

SMALL & SHAREABLE

Chargrilled lime & sriracha chicken skewer 331 KCAL ^{GF} LIME, SRIRACHA MAYONNAISE AND GREENS	9.00
Caesar salad 623 KCAL ^{VE} AVOCADO, BABY GEM LETTUCE, GARLIC, VEGAN CHEESE AND VEGAN MAYONNAISE	13.00
Panzanella salad 412 KCAL ^V TOMATOES, BLACK OLIVES, CUCUMBER, SOURDOUGH CROUTONS AND SHALLOT DRESSING	10.00
Turmeric hummus 616 KCAL ^V TOASTED PITTA AND CRUDITÉS	9.00
Babaganoush aubergine dip 324 KCAL ^V FETA, TOASTED PINE NUTS AND BREADSTICKS	11.00
Warm breads 890 KCAL ^V OIL AND BALSAMIC	6.00
Olives 93 KCAL ^{VE} ^{GF}	5.00

FRESH, LOCAL, VEGETABLE FORWARD

Our menu is packed with fresh, healthy and seasonal ingredients with dishes inspired from all over the world.

From small and shareables to more substantial mains, our focus is to source local ingredients with vegetables at the heart.

MAINS

Half roast chicken 1887 KCAL ^{GF} ROSEMARY, THYME, GARLIC, OLIVE OIL, CHERRY TOMATOES AND YOUR CHOICE OF SIDE	24.00
Sirloin steak salad 610 KCAL ^{GF} ICEBERG LETTUCE, CHERRY TOMATOES, ROASTED SWEET PEPPERS AND BLUE CHEESE	25.00
Spinach & ricotta ravioli 468 KCAL ^V CHERRY TOMATO, BASIL AND GARLIC	19.00
Pan-fried sea bass 765 KCAL ^{GF} ROAST HASSELBACK POTATOES, TOMATOES AND CAPERS	24.00
Asian meatballs & pickle 1011 KCAL ^V QUORN® MEATBALLS, KOREAN GLAZE, PICKLE, CRISPY ONIONS AND JASMINE RICE	19.00
Crisp polenta chips 347 KCAL ^V & ratatouille POACHED EGG	18.00
Beef burger 1330 KCAL BEEF PATTY, CRISPY BACON, CHEDDAR CHEESE, SMOKY CHIPOTLE SAUCE AND FRIES	17.00
Fish and chips 803 KCAL ATLANTIC COD IN ALE BATTER, CRUSHED PEAS, CHIPS AND TARTARE SAUCE	17.00
Sirloin steak 250G 506 KCAL 30 DAY AGED TENDER PRIME CUT	35.00

SIDES

Skinny fries 236 KCAL ^V ^{GF}	4.00
Skinny fries with parmesan 334 KCAL ^V ^{GF}	4.50
Chunky chips 343 KCAL ^V ^{GF}	4.00
Sautéed summer greens 237 KCAL ^V ^{GF}	4.00
Chargrilled corn cob 325 KCAL ^V ^{GF}	4.00
Crunchy iceberg salad 295 KCAL ^V LEMON VINAIGRETTE	5.00

SEASONAL FOOD

Proudly partnering with carefully selected suppliers, bringing you the most fresh and seasonal ingredients, all locally sourced.

^V ^{VE}

DESSERTS

Sticky toffee pudding 369 KCAL ^V VANILLA ICE CREAM	7.00
Orange drizzle cake 391 KCAL ^V ^{GF} ORANGE SORBET	7.00
Triple chocolate cheesecake 599 KCAL ^V SALTED CARAMEL SAUCE AND TOFFEE POPCORN	8.50
Petit fours selection 215 KCAL ^V	5.00

COCKTAILS

Woodford Reserve Old Fashioned	12.95
Espresso Martini	12.95
Amaretto Sour	12.95
Classic Mojito	12.95

DIGESTIFS

Irish coffee	7.00
Gaelic coffee	7.00
Baileys coffee	7.00
Calypso coffee	7.00

HOT DRINKS

Selection of teas 9 KCAL SERVED WITH SHORTBREAD BISCUIT 104 KCAL	FROM 3.50
Selection of coffees 233 KCAL SERVED WITH SHORTBREAD BISCUIT 104 KCAL	FROM 3.50

SOFT DRINKS

Selection of soft drinks & juices	FROM 3.00
Vegan classic tea latte 27 KCAL	3.95

^V vegetarian, ^{VE} vegan, ^{GF} gluten free.

If you have any dietary requirements or are concerned about food allergies, e.g. nuts, you are invited to ask one of our team members. Adults need around 2000 kcal a day. Opening times may vary. All prices include VAT at the current rate. A 12.5% discretionary service charge will be added to your b

Dockside Restaurant, Aloft London Excel, One Eastern Gateway, Royal Victoria Dock, London E16 1FR +44 (0) 20 3203 0714

WHITE WINE

	175ML	BOTTLE
Vinuva Organic Pinot Grigio ITALY	7.50	29.50
Berri Estate Chardonnay AUSTRALIA	6.75	25.50
Picpoul De Pinet, Petite Ronde FRANCE	8.75	34.00
Waipara Hill, Sauvignon Blanc NEW ZEALAND	9.25	35.50
Paco & Lola Albariño, Rías Baixas SPAIN	9.75	38.00
Gavi di Gavi Domini Villa Lanata ITALY	11.25	44.00

RED WINE

	175ML	BOTTLE
Berri Estates Shiraz AUSTRALIA	6.75	25.50
Tekena Merlot, Central Valley CHILE	7.50	29.50
Eleve Pinot Noir, Languedoc FRANCE	8.75	34.00
Drifting Cabernet Sauvignon USA	9.00	35.00
Don Jacobo Rioja, La Rioja SPAIN	9.75	38.50
Puro Malbec, Mendoza ARGENTIN	11.25	44.00

ROSÉ WINE

	175ML	BOTTLE
Pinot Grigio Rosé Della Venezie ITALY	7.25	27.50
Estandon Heritage Rosé FRANCE	9.75	38.00

CHAMPAGNE & SPARKLING

	125ML	BOTTLE
Da Luca Prosecco Extra Dry ITALY	8.50	43.50
Da Luca Prosecco Rosé ITALY	10.25	48.50
Moët & Chandon Brut Impérial FRANCE		72.00
Moët & Chandon Rosé Impérial FRANCE		89.50

BOTTLED BEER & CIDER

Beck's Lager		5.00
Brewdog Dead Pony Club Pale Ale		7.00
Daura Damm (gluten free)		7.00
Guinness Surger Can		6.50
Peroni Nastro Azzurro		6.00
Rekorderlig Apple Cider		7.50
Rekorderlig Strawberry & Lime Cider		7.50
Beck's Blue (non-alcoholic)		3.95
Brewdog Punk AF (non-alcoholic)		5.00

BREWDOG

In proud partnership with BrewDog, enjoying delicious beer with a carbon negative footprint.

DRAUGHT BEER

	HALF	PINT
Brewdog Lost Lager	4.00	7.50
Brewdog Punk IPA	4.00	7.50
Corona	3.50	6.95
Stella Artois	3.25	5.95

COCKTAILS

Woodford Reserve Old Fashioned	12.95
Espresso Martini	12.95
Amaretto Sour	12.95
Classic Mojito	12.95

APERITIF

	25ML	50ML
Aperol	4.95	9.90
Martini Bianco / Extra Dry / Rosso	5.80	11.60
Pimms No.1	4.95	9.90

GIN

	25ML	50ML
Beefeater	4.95	9.90
Hendrick's	7.50	15.00
Slingsby Rhubarb Gin	6.50	13.00
East London Gin	7.20	14.40
Brewdog Lonewolf	8.00	16.00

TEQUILA

	25ML	50ML
Olmecca Blanco	5.50	11.00
Olmecca Reposado	6.50	13.00

RUM

	25ML	50ML
Bacardi Superior	4.95	9.90
Captain Morgan's Dark	5.50	11.00
East London Rarer Rum	9.00	18.00

VODKA

	25ML	50ML
Absolut	4.95	9.90
Grey Goose	8.30	16.60
East London Vodka	7.50	15.00

SINGLE MALT WHISKY

	25ML	50ML
Glenlivet Founder's Reserve	8.75	17.50
Jura 10yr	9.00	18.00
Oban	10.50	21.00

WHISKY

	25ML	50ML
Famous Grouse	5.50	11.00
Jack Daniels	5.50	11.00
Jameson's	6.00	12.00

BOURBON

	25ML	50ML
Maker's Mark	6.50	13.00
Woodford Reserve	7.95	15.90

COGNAC

	25ML	50ML
Martell V.S.	6.00	12.00
Martell V.S.O.P.	8.50	17.00

LIQUEURS

Amaretto Disaronno	5.50	11.00
Bailey's	5.00	10.00