



YEOTOWN **SUSSEX**
GARDENS

Eat Healthy, Live Well

Drinks

— CONSCIOUS COCKTAILS —



SIMPLICITY / 10

How beautiful and elegant things are when they are not lost in the detail? It means sifting through tons of soil to find one perfect gem. On the other hand, it doesn't mean a lack of complexity, but merely that, presented in a simple way it allows us to focus on what is necessary. Our simplicity recommendation: Get rid of excess.

Vodka, Green tea and lemon syrup, Tokaji Sweet Wine, Angostura bitters, honey, lemon and soda water.

TREE OF LIFE / 9

The tree of life represents the afterlife, and the connection between the earth and heaven. The bond and affection to trees is so deep that Celts believed the actual trees were their ancestors, gatekeepers to the Celtic Otherworld. As such, the tree of life in Celtic Culture is sacred.

Matcha Infused Bacardi, Cocchi Americano, elderflower, pineapple and lemon.



ZEN WITH IN / 12

Simple, easy, tranquil. Adding a bit more "zen" to our life is beneficial to both our brain and our body. Our Zen recommendation: Start the day early and with love. Thoughts planted early in the morning continue to grow during the day.

Tequila Chillies, Lime infused Cointreau, Lemon, Herba Mate and Jalapeno Syrup.





SERENITY OF NATURE / 10

Be present with your natural surroundings – do not be tempted to be in nature physically with your mind present in impending work. Serenity is about finding peace, creating calm, being tranquil and not letting the stress of everyday living to swamp you.

Gin, Grapefruit, Coconut water, Aperitivo and Lemon.

THE DOWN DOG / 10

The yoga pose name comes from the pose's similarity to the way a dog stretches when getting up. Yoga is about savouring the rhythm of life—the fluctuation of rest and restlessness and celebrating all of life's flavours from grief, sorrow, and sadness to bliss, ecstasy, and joy.

Vodka, Rose wine with wild berries, Cocchi Rosa, Aperol and Prosecco



SPIRITUAL ROSE / 11

Roses symbolise God's love at work in people's lives. These elegant flowers regularly show up in reports of miracles and encounters with angels. Rose is considered a symbol of balance. It expresses promise, new beginnings, and hope.

Gin, Strawberry and Chamomile syrup, Rose infused Cocchi Rosa, Prosecco, Soda water.

SPRITZ BLISS / 7

Bliss is a state of unity, transcendence, completeness, knowingness, wholeness, and uplifted consciousness; it is a feeling of oneness and connection with all of creation. Bliss is never boring; it feels ever new, expansive, and infinite. Our bliss recommendation: Seek meaning in your life and be authentic.

Martini Fiero, Rhubarb and Cherry Syrup, Orange Bitters, Prosecco and Lemon.



MINDFUL MOCKTAILS



FREE SPIRIT / 8

A free spirit has strong values and opinions about life. It isn't someone who wanders for the sake of wandering – a true free spirit lives with intention. They appreciate their free-spiritedness and have chosen to live in a way that's aligned with their values. You are a free spirit if we just caught you daydreaming!

Livener three spirits, Pink Grapefruit juice, kombucha.

THE GLOW / 6.50

When you're being kind, considerate, compassionate and giving off yourself, your soul will rejoice. You've reached the highest level of self-love in this state of serving others. And even though it is good karma to be kind to others, sometimes we forget to include ourselves in the mix. Being kind to yourself is NOT selfish – in fact, it's entirely selfless because when you feel good, you are more inclined to help others feel good as well. Our glow recommendation: Live in gratitude and remember to breathe.

Meda Glow CBD, Elderflower cordial, Lemon and Basil.

