

FEELS LIKE
JUNE

FILTERED WATER (STILL / SPARKLING)	1
With every purchase, we donate 100 litres of clean drinking water to a family in need. More info on the bottle.	

HOT DRINKS

ESPRESSO	2.7
DOUBLE ESPRESSO	2.9
AMERICANO	3
FLAT WHITE	3.7
CAPPUCCINO	3.9
LATTE	3.9
MOCHA	4
MATCHA LATTE	4
HOT CHOCOLATE	5
TEA	3.5
English breakfast / earl grey / super fruit / green / peppermint / fresh mint / chamomile	

ICED DRINKS

GREEN ICE TEA	4
SUPER FRUIT ICE TEA	4
ICED AMERICANO	4
ICED LATTE	4

SOFT DRINKS

COKE	3.5
DIET COKE	3.5
LEMONADE	3.5
LONDON ESSENCE	3.5
tonic / soda / ginger ale / ginger beer / peach & jasmine soda	

JUICES & SMOOTHIES

JUICE	4
orange / apple / grapefruit / cranberry	
DETOX JUICE	4.5
carrot, apple, ginger, turmeric, lemon	
GREEN SMOOTHIE	4.5
banana, apple, basil, kiwi	
RED SMOOTHIE	4.5
strawberry, blackberry, orange, mint	

If you have any allergies or intolerances, please speak to a member of our team about your requirements before ordering.

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ALL DAY MENU

MON - SUN

11.30AM TO 10PM

NOCELLARA OLIVES (vg)	3.5
MIXED NUTS (vg)	3.5
PADRON PEPPERS (vg) chilli, lime	5
TORTILLA CHIPS (vg) guacamole, pico de gallo	5
FRIES (vg)	5
MAC & CHEESE (v) add-on: truffle oil £1	11
BEEF SLIDERS gherkins, truffle mayo	12
FLJ BURGER (h) cheddar cheese, caramelised onion, pickles, homemade burger sauce, served with fries	20
FLJ VEGAN BURGER (vg) vegan cheese, coleslaw, served with fries	20
FLJ PULLED CHIPOTLE BEEF BRISKET BURGER (h) cheddar, pickles, yellow mustard, coleslaw, served with fries	20

add-ons for burgers:

make it double £4 / bacon £2.5 /
guacamole £2.5 / fried egg £2.5

(v) vegetarian (vg) vegan (h) halal

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DRAUGHT BEER

	1/2 pint	pint
CAMDEN HELLS LAGER ABV 4.6% - UK	3.5	7
CAMDEN PALE ALE ABV 4% - UK	3.5	7

BEER & CIDER BOTTLE

MODELO ESPECIAL ABV 4.5% - Mexico	6.5
CAMDEN HELLS LAGER ABV 4.9% - UK	7
SASSY CIDER SMALL BATCH ABV 5% - France	8

LOW ALCOHOL BEER & CIDER BOTTLE

LUCKY SAINT LAGER ABV 0.5% - UK	7.5
SASSY POMME PETILLANT ABV 0.0% - France	7

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RED WINE

	glass 125ml	carafe 500ml	bottle
LA CAVEA ROSSO Merlot, Pinot Noir - Italy (on tap)	6.5	25	.
'PAPA FIGOS' DOURO TINTO 2022, Tempranillo, Touriga Nacional - Portugal	8	32	38
RIOJA CRIANZA, BODEGAS LAN 2020, Tempranillo - Spain			45
COLONIA 'LAS LIEBRES' MENDOZA 2023, Bonarda - Argentina	10	39	49
'THE BLEND' WALKER BAY GABRIËLSKLOOF 2020, Malbec, Petit Verdot, Cabernet Sauvignon, Cabernet Franc - South Africa			54
VALPOLICELLA, ALLEGRINI, VENETO 2022, Corvina, Rondinella - Italy			56
BODEGAS MONTEVIEJO 'FESTIVO' 2021, Malbec - Argentina	11.5	44	58
'HERITAGE COLLECTION' DE LOACH 2022, Pinot Noir - USA	13	48	65
CÔTES DU RHÔNE XAVIER 2020, Grenache - France			65
TRES PALACIOS FAMILY VINTAGE 2020, Merlot - Chile			65
CHÂTEAU LAROSE-TRINTAUDON, BORDEAUX 2019, Merlot, Cabernet Sauvignon - France			80
CHIANTI CLASSICO TENUTA CASENUOVE 2018, Cabernet Sauvignon, Merlot, Sangiovese - Italy			85

ROSÉ WINE

	glass 125ml	carafe 500ml	bottle
LA CAVEA ROSATO Merlot, Pinot Noir - Italy (on tap)	6.5	25	
MOLINICO LOCO MONASTRELL 2023, Monastrell - Spain			38
FAMILLE PERRIN, LUBERON ROSÉ 2023, Shiraz / Syrah, Grenache, Cinsault - France	8	32	50
CHANNING DAUGHTERS, ROSATO CAB FRANC 2022, Cabernet Franc - USA	12	46	68

WHITE WINE

	glass 125ml	carafe 500ml	bottle
LA CAVEA WHITE Pinot Bianco, Garganega - Italy (on tap)	6.5	25	
COSTADUNE, MANDRAROSSA 2023, Grillo - Italy			38
QUINTA DE AZEVEDO, VINHO VERDE 2023, Loureiro - Portugal	8.5	30	43
VETUS, 'FLOR DE VETUS', RUEDA 2022, Verdejo - Spain			45
DOMAINE ROC DE L'ABBAYE, LOIRE 2023, Sauvignon Blanc - France	9.5	38	48
MAISON VENTENAC 2023, Chardonnay - France	10.5	40	50
NITTNAUS 2021, Grüner Veltliner - Austria			50
DREISSIGACKER, RHEINHESSEN 2023, Riesling - Germany	12.5	45	60
BODEGA GARZÓN RESERVE, MALDONADO 2023, Albarino - Uruguay			60
PROTERO 'AROMATICO' 2022, Gewürztraminer, Riesling, Sauvignon Blanc - Australia			75
LIEU DIT 2019, Chenin Blanc - USA			78
PATELIN DE TABLAS BLANC, TABLAS CREEK 2019, Viognier, Roussanne, Marsanne, Grenache Blanc, Clairette - USA			85

SPARKLING

	glass 125ml	carafe 500ml	bottle
TERRE DI RAI, PROSECCO Glera - Italy	8.5		46
BOCCHORIS, CAVA Macabeo, Xarel-lo, Parellada - Spain	13		55
FRIARWOOD 1er CRU, BRUT NV, CHAMPAGNE Chardonnay, Pinot Noir, Pinot Meunier - France			120

LOW ALCOHOL WINE

	glass 125ml	carafe 500ml	bottle
LAUTUS SPARKLING Stellenbosch - South Africa	8.5		38

SIGNATURE

MEXICALI

Manzanilla sherry, Verde mezcal, lime, pineapple, apple vinegar, green jalapeno, saline solution

12



1967

East London vodka, rhubarb liqueur, lemon, cranberry, rhubarb

11

EUPHORIA

Don Q rum blanco, passion fruit, London Essence grapefruit soda, peychaud's bitters

11



MIAMI VICE

East London gin, St Germain elderflower liqueur, lemon & galia melon sorbet, mint, thyme, prosecco

11

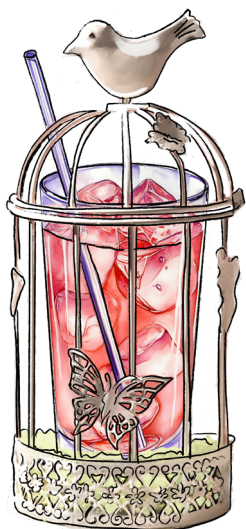
SMOKING HEAD

Los Arcos tequila, chamomile liqueur, watermelon, lemon, soya, saline solution

12



COCKTAILS



ENCHANTED TRAP

Yaguara cachaça, Campari, almond liqueur, strawberry, lime, LE grapefruit & rosemary tonic

13

MIRAGE SANGRIA

Rioja LAN, Midori, dry curacao, London Essence roasted pineapple soda

11



SAKURA BLOSSOM

Maraschino liqueur infused with pea flower, lychee, lemon, vanilla, aquafaba

12

TAO

Suntory Toki whisky, peach liqueur, peach & jasmine foam

14



TRUFFLE MARTINI

East London vodka, Martini Ambrato vermouth, truffle

11



THE TIDAL RUM CUBAN DAIQUIRI COLLECTION

HAVANA DAIQUIRI	11
Tidal Gold rum, Briottet cacao blanc liqueur, Montenegro, lime, coconut, dairy	
VARADERO DAIQUIRI	11
Tidal Gold rum, Blue curacao, lime, mint, cucumber, Angostura orange bitter	
TRINIDAD DAIQUIRI	11
Tidal Gold rum, Campari, strawberry, lime, vanilla	

WEST COAST SPRITZ

LONG BEACH SPRITZ	10
La Cavea Rosato, St Germain elderflower, Suze liqueur, LE blood orange & elderflower tonic	
SANTA BARBARA SPRITZ	10
La Cavea Rosato, Briottet passion fruit, Narano bitter orange liqueur, LE peach & jasmine soda	
SAN DIEGO BAY SPRITZ	10
La Cavea Rosato, Briottet banana liqueur, Blue curacao, Franklin lemonade	

SHARING COCKTAILS FOR 2 PEOPLE

HAPPINESS	20
Maraschino infused with pea flower, lychee liqueur, lemon, LE grapefruit & rosemary tonic	
FURY	20
Martini bianco, mandarine liqueur, London Essence roasted pineapple soda	
LOVE	20
Martini fiero, passion fruit liqueur, London Essence grapefruit soda	

NON ALCOHOLIC COCKTAILS

MARINE	10
Everleaf Marine, lime, grapefruit, London Essence grapefruit & rosemary tonic	
ZERO GRAVITY SPRITZ	10
Marini Vibrante 0.0%, Lautus sparkling wine 0.0%	
SWEETHEART	10
Almave Amber, Everleaf Mountain, lime, syrup, peach & jasmine soda	

GIN

	50ml
EAST LONDON - UK	10
ROKU - JAPAN	10
AVIATION - USA	11
THE BOTANIST - SCOTLAND	11
MALFY ROSA - ITALY	11
ENGINE ORGANIC - ITALY	12
HENDRICKS - SCOTLAND	12
KOVAL - USA	13
BROOKLYN - USA	13
DEATH'S DOOR - USA	13
MONKEY 47 - GERMANY	13

VODKA

	50ml
EAST LONDON - UK	10
ZUBROWKA BISONGRASS - POLAND	10
TITO'S - USA	10
WHEATLEY CRAFT - USA	10
DISCARDED GRAPE SKIN - SCOTLAND	11
HAKU - JAPAN	11
BELVEDERE - POLAND	12
ABSOLUT ELYX - SWEDEN	12
ST GEORGE - USA	13
GREY GOOSE - FRANCE	13
CRYSTAL HEAD - USA	15

RUM & CACHAÇA

	50ml
DON Q CRISTAL - PUERTO RICO	10
THE DUPPY SHARE SPICED - JAMAICA	10
BACARDI CARTA NEGRA - CUBA	10
ALUNA COCONUT - GUATEMALA	10
YAGUARA CACHAÇA - BRAZIL	10
BAYOU RESERVE - USA	11
PLANTATION 5 YEARS - BARBADOS	11
WRAY & NEPHEW OVERPROOF - JAMAICA	12
TROIS RIVIERES BLANC - MARTINIQUE	12
TIDAL GOLD - CARIBBEAN	12
FLOR DE CAÑA 12 YEARS - NICARAGUA	12
ZACAPA 23 - NICARAGUA	15

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TEQUILA & MEZCAL

	50ml
LOS ARCOS - MEXICO	10
EL RAYO REPOSADO - MEXICO	12
VIVIR CAFE - MEXICO	12
VERDE MEZCAL - MEXICO	12
VIVIR BLANCO - MEXICO	13
CASAMIGOS BLANCO - MEXICO	16
PATRON REPOSADO - MEXICO	16
TROMBA REPOSADO - MEXICO	18
CASAMIGOS MEZCAL - MEXICO	18
CLASE AZUL PLATA - MEXICO	30
CASA DRAGONES AÑEJO - MEXICO	40

BRANDY, CALVADOS & PISCO

	50ml
COURVOISIER VS - FRANCE	10
AVALLEN - FRANCE	10
REMY MARTIN VSOP - FRANCE	12
BARSOL PISCO - PERU	12

VERMOUTH & BITTER

	50ml
MARTINI BIANCO - ITALY	8
MARTINI FIERO - ITALY	8
MARTINI RUBINO - ITALY	8
MARTINI AMBRATO - ITALY	8
VYA VISPER DRY - USA	8
PUNT E MES - ITALY	8
CAMPARI - ITALY	8
APEROL - ITALY	8
PEYCHAUD'S APERITIVO - USA	8

FINE WINE

	100ml
FERNANDO DE CASTILLA MANZANILLA Spain	10
PEDRO XIMENEZ SHERRY, EMILIO LUSTAU Spain	12
TAYLOR'S TAWNY 20 YEARS Portugal	20

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LOW ALCOHOL SPIRITS

	50ml
EVERLEAF MARINE	10
EVERLEAF MOUNTAIN	10
MARTINI VIBRANTE	10
ALMAVE AMBER	10

WHISKEY

	50ml
SPEYSIDE	
GLENFIDDICH 12Y	11
MACALLAN 12Y	15
LOWLAND	
GLENKINCHIE 12Y	12
JAPANESE	
SUNTORY TOKI	11
ISLAY	
LAPHROAIG 10Y	12
CAOL ILA 12Y	14
BOWMORE 18Y	25
RYE	
SAZERAC STRAIGHT	13
HIGHLAND	
GLENMORANGIE 10Y	11
OBAN 14Y	16
DALMORE 15Y	18
IRISH	
TEELING	11
BOURBON	
BULLEIT	10
WOODFORD RESERVE	12
ELIJAH CRAIG SMALL BATCH	13
KNOB CREEK SMALL BATCH	15
CANADIAN	
SIGNAL HILL	10
LOT 40	10
BLENDED SCOTCH	
JOHNNY WALKER BLACK LABEL	10
MONKEY SHOULDER	12

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ecoSPIRITS

HELP US TO SAVE THE PLANET