

ALCOHOL

BEER

Draught		
Flensburger	4	
Stone IPA	4.5	
Bottle		
Einstok Pale Ale	5.5	
Einstok White Ale	5.5	
Beavertown Gamma Ray	4.5	
ABC Charlie Don't Surf	4.8	
ABC Juice Springsteen	5	
ABC Flat White	5	
Orval	5.5	
Magic Rock Salty Kiss	4.3	
Schofferhofer Grapefruit	3.5	
Weston Cable Road	4	

COCKTAILS

Espresso Martini	8.5
Espresso, Mr Black cold press coffee liqueur, Black Cow vodka & brown sugar	
Blackberry Bramble	7
Gin, blackberries, lemon & sugar	
Tommys Margarita	7
El Jimador tequila, lime & agave	
Caiprinha	7
Abelha cachaça, lime & sugar	
Bloody Mary	7
Arbikie chilli vodka, Arbikie vodka, tomato juice, lemon & Foundation's signature spice mix	
Mimosa	7
Prosecco & fresh orange juice	

WINE

White		
Sauvignon	6	19
Picpoul de Pinet	5.5	18
Rose		
Cinsault	4.5	17
Red		
Cabernet Sauvignon	6	19
Rioja	6	19

BAR SNACKS

16.00 — 22.00

Sharing Mezze (ve)	7
Hummus, Tabbouleh, Pickles, Tomato, Olives & a Red Pepper Dip with Crudités	
+ Feta / Chorizo	1.5
Dips & Crudités (ve)	5
Hummus, Tomato & Red Pepper Dip with Cucumber, Red Pepper & Sourdough	
Sweet Potato Crisps (ve)	2
Olive Bowl (ve)	2

Please ask for our selection of natural wines

GIN

Alkemist

Triple distilled by the light of the full moon with 21 different botanicals including Muscat grape, orange peel, lemon peel, rose petals, samphire, fennel, thyme & mint.

Arbikie Kirsty's Gin

With a base spirit made from estate-grown potatoes in Scotland, & botanicals such as juniper, kelp, carline thistle & blaeberry this won't disappoint.

Berliner Brandsifter

Each year the botanicals & herbs used for the production & refinement are cultivated & handpicked on Berliner Speisegut farm in Gatow. This Gin carefully balances smooth, soft & flowery nuances with the complex foundation of a classic gin.

Blind Tiger

Inspired by speakeasy establishments. The bars would sell tickets to see a blind tiger in a hidden room, upon entering you would be gifted a complimentary gin cocktail. This Imperial Secrets gin contains all of the classic gin botanicals as well as 3 different types of black tea.

Buss No. 509

Peach / Raspberry / Grapefruit / Elderflower

These gins are exceptionally well balanced. Eager to please, this gin will live up to its reputation or sweet yet subtle flavours

Hendricks

Hendrick's macerate 12 botanicals including; juniper, coriander, orange peel, lemon peel, elderflower & chamomile for around 24 hours before switching on the stills. This is what gives Hendricks that distinct flavour that we have all come to know & love over the years.

5

4.5

5

3.8

4.5

3.5

Yaerburgh's Jam Jar

This artisan gin is aiming to bring together all the familiar flavours of British summertime with a refreshingly citric hit from the raspberry leaves & an unusually long creamy finish.

Mombassa Strawberry

Mombassa Club gin was created in the City of Mombassa in Zanzibar in the late 1800s. It was an exclusive club for British colonials to drink good Gin while they were abroad. Fast forward to over 100 years later, add strawberries to this traditional London Dry gin & you have Mombassa Strawberry.

Sharish Blue Magic

Distilled in a traditional Portuguese copper still, it uses a combination of 9 carefully selected botanicals; vanilla, orange & lemon peel, Bravo Esmolfe Apple and lemon verbena with even more added to Blue magic. The star of these botanicals is the flower name Clitoria ternatea; this gives the gin its beautiful blue colouring, that when mixed with tonic changes colour.

X Gin

An innovative gin based on Columbian cocoa beans, Piedmonte hazelnuts, Avola almonds, Madagascan chillies & Vanilla pods. The name refers to a drink the Incas & Mayas used to make; The God's Nectar, the drink had the gift of long life & extra intelligence.

5.5

3.8

5

5

PLEASE ORDER AT THE BAR

Please advise your server of any allergies

FOOD

BREAKFAST

07.30 — 16.00

Sourdough Toast

+ Peanut Butter
+ Jam
+ Marmite
+ Almond Butter

Crumpets

+ Peanut Butter
+ Jam
+ Marmite
+ Almond Butter

Danish

Pain au Chocolat

Croissant

Ham & Cheddar Croissant

Hench Porridge

Fit Chef Oats

Chia Pudding (ve)

Soaked chia seeds, with yoghurt:

Banana, almond butter,
maple syrup, strawberry slices
& toasted almonds

Desiccated coconut,
raisins & raspberries

Yoghurt & Rawnola (v)

Natural yoghurt topped with
homemade rawnola & berries

+ Soya yoghurt (ve)

Smoothie Bowl (ve)

1.5

0.5

0.5

0.5

0.5

1.5

0.5

0.5

0.5

0.5

2

1.5

1.5

2.5

2

3.5

3

3

3

0.2

5

BRUNCH

07.30 — 16.00

Smashed Avocado (ve)

Toasted sourdough topped with
smashed avocado, chives, seeds,
dukkha & a balsamic vinaigrette

+ Bacon

+ Poached Egg

+ Halloumi

+ Mushrooms

White Beans on Toast (ve)

Canellini beans with garlic,
rosemary, thyme & lemon

+ Bacon

+ Poached Egg

+ Mozzarella

Salmon & Cream Cheese

Toasted sourdough topped with
cream cheese, smoked salmon,
poached egg & dill

Breakfast Ciabatta

Fried egg, mushroom & avocado
served in a ciabatta

+ Bacon

+ Halloumi

Hash (v)

Sweet potato, butternut squash,
red pepper, red onion, chilli
& halloumi, topped with
a poached egg

+ Chorizo

French Toast

Please ask for flavour of the week

Brunch Drinks from 12pm

Bloody Mary

Mimosa

Fresh Orange Juice

5.5

1.5

1.5

1.5

1.5

5

1.5

1.5

1.5

7

5.5

1.5

1.5

7

1.5

7

7

7

3

SANDWICHES

11.00 — 16.00

Chicken

Chicken, homemade green pesto, mozzarella & rocket on ciabatta

Chorizo

Chorizo, emmental, jalapenos & red pepper with homemade tomato sauce on ciabatta

Cheese (v)

Brie, emmental & cream cheese melted onto a toasted ciabatta with red onion & a balsamic vinaigrette

Vegan (ve)

Hummus, red pepper, spiced cauliflower & rocket on ciabatta

6.5

6.5

5.5

5.5

SALADS

11.00 — 16.00

Chicken & Avocado

Sliced avocado, chicken, sundried tomato, red pepper & mixed leaves tossed in olive oil & balsamic

Moroccan (ve)

Couscous, parsley, golden raisin, kale, red peppers, spiced cauliflower, toasted almonds with an almond & mint dressing

Greek (ve)

Blood orange, olives, red onion, tomato & radish on rocket with a balsamic dressing

+ Feta

6

6.5

5

1.5

KIDS

07.30 — 16.00

Cheese & Beans on Toast

3

Omelette

4

Egg & Soldiers

4

Nutella French Toast

5

CAKES

07.30 — 16.00

Please see the counter for our selection

BAR SNACKS

16.00 — 22.00

Sharing Mezze (ve)

Hummus, tabbouleh, pickles, tomato, olives & a red pepper dip with crudités

+ Feta

+ Chorizo

7

1.5

1.5

Dips & Crudités (ve)

Hummus, tomato & red pepper dip with cucumber, red pepper & sourdough

5

Sweet Potato Crisps (ve)

2

Olive bowl (ve)

2

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DRINKS

COFFEE		CHILLED	
Filter	2	Cold Brew Coffee	3
Espresso	2.2	Iced Americano	2.2
Ristretto	2.2	Iced Latte	2.9
Long Black	2.3	Iced Matcha Latte	3.5
Americano	2.2	Iced Chai Latte	2.8
Macchiato	2.4	Cold Brew Tea	3
Cortado	2.4	Tea Soda	4
Piccolo	2.4		
Flat White	2.7		
Cappuccino	2.7	SPECIALITY	
Latte	2.9	Matcha Latte	3.5
Mocha	3	Chai Latte	2.8
Red Eye	2.5	Beetroot Latte	2.8
Black Eye	2.8	Turmeric Latte	2.8
Dead Eye	3.2		
Bulletproof	3.5		
Kevlar	3	HOT CHOCOLATE	
Vietnamese	3	Venezuela 58%	2.8
V60 from	4	Ecuador 70%	2.8
Aeropress	3.5	Dark Madagascar 82%	2.8
Chemex	4	Ivory Coast White	2.8
Soya Milk	0.2		
Almond Milk	0.2		
Oat Milk	0.2		

