



Soft Drinks

Freshly Squeezed Juices 6.5

Carrot

Orange Juice & Grapefruit Juice

Detox – Cucumber, Celery, Ginger, Apple Juice, Spinach 7.5

Juices 5

Eager Apple Juice, Cranberry Pineapple

Eager Pineapple, Tomato

Rubicon Mango, Passion Fruit

Virgin Mary 7

Tomato juice, celery, Worchester Sauce, Tabasco, lemon

Citron Pressé 6.5

Lemon juice, honey, soda water

Soft Drinks

Coke, Diet Coke, Coke Zero 4.5

Fever Tree Lemonade, Ginger Ale & Beer 4.5

Fever Tree Tonic & Slimline 4.5

Baladin Grapefruit Tonic 6.5

Baladin Ginger Rouge Tonic 6.5

Water 6.95

San Benedetto Still & Sparkling



FØA Cocktails
& Drink Menu



Natural & Beneficial FØA Cocktails

Our range of 'naturally' inspired cocktails contains ingredients that are beneficial to your health and

CBD Spritz

Befits: *PAIN RELIEF AND RELAXATION*
without any mind-altering effects

CBD Oil, Orange Spritz syrup, Wild Idol Sparkling

12.5

KOMBUCHA Mule

Befits: *HELPS YOUR DIGESTION*
RIDS YOUR BODY OF TOXINS
BOOSTS YOUR ENERGY

Ginger Kombucha, Hibishus Syrup
blackberry pulp & lemon juice

MATCHA & LAVENDER Lemonade


Befits: *IMPROVES CARDIOVASCULAR HEALTH*
RICH IN ANTIOXIDANTS
PROMOTES A STATE OF RELAXATION

Matcha Powder, Lavender Syrup
sparkling water & lemon juice

9.5



For more information on drinks that may contain allergens, please ask your server



What to drink when you are not drinking...

All the products used to make the following cocktails
are alcohol - free

Franco's Fizz

Wild Idol Sparkling, Hibiscus Syrup, Hibiscus Syrup,
Golden Powder & red currants

12

AF Gin Vodka & Tonic

Tanqueray 0.0% Gin / Strikk Not Vodka
FeverTree Tonic Water, lime or lemon slice

10.5

Baby Bellini/Rossini

Peach/Strawberry Purée, Wild Idol Sparkling

12

Orange Spritz

Orange Spritz Syrup, Wild Idol Sparkling
soda, orange slice

12

NA-Groni

Martini Vibrante, Orange Spritz Syrup
Seedlip Grove NA Gin

12

HUGA

Elderflower Cordial, Wild Idol Sparkling, lemon juice

12

0% Espresso Martini

Strikk Not Vodka, Lyre's Coffee Liqueur,
Brown sugar, espresso shot

12



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'Mood Enhancer' FØA Cocktails

We aim to create a range of drinks that are delicious and will give you the relaxed, sociable and 'feel good' sensation that supports your mind and your body.

The ingredients

GABA Spirit SENTIA

The discovery and development of an alternative to alcohol called 'Alcarelle' Designed by a world-renowned team of botanists, innovators, and scientists, SENTIA's unique blend of powerful, plant-based ingredients are scientifically proven to activate 'GABA' in the brain – that's the neurotransmitter responsible for those sensations of sociability – meaning you can come together and connect, with a good drink without ethanol.

GABA is constantly at work in our brains, regulating our behaviour, our mood and our emotions. And science is making leaps in understanding how it works, how it interacts with other neurotransmitters, how it can help us to stay healthy and well.

Three Spirit SOCIAL ELIXIR

This dark herbal elixir is the ultimate social companion and mood elevator. Natural, blissful feeling with lion's mane mushroom, yerba mate and damiana. Full-bodied and bittersweet with a curious savoury bite.

Filtered water, agave nectar, botanical extracts of: (caraway seed, damiana leaf, lion's mane mushroom, yerba mate, passionflower, Tulsi, cacao bean, green tea), coconut vinegar, molasses, black carrot, vitamins; B3, B6, B7 and B12.

Three Spirit NIGHTCAP

This indulgent elixir is made with tree saps, aromatic plants and ancient remedies used to relax and unwind. Enjoy complex notes of wood and bright spice with a calm, dreamy feeling.

Filtered water, pure maple syrup, Hüll Melon hops, botanical extracts of: (lemon balm, turmeric root, ashwagandha, white willow bark, vanilla, valerian, liquorice root, ginger), natural flavours, lactic acid, tannin infusion, preservative; potassium sorbate, antioxidant; ascorbic acid.

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FØA Wine Selection

2022 Wild Idol Premium Sparkling Zero Dosage

(Muller Thurgau; 0.0%ABV) England

125 ml 10.5 / bottle 62

2022 Wild Idol Premium Sparkling Rosé

(Blend Merlot & Muller Thurgau; 0.0%ABV) England

125 ml 10.5 / bottle 62

LEITZ Eins Zwei Zero Riesling

(100% Riesling; 0.0%ABV) Germany

175 ml 7 / bottle 28

LEITZ Eins Zwei Zero Rosé

(100% Pinot Noir; 0.0%ABV) Germany

175 ml 7 / bottle 28

LEITZ Eins Zwei Zero Pinot Noir

(100% Pinot Noir; 0.5%ABV) Germany

175 ml 7.5 / bottle 30

FØA Beer Selection

Moretti Alcohol Free (33 cl – 0.05% ABV)


Menabrea Alcohol Free (33 cl – 0.05% ABV)

6

Baladin Botanic (33 cl – 0.45% ABV)

8

Baladin Botanic is 100% hand crafted. The beer is made with the barley from fields in Apulia and Basilicata, hops gentian and passionflower from Piedmont, coriander & cannabis sativa essential oil from central & southern Italy.



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Franco's Signature FØA Cocktails

Franco's Fizz
Wild Idol Sparkling, Hibiscus Syrup
Golden Powder & red currants

Dark & Ginger
Caleno Dark & Spicy, Baladin Ginger Rouge
lemon juice & Orange bitters

Barbie Goes to Forest
Everleaf Forest, raspberry puree, cranberry
lemon & vanilla syrup, fresh raspberries

Franco's Calling
Caleno Light & Zesty
cucumber juice, apple

The Healthy Gimlet
Everleaf Marine, Lime cordial

12



'Mood Enhancer' FØA Cocktails

SENTIA Passionfruit Martini

All the ingredients are designed to enhance your brain's
natural GABA – thought to be the reason why alcohol is so
popular

Sentia Spirit, Passionfruit Puree, lime and vanilla syrup

ELIXIR Fizz

Adaptogenic: Lion's Mane Mushrooms & Damiana
Befits: APHRODISIAC, EUPHORIC HEART OPENER
Elixir Three Spirits, Blackberry Pulp,
Wild Idol Sparkling

NIGHTCAP Old Fashioned

Adaptogenic & Nootropic ingredient: Lemon Balm
Befits: REJUVANATING & THERAPEUTIC
NightCap Three Spirit, Orange Bitter
Fresh orange, maraschino cherries

12



