

## COCKTAIL SPA AT POCKETSQUARE



Cocktails and bites but make them January....

At **PocketSquare** Skyline Bar & Terrace in east London expert Bar Manager Kristian Smith and his team have created a **Cocktail Spa** menu of wellness boosting alcohol-free cocktails and health-minded dishes. Like a visit to the spa the menu is designed to relax, increase energy levels and leave guests with a spring in their step.

At the ninth-floor destination bar guests can enjoy mood-lifting views of the London skyline while sipping on healthier drinks and bites. Iconic landmark buildings The Gherkin, Canary Wharf and the O2 are visible from the stunning outside terrace.

In the Cocktail Spa drinks menu Bar Manager Kristian has combined his background in medicine with expert cocktail skills. Kristian has used carefully selected natural health promoting ingredients to create delicious specialist drinks. Each of the five cocktails has been created with a different area of wellness in mind; Detox, Energy, Relaxation, Stress Relief and Happiness.

**Energising** is a bitter, smoky, spiced drink featuring ginger which works to naturally increase energy levels; and lemon juice for a hit of Vitamin C and to help detox your body.

**Detox** is a sweet, fruity cocktail made from a blueberry and juniper tea that is created in house. The antioxidant rich berries come together to support the body in detox, balance and promoting a positive mindset.

**Stress Relief** is a refreshing citrusy cocktail made using Lucky Saint Non-Alcoholic Beer. Hops were used as herbal medicine before the 1500s and are known to be used in treating insomnia and depression symptoms. The added grapefruit juice works to balance our mood, decrease blood pressure and relieve stress.

**Relaxation** is a warm spiced milky drink to help guests unwind. The sleep promoting properties of milk come together with mood boosting lemon balm in the form of

Lemon Balm infused Crodino (an Italian non-alcoholic bitter aperitif) in this chai style drink.

**Happiness** is a sweet and bitter drink which uses 70% Dark Chocolate infused Crodino. The high cocoa percentage chocolate provides a hit of antioxidants and Tryptophan which our body uses to produce the mood-elevating substance serotonin.

To accompany the cocktails PocketSquare have created a menu of nutrient rich dishes, each designed to pair with and complement one of the five cocktails. The dishes include:

**Energising** *Yellowfin Tuna, Seaweed & Pickled Ginger Salad with spirulina, nori crisp*

**Detox** *Blood Orange & Roasted Beet Salad with yoghurt, tarragon, hazelnut, crosnes*

**Stress Relief** *Cauliflower Wings with cucumber & mint yoghurt*

**Relaxation** *Lotus Root Chips with wasabi vegan mayo*

**Happiness** *Mousse Au Chocolate with pistachio biscotti, berries*

The Cocktail Spa menu will be available from 14<sup>th</sup> January. PocketSquare is open Tuesdays to Fridays from 5pm to midnight, and Saturdays from 3pm to midnight, with regular DJ appearances to set the scene.

For bookings and more information visit <https://pocketsquare.london>.

- ENDS -

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Notes to Editors:

**About PocketSquare Skyline Bar & Terrace**

PocketSquare Skyline Bar & Terrace is East London's most exclusive rooftop destination, where the City meets the East. Located atop the new Hyatt Place London City East hotel in Whitechapel, the bar boasts exceptional views across the capital, from Canary Wharf and Docklands to City icons like The Gherkin. Seasonal cocktails are created in the bar's cocktail laboratory, each with their own unique

story inspired by the area's history - to form the PocketSquare Collection - all refined to pair seamlessly with bite-sized food.

Website: <https://pocketsquare.london>

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