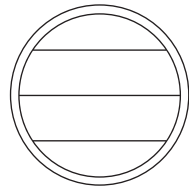


THE HUB
on Verulam

DRINKS MENU



THE HUB
on Verulam

The Hub Doesn't Fit
In A Box

and We're Ok With That

WHAT'S ON AT THE HUB

DJ NIGHT: LAUREN LAYFIELD - Friday 17th January @ 8pm

We're excited to welcome Radio 1 DJ and TV presenter Lauren Layfield to The Hub on Verulam, for a evening of funky house and disco beats. Tables for dinner or drinks are bookable online.

Soulful Sound - Sunday 26th January @ 10:30am / 11:30am

Join local practitioner Jess Horn for a Soulful Sounds Sunday Brunch at The Hub on Verulam. Jessica will gently guide you through a program of breath-work and meditation in the comfort of The Box screening room, allowing you to fully relax and take some much needed 'you' time after a busy festive season. After the session, guests will enjoy brunch together on the Mezzanine with a selection of teas, coffees and juices available.

Live Music with Roxy Searle - Thursday 30th January @ 7:30pm

Join us for an evening of live music with local artist Roxy Searle. Book a table for drinks in the bar or dinner in The Open Kitchen here.

WEDDING SHOWCASE

Wednesday 29th January @ 7:30pm

Join us for an evening of all things Wedding, between 5.30pm - 8.30pm on Wednesday 29th January at The Hub on Verulam. You'll have the opportunity to see the venue wedding-ready, to chat to some of our recommended suppliers and to meet with our wedding & events team, who will be on hand to discuss any questions that you may have along the way.



Please enquire with staff to be added to a monthly 'Whats on' mailing list.

JANUARY SCREENING SCHEDULE

KIDS

Toddler Screenings everyday at 10:30am

Baby & Me Cinema Wednesdays at 1pm
The Critic - 8th
It Ends With Us- 15th
Mary Poppins - 22nd

MOVIES

Speak No Evil
Fri 10th @ 8pm
Sat 18th @ 8pm
Sun 26th @ 4pm
Fri 31st @ 11am

The Outrun
Thur 9th @ 8pm
Fri 24th @ 8pm

The Apprentice
Sat 11th @ 8pm
Fri 17th @ 8pm

It Ends With Us
Sun 12th @ 4pm
Thur 23rd @ 8pm

The Critic
Thur 16th @ 8pm
Sat 25th @ 8pm

Eat the movies with our Cinema Supper Club.

NEXT DATE : 30th January 7:30pm

An immersive experience combining film and food. We'll be serving up a great film along with a meal inspired by the movie itself created to tantalise your taste buds while you journey through the film's iconic scenes.

Please note, to offer a true immersive dining experience, the menu and film will remain a secret. If you'd (really) like to know what's on, email us at hannah@the-healthypubco.com and we'll let the cat out the bag!

SPORTS

Check out our website for a full list of games

Catch the Champions League & Premier League matches in our terrace cinema along with a variety of other sports during the day including rugby, tennis, golf & cricket.

The Box cinema is open for private hire, please ask our staff if you're interested in an event. The Box hire includes access to our extensive film collection, a wide range of sports events and our PS5 gaming console.

Food and drinks packages available.

Both our screening rooms are available for private hire for films and sports viewings.

5 Verulam Road, St Albans, AL3 4DA Open 7 days a week

NIBBLES

Please note we are a cashless site

House Marinated Olives (ve) 5

Truffle Mixed Nuts 6

Grilled Sourdough
seasonal dipping oil & smoked sea salt butter (V) 6

Padron Peppers 7

Cocktail Sausages 8

Crab & Salmon Cake
Pickled cucumber, watercress and saffron tartare sauce
13

Whipped Hummus
basil pesto & grilled pitta bread (ve) 11

Truffle & Parmesan Fries 6

SNACKS

(V) Vegetarian (Ve) Vegan

Torres Crisps
Olive Oil / Iberian Ham / Black Truffle 4.5

Mr Filbert's Nuts
Chilli & Lime Peanuts / Rosemary Almonds / Salt & Pepper Cashews 4.5

A discretionary 12.5% service charge will be added to your bill, this can be removed on request.

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COCKTAIL SPECIALS



Bramble 12

Gin, Creme de Mure, Lemon Juice & Agave Syrup



Tequila Penicillin 12.5

Honey Tequila, Islay Whiskey, Lemon Juice, Ginger & Honey Syrup



Banana Daiquiri 12

Banana Rum, Aged Rum, Banana Liqueur, Banana Demerara Syrup & Lime juice

BOOCHAS & SODAS

You & I Original Kombucha	6.5	Soda	3.8
You & I Ginger Kombucha	6.5	Tonic	3.8
You & I Lemon & Lavender Kombucha	6.5	Blood Orange & Elderflower Tonic	3.8
		Rosemary & Grapefruit Tonic	3.8
Coke	4	Ginger Beer	3.8
Coke Zero	4	Ginger Ale	3.8
Lemonade	4		
		Still Water 750ml	4.7
		Sparkling Water 750ml	4.7

FESTIVE DESSERT MENU

Fried Zeppola "Doughnut" 12

(serves two)

(deep fried pizza dough in cinnamon sugar)

spiced apple compote, gingerbread ice cream, lotus biscoff crumb

Salted Caramel Chocolate Mousse 9

served with shortbread crumb

Banana Sticky Toffee Pudding 9

served with sticky toffee sauce and clotted cream

Pineapple Carpaccio 8

served with passionfruit, coconut sorbet & lime zest

Seasonal Cheeseboard 14

mixed grapes, chutney & oat crackers

(V) Vegetarian (Ve) Vegan

(MC) Members Choice

HOT & COLD DRINKS

BARISTA DRINKS

Our coffee is locally roasted in Hemel Hempstead by The Natural Coffee Co who only supply organic and fair trade coffee

COFFEE

Espresso	2.7
Americano	3.7
Cappuccino	4.3
Latte	4.3
Flat White	4.3
Cortado	4.3
Hot Chocolate	3.7
Mocha	4.7
Chai Latte	4.7
Dirty Chai Latte	5.2
Iced Latte	4.7
Alternative Milk	0.5
Syrups	0.75

TEA BLENDS All 3.9

Everyday Brew
Darjeeling Earl Grey
Decaff English Breakfast
Green Tea with Peach
Peppermint
Fresh Mint
Lemon & Ginger
Super Fruits

Fancy a slice of cake with your coffee? Ask our servers for our cakes of the day.

SUPERFOOD LATTES (served hot or cold) All 5.2

Turmeric anti-inflammatory & lowers cholesterol Turmeric, Cinnamon, White Pepper, Ginger, Jaggery

Matcha anti-oxidants & energizing, Japanese Vanilla Matcha

Bakery

Almond Croissant	3.9
Pain au Chocolate	3.9
Pain aux Raisins	3.9
Cake Of The Day	4.1

Please ask our servers for todays selection

ALCOHOL-FREE COCKTAILS

SPRITZ

Italian Aperitif 5
Crodino Non-Alcoholic Aperitivo.

Hugo Spritz AF 7
Lyre's London Dry, Lyre's Classico Grande, Elderflower, Mint, Soda.

Grapefruit & Sage Spritz 7
Lyre's London Dry, Lyre's Classico, Grapefruit Juice, Sage Syrup, Lemon Juice.

SPECIALS

All 8.5

Garden Martini (MC)
Seedlip Garden 108, Elderflower, Cucumber, Lime Juice, Soda.

Hazy Hurricane (Allergens: Almonds)
Lyre's White Cane, Lyre's Ameretti, Passion Fruit Puree, Orange Juice, Orgeat, Lime Juice.

Mango Sorbet
Lyre's London Dry, Mango Puree, Coconut Cream, Coconut Water, Lemon Juice.

Wild Botanical
Lyre's London Dry, Apple Juice, Grenadine, Lemon Juice.

The Novelist Garden
Lyre's Dry London, Basil, Lavender Syrup, Lemon Juice, Tonic.

Thyme Salty
Lyre's Dry White Cane, Grapefruit Juice, Thyme Syrup, Lime Juice. (MC) Members Choice

CLASSICS

All 8.5

Mojito AF
Lyre's White Cane, Lime, Agave Syrup, Mint, Soda.

Espresso Martini AF
Lyre's White Cane, Lyre's Coffee Originale, Espresso, Vanilla Bean Syrup.

Passion Fruit Martini AF
Lyre's London Dry, Passion Fruit Puree, Pineapple Juice, Vanilla Bean Syrup, Lime Juice.

Ameretto Sour AF (Allergens: Almonds)
Lyre's Ameretti, Orgeat, Lemon Juice, Foamer, Bitters.

Piña Colada AF
Lyre's White Cane, Pineapple Juice, Coconut Cream, Vanilla Bean Syrup, Lime Juice.

Bloody Mary AF
Seedlip Garden 108, Tomato Juice, Tobasco, Worcestershire Sauce, Lemon Juice, Salt, Pepper.

DRAUGHT BEER / BOTTLES

It's part of our mission to squash the misconception that low and no alcohol options are inferior to their alcoholic counterparts. That's why you'll find great draught and bottled beers across the full spectrum, from 0.5% - 5% ABV.

DRAUGHT

Schooner
2/3 pint

Peroni 5%	5.2
Asahi 5%	5.2
Guinness 4.2%	5.3
Mad Squirrel Hopfest Hazy Pale Ale 3.8% (MC)	5.3
Guest Ale (Please ask a member of our staff)	5.6

BOTTLES

All 5.5

Brewdog Punk IPA 5.4%
Jubel Peach Lager 4%
Aspall Cider 5%
Tring Alchemist Lager 4.5%
Tring Raven King IPA 4.5%

ALCOHOL-FREE BOTTLES

All 5

Nirvana Bavarian Helles Lager 0.3%
Nirvana Organic Pale Ale 0.5%
Guinness 0% (Can)

SPIRITS 50ml

GIN

Hendricks	9.5
Silent Pool	11
Monkey 47	12.5
Gin Mare	12.5
Brooklyn Gin	12.5
Roku Craft Gin	11
Tanqueray	8.5
Tanqueray No. 10	11
Tanqueray Sevilla	9.5
Beefeater Pink Gin	8.5
Malfy Rosa Grapefruit Gin	11
Tarquins Rhubarb & Raspberry	11

VODKA

Grey Goose	9.5
Grey Goose Le Citron	10.5
Ciroc	9.5
Ciroc Apple	10
Finlandia	8.5
Belvedere	10
Haku	10.5

RUM

El Dorado 5	9.5
Bacardi Carta Blanca	8.5
Brugal Anjeo	9.5
Appleton 8	10.5
Goslings Black Seal	9.5
Sailor Jerry	9.5
Kraken Spiced Rum	9.5
Koko Kanu	8.5

All Mixers	2.5
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WHISKY

Johnnie Walker	9.5
Jamesons	8.5
The Sexton	9.5
Laphroaig 10	12.5
Talisker Single Malt 10	12.5
The Macallan Double Cask 12	17.5
Lagavulin 16	20
Nikka from the Barrel	15
The Yamazaki Distiller's Reserve	18
Hibiki Harmony	20.5
Woodford Reserve	9.5

BRANDY

Courvoisier VS	8.5
Hennessy VS Cognac	9.5
Remy Martin 1738	13.5

TEQUILA & LIQUEUR

Jose Cuervo	9.5
Patrón Silver Tequila 25ml	7.5
Cazcabel Honey Tequila 25ml	6
Cazcabel Coffee Tequila 25ml	6
Tequila Rose 25ml	4.5
Baileys	4.5
Disaronno	8.5
Jager 25ml	4.5
Limoncello 25ml	4.5
Sambuca 25ml	6.5

ALCOHOL-FREE

Seedlip Garden 108	6.5
Lyre's Alcohol-Free Spirits	6.5
London Dry, White Cane Spirit, Coffee Originale, Ameretti	

(MC) Members Choice

BTL Carafe Glass
75cl 500ml 175ml

ROSE

Il Caggio Pinot Grigio Rose, Italy 2022 Deliciously delicate and pale pink in colour. Crisp flavours of soft red fruits are complemented by subtle floral aromas.	27.3	18.9	7.5
Dom. de Pellehaut Rosé, France 2022 Salmon pink, an expressive nose of raspberry and jammy strawberry leads into a fresh, dry palate and a long finish.	37.8	26.3	10.4
Studio by Miraval , Cotes de Provence, France 2022 The bouquet shows citrus fruits, white flowers and herbal notes. On the palate, dry and mineral with flavours of grapefruit and a subtle spice.	51.5	36.3	14.2
Ultimate Provence Cotes De Provence, France 2020 The spice notes from the Syrah provides a dry, white pepper characteristic. A touch of Rolle lends notes of winter citrus, spice with a warming finish.	62	43.6	17.1

PORT & DESSERT WINE

	BTL	Carafe	Glass
Kopke Port Fine Ruby, Portugal A deep ruby colour, with a garnet rim. A classic bouquet, on which the liveliness of young fruit produces a delicate balance.	70cl	54	6.3
Rubis Chocolate Wine, Spain Rubis is an indulgent blend of fortified Tempranillo & premium chocolate flavours. Perfect for the end of a meal.	50cl	46	8.4
Henry of Pelham Vidal Ice Wine, Canada Honeyed tropical fruits of pineapple and mango. This wine is rich and complex with a long finish. Grapes are harvested when frozen solid.	20cl	49	19.5
Akashi-Tai Ginjo Yuzushu Sake, Japan Supple and fruity, with refreshing aromas of grapefruit, it offers intense citrusy flavours and a sweetness that is perfectly balanced by the tanginess of the yuzu.	50cl	90	14.5

A discretionary 12.5% service charge will be added to your bill, this can be removed on request.

5 Verulam Road, St Albans, AL3 4DA Open 7 days a week

WINE LIST

BTL Glass
75cl 125ml

SPARKLING WINE

Contarini Blanc des Blancs Extra Dry NV, Italy Fruity, lightly sparkling, fully dry. A delicate palate with hints of pears, white flowers and lemons.	39.9	8
Contarini Prosecco Rosé, Italy Delicate and complex bouquet with fruity and floral notes. Fresh and light on the palate with balanced acidity.	39.9	8
Jaffelin Cremant de Bourgogne, France A fantastic estate with eight centuries of history. Deliciously complex Cremant with notes of fruits, flowers and classic toasty brioche flavours.	65	12.5
Kingscote Sparkling Brut, England 2019 An exceptional original method English sparkling wine. Refreshing and delightfully complex, offering bright, sumptuous flavours of gooseberry, apple and hints of rose. 75% Meunier and 25% Chardonnay.	68	
Autreau-Roualet Brut Reserve Champagne, France A Blanc des Noirs made from Pinot Noir and Pinot Meunier, aged 18 months on lees prior to disgorgement. Nutty, rich and bready with a lively mousse.	89	
Pommery Brut Royal Champagne, France Elegant and lively Champagne. A traditional blend of Chardonnay, Pinot Noir and Pinot Meunier. It has a rounded, rich yet delicate flavour that lingers.	131	
Pommery Apange Blanc de Blancs Champagne, France Made from only white grapes, 100% Chardonnay for a light, fresh champagne. Light golden colour with aromas of hay and freshly cut grass.	167	

ALCOHOL-FREE SPARKLING WINE

Alcohol-Free Prosecco Lyre's Classico Grande Lightly coloured. alluring, lifted lime with notes of fresh peach and granny smith apple skin on the nose. An appealing floral and musk tones add complexity and invite you to taste.	29.5	6
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BTL Carafe Glass
75cl 500ml 175ml

BTL Carafe Glass
75cl 500ml 175ml

RED WINE

Cal y Canto Tempranillo, Spain Smooth and easy-drinking red bursting with dark fruits, cherries, pepper and earthy spice.	27.3	18.9	7.5
Il Caggio Montepulciano d'Abruzzo Doc, Italy Medium to light-bodied with lovely snappy acidity that offers cranberry and raspberry fruits plus a twist of spice.	34.7	24.2	9.55
Finca Besaya Rioja Crianza, Spain 2018 Aged for 12 months in French and American oak, adding a subtle richness and texture to this Tempranillo-based wine.	37.8	26.3	10.4
Miopasso Primitivo, Italy Classic Southern Italian wine - figs, dark chocolate, espresso flavours melded with soft tannins and a long, warming finish.	38.9	27.3	10.7
Don Aparo Malbec, Argentina Classic Malbec style: velvety smooth, packed with dark fruits such as cherries and blackcurrants, with soft tannins and a long finish.	39.9	27.9	10.95
Ventisquero Pinot Noir Reserva, Chile Complex and elegant Pinot from the Casablanca Valley showcases delicate red fruits, tobacco, and a touch of vanilla from the oak ageing.	44.8	31.4	12.45
Diomede Nero di Troia, Italy (MC) Deep and velvety with layers of flavour showing bittersweet chocolate, plums, coffee and cocoa.	48	33.2	12.9
Chateau le Gardera Bordeaux, France 2018 Bursting with ripe berry fruits balanced by acidity make this a well-balanced and structured wine. The intense fruit is accompanied by subtle toast and sweet spice.	55		
Liger Belair, Les Deux Terres Burgundy, France 2019 A flagship wine from one of Burgundy's top young winemakers, a truly exceptional expression of Pinot Noir.	68		
Chateaneuf du Pape Chateau Beauchene, Rhone, France 2020 An excellent vintage in the Southern Rhone. Full-bodied dark, intense red with aromas of black cherry and hints of vanilla and fennel. Finish is rich and powerful.	98		

(MC) Members Choice

WHITE WINE

Cal y Canto Verdejo, Spain A medium-bodied, zingy white with fresh and fruity flavours of melon and citrus.	27.3	18.9	7.5
Woolloomooloo Chardonnay, Australia Lots of tropical fruit notes on the nose dominated by pineapple and melon. Unoaked, just pure Aussie juice!	30.5	21.5	8.4
Barone Montalto Pinot Grigio, Italy A dry but full-flavoured Pinot Grigio from Sicily, bursting with scents of ripe pears and white stone fruits.	35.7	25.2	9.8
Extrait de Romarion Viognier, Langeudoc, France Rich and ripe with plenty of distinctive character - orange blossom and rose aromas with a broad and fleshy palate.	39.9	27.9	10.95
Ricossa Gavi di Gavi, Italy Lovely expression of the Cortese grape. Citrus-led palate with lemon and lime, bolstered by flavours of almonds and freshly cut grass.	42.1	29.4	11.75
Southern Lights Sauvignon Blanc, Marlborough - NZ A classic example of the style, full of expressive tropical fruits including passionfruit, lime, kiwi and melon.	44.3	30.9	12.3
Domaine Delsol Picpoul de Pinet, France (MC) Bracing saline minerality leads into a wonderful combination of soft green apples and orchard fruits.	45.5	31.7	12.65
Ultimate Provence Cotes De Provence, France 2019 Similar to a Pinot Grigio, this vibrant wine is packed full of citrus and crisp apple flavours, with just a touch of ginger to liven things up.	50		
Domaine Lispaul Pouilly-Fume, Loire, France 2022 Sauvignon Blanc at its very finest, a modern expression with an excellent blend of steely freshness and delicious fruitiness.	65		
Domaine Fournillon Chablis, Burgundy, France So crisp and refreshing with amazing minerality, balanced with a broad, full-flavoured palate that makes this a very gastronomic wine.	68		

(MC) Members Choice