HANGOVER CURE</b> Apple, carrot, ginger	6
<b>SHERBET LEMONADE</b> Apple, lemon, lime	6
<b>GREEN DETOX</b> Kale, spinach, apple, cucumber, ginger	6
<b>MIRACLE JUICE</b> Celery, apple, lemon, mint	6

## SMOOTHIES

<b>ACAI ENERGY</b> Mixed berries, acai, banana, orange juice	6.50
<b>SKINNY BUNNY</b> Pineapple, banana, mango, spinach, lemongrass, coconut milk	6.50
<b>FLEX ON THE BEACH</b> Chocolate whey protein, peanut butter, banana, cinnamon, almond milk	6.50

## HOT DRINKS

<b>ESPRESSO</b>	2.20
<b>DOUBLE ESPRESSO</b>	2.60
<b>AMERICANO</b>	2.60
<b>FLAT WHITE</b>	3
<b>CAPPUCCINO</b>	3
<b>LATTE</b>	3
<b>MOCHA</b>	3.50
<b>ICED LATTE</b>	3.50
<b>ICED CHAI LATTE</b>	4
<b>CHAI LATTE</b>	4
<b>MATCHA AND ALMOND LATTE</b>	4
<b>TURMERIC LATTE</b>	4
<b>BEETROOT LATTE</b>	4
<b>FAIRTRADE ORGANIC HOT CHOCOLATE</b>	3.50
<b>COCONUT, ALMOND, SOY, OAT MILK</b>	0.50
<b>LOOSE LEAF TEA POTS</b> Breakfast tea / Earl grey blue flower / Green tea sencha / Roobios/ Lemon-grass and ginger / Whole peppermint / Goji berry and pomegranate	3.50

## COLD DRINKS

<b>CHARI ICED TEA</b> Red / Green / Mate / Black	3.50
<b>LEMONAID</b> Blood orange / Passion fruit / Lime	3.50
<b>KOMBUCHA</b> Organic original / Organic ginger / Organic blueberry	3.50
<b>BLACK LEMONADE</b> Activated charcoal, soda water, fresh lemon, honey	5
<b>STILL WATER</b>	2
<b>SPARKING WATER</b>	2
<b>APPLE JUICE</b>	3
<b>ORANGE JUICE</b>	3
<b>COKE ZERO</b>	3
<b>7UP FREE</b>	3
<b>FRESH APPLE</b>	4.50
<b>FRESH ORANGE</b>	4.50

## BEER

<b>PERONI</b>	5
<b>CORONA</b>	5
<b>NILS OSCAR BORDSLAGER ORGANIC 33CL</b>	5
<b>NANNY STATE ALCOHOL FREE</b>	4
<b>URBAN ORCHARD CIDER</b>	5
<b>HAWKES ALCOHOLIC ORGANIC GINGER BEER</b>	7

## DRAFT

<b>FREEDOM ORGANIC LAGER</b> HALF PINT 3, PINT 5.50
<b>FREEDOM PALE ALE</b> HALF PINT 3, PINT 5.50

## SPIRITS

(50ml)

GIN		VODKA	
<b>RIVES LONDON DRY GIN</b>	7	<b>RUSSIAN STANDARD</b>	7
<b>PINK RIVES</b>	7	<b>SPIRIT OF HVEN ORGANIC VODKA</b>	8
<b>BOBBYS DRY GIN</b>	7	<b>FAIR QUINOA VODKA</b>	10
<b>SPIRIT OF HVEN ORGANIC GIN</b>	8	<b>WHISKEY</b>	
<b>KOVAL ORGANIC BARRELLED GIN</b>	9	<b>JACK DANIELS</b>	7
<b>HENDRICKS</b>	9	<b>KOVAL ORGANIC FOR GRAIN SINGLE BARREL WHISKEY</b>	9
<b>RUM</b>		<b>KOVAL ORGANIC BOURBON SINGLE BARREL WHISKEY</b>	9
<b>THE KRAKEN BLACK SPICED RUM</b>	7	<b>SPIRIT OF HVEN ORGANIC SINGLE MALT TYCHO'S</b>	9
<b>BARCELO GRAN ANEJO</b>	7	<b>TEQUILA</b>	
<b>BARCELO GRAN ANEJO PLATINUM</b>	7	<b>CABRITO BLANCO</b>	7

## MIXERS

Add a mixer to your spirit + 1.50

<b>NATURALLY LIGHT TONIC</b>	3	<b>SODA WATER</b>	3
<b>GRAPEFRUIT TONIC WATER WITH BLACK OLIVE</b>	3	<b>GINGER BEER</b>	3
<b>PINK GRAPEFRUIT WITH HIBISCUS</b>	3	<b>COKE ZERO</b>	3
<b>ELDERFLOWER WITH CUCUMBER</b>	3	<b>7UP FREE</b>	3
		<b>APPLE JUICE</b>	3
		<b>ORANGE JUICE</b>	3

## WINE

### FIZZ

**ARTIGIANALE NATURAL PROSECCO, TREVISO DOC, ITALY**  
GLASS 7, BOTTLE 33

Floral notes of Acacia and Wisteria on the nose with clean, delicate flavours of apple and white peach with a crisp dry finish. Vegan, low sulphite, low sugar.

### WHITE

**FINCA CERRADA VIURA, SPAIN (ORGANIC AND VEGAN)**  
GLASS 5.50, BOTTLE 18

Ripe pineapple and citrus fruit aromas, with a crisp finish.

**SARTORI ALMORANO PINOT GRIGIO, ITALY**  
BOTTLE 20

Delicate pear, white flowers and a subtle hint of almond on a zippy acidity.

**COMBE ROCHER VIOGNER, FRANCE**  
GLASS 6.50, BOTTLE 22

Intensely peachy nose with orange blossom and citrus.

**CHÂTEAU PETIT ROUBIÉ PICPOUL DE PINET, FRANCE (ORGANIC AND VEGAN)**  
BOTTLE 26

Green apple, pear and hints of peach, lead to a delicate mineral finish.

**ORGANIC SAUVIGNON BLANC, SOUTH AFRICA**  
GLASS 7.50, BOTTLE 24

Ripe Gooseberry, guava and fresh garden pea aromas. Grassy and zesty on the finish.

**PENLEY ESTATE GENEVIÈVE CHARDONNAY, AUSTRALIA (VEGAN)**  
BOTTLE 30

Grapefruit and white peach aromas are framed in soft french oak providing a creamy citrus finish

### ROSE

**NATURE DE PETIT ROUBIÉ ROSÉ IGP PAYS D'OC, FRANCE (ORGANIC)**  
GLASS 7.50, BOTTLE 22

Salmon pink with aromas of juicy red berries and nectarine on a dry finish.

**CHÂTEAU DE NESTUBY ROSÉ, FRANCE**  
BOTTLE 26

Elegant pale pink hues. Delicate aromas of raspberry, rose, jasmine and peach.

### RED

**FINCA CERRADA TEMPRANILLO, SPAIN (ORGANIC AND VEGAN)**  
GLASS 5.50, BOTTLE 18

Blueberry, blackcurrent and plum flavours on a juicy medium bodied pallet.

**BODEGAS CARELLI 34 MALBEC, ARGENTINA (VEGAN)**  
BOTTLE 26

Deep purple tones, showing notes of damson, cassis and plums.

**AUSTRAL CRIANZA, SPAIN (VEGAN)**  
GLASS 6.50, BOTTLE 22

Intense ruby colour, soft and round in the mouth with earthy cherry and cedar flavours.

**AMASTUOLA CAPOCANALE MERLOT, ITALY (ORGANIC AND VEGAN)**  
GLASS 7.50, BOTTLE 24

Rich cherry, spicy plum and herbaceous notes with delicate chocolate aroma on the finish.

**GRUBER RÖSCHITZ ZWEIGELT KLASSIK, AUSTRIA (ORGANIC AND VEGAN)**  
GLASS 8.50, BOTTLE 28

Light in body but packed with peppery cherry flavour. Can be slightly chilled.

**CHÂTEAU LES TOURS DE PEYRAT VIEILLES VIGNES BLAYE ROUGE, FRANCE (ORGANIC AND VEGAN)**  
BOTTLE 28

Ripe forest fruits with a hint of coffee and high quality oak on the nose lead to a plush rounded finish.