



THE HUB
on Verulam

DRINKS MENU



The Hub Doesn't Fit In A Box

and We're Ok With That

WHAT'S ON AT THE HUB

International Womens Day - Wednesday 6th March

Our international womens day charity event is back this year. Following the success of last year's event, we will be hosting another evening dedicated to women equality and empowerment. Join us for a night of workshops with all profits from the night being donated to Hertfordshire Domestic Abuse Helpline & Hera Wellbeing Collective.

Arbinder Dugal Restaurant Takeover - Evening of Thursday 14th March

The heat is on but don't expect your regular Indian take-out. This is Arbinder at Home. Fine dining is at the heart of MasterChef semi-finalist and Roux Scholarship finalist Arbinder's culinary creations. From North India's back garden tandoor to Mumbai kitchens and Michelin star restaurants, Join us for a 5 course dinner and watch the 'Karigar', master at work.

Bracelet Workshop - Wednesday 20th March

Join Sarah from @balance_and_believe for a serene evening immersed in the tranquil embrace of crystal magic, enhancing both calmness and creativity. Unwind with a complimentary glass of fizz or hot drink and restore balance through the magic of crystals.

Emma Hatton Sunday Session - Sunday 24th March

Reserve a table in our Open Kitchen and enjoy the signature soothing sounds of Emma Hatton singing through soul and jazz. Influenced and inspired by legends of song Eva Cassidy, Sarah Vaughan, Etta James, Carole King and Fleetwood Mac among many more, Emma's origins have left her as comfortable singing blues as she is soul, jazz and country.

Comedy Night - Friday 29th March

Join us for a night of laughs with special comedian guests.

Mini Morning Easter Eggstravaganza - Friday 29th March

Keep the bunnies busy this Good Friday morning with our Easter Eggstravaganza. Think Egg hunts, crafty card making and Peter Rabbit himself on the big screen. Beats finding melted chocolate eggs behind your sofa in a months time right? Adults will enjoy a continental breakfast and our great local coffee while they're at it.

Film Club - Tuesday 12th March

Join us for our montly film club, decide on this months film with an introduction and post film Q&A from our film buff Finn.

Sports Screenings

Join us for a wide variety of sports throughout the month, from F1 and football to rugby & tennis we show it all. Food and drinks can be ordered to your seat in both screening rooms so you dont have to miss a moment of the action.

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

KIDS

Baby & Toddler Screenings everyday at 10:30am

Baby & Me Cinema every Wednesday at 1pm

One Life - Wed 6th, Eileen - Wed 13th, Anyone But You - Wed 20th, The Holdovers - Wed 27th

Teen Cinema every Friday at 4:30pm

Aquaman - Fri 1st, The Creator - Fri 15th, The Marvels - Fri 22nd, Wonka - Fri 29th

MOVIES

Aqua Man: The Lost Kingdom

Sun 17th @4pm

The Holdovers

Fri 1st @8pm, Sat 9th @8pm

Thur 21st @8pm

City of God - World Cinema

Sun 3rd @8pm

One life

Thur 7th @8pm, Fri 15th @8pm

Sun 31st @4:30pm

Barbie

Sun 10th @ 4pm

Wonka

Sun 24th @4pm

2001: A Space Odyssey - Vintage Cinema

Tues 26th @7:30pm

Eileen

Thursday 14th @8pm, Fri 29th @8pm

The Quiet Girl

Weds 13th @8pm

The Creator

Fri 14th @4:30pm

Pamela: A Love Story - Docufilm

Tues 19th @8pm

The Lost Boys

Wed 20th @8pm

Anyone But You

Fri 22nd @8pm, Thur 28th @8pm

The Colour Purple

Sat 30th @9pm

Asteroid City - Indie Cinema

Wed 27th @8pm

SPORTS Check out our website for a full list of games

Six Nations Rugby

Italy vs Scotland - Sat 9th @ 2:15pm

England vs Ireland - Sat 9th @4:45pm

Wales vs Italy - Sat 16th @2:15pm

Ireland vs Scotland - Sat 16th @4:15pm

England vs France - Sat 16th @8pm

Other Sports

Saudi Arabian GP - Sat 9th @5pm

The Boat Race - Sat 30th @2:30pm

Champions League

Porto v Arsenal - Tues 12th @8pm

Atletico Madrid vs Inter Milan - Wed 13th @8pm

Premier League

Man City vs Man United - Sun 3rd @3:30pm

Liverpool vs Man City - Sun 10th @3:45pm

Arsenal vs Chelsea - Sat 16th @12:30pm

Everton vs Liverpool - Sun 17th @2pm

Man City vs Arsenal - Sun 31st @4:30pm

House Marinated Olives (ve) 5

Truffle Mixed Nuts 4

Grilled Sourdough

whipped butter, roasted garlic oil & smoked salt (V) 6

Padron Peppers

smoked salt & fresh lemon (ve) 7

Gildas

nocorella olive, green chilli & anchovy 2.5 each

Cobble Lane Cured Fennel Salami

cornichons 9

Smoked Dingley Dell Ham Hock & Parsley Terrine

house picallilli & grilled sourdough 11

Italian Burrata

early harvest arbequina olive oil 12

House Fishcakes

saffron tartare sauce, pickled cucumber and lemon 10

Triple Cooked Chips

garlic aioli 6

beef ragu & aged parmesan 13

Neals Yard Cheese Selection

sourdough crackers & house chutney 14

Whipped Hummus

smoked paprika and grilled sourdough (ve) 9

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

SEASONAL COCKTAIL SPECIALS



Lychee Martini 12.5

Vodka, Lychee Liqueur, Lillet Blanc,
Lychee Juice, Vanilla Syrup, Lemon Juice



Zombie 12.5

Aged Rum, Dark Rum, Over-proof White Rum,
Pineapple Juice, Orgeat, Blue Curaçao, Lime Juice



Tequila Penicillin 12.5

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

SMOOTHIES & JUICES

Breakfast Booster 5

Banana, Apple, Oats, Dates, Cinnamon, Oat Milk (GF)

Emerald Energizer 5

Apple, Cucumber, Spinach, Spirulina, Coconut Water, Lemon Juice (Ve,GF)

Immunity Infusion 5

Ginger, Carrot, Mango, Coconut Water, Lime Juice, (Ve,GF)

Fresh Orange Juice 4

BOOCHAS & SODAS

You & I Original Kombucha 6

You & I Ginger Kombucha 6

Coke 3.5

Coke Zero 3.5

Lemonade 3.5

Ginger Beer 3.5

Ginger Ale 3.5

Soda 3.6

Tonic 3.6

Blood Orange & Elderflower Tonic 3.6

Rosemary & Grapefruit Tonic 3.6

Still Water 750ml 4.5

Sparkling Water 750ml 4.5

DESSERT MENU

Dark Chocolate Fondant 9

Vanilla ice cream, macerated raspberries

Mango & Buttermilk Panna Cotta (MC) 8

Mint & lime salsa, candied pistachio nuts

Sticky Date & Pecan Pudding 9

Coconut caramel, citrus cream

Blood Orange Sorbet 7.5

Selection of Cheeses 14

Chutney, crackers & grapes

Cake Of The Day 3.75

Ask our servers for today's selection

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	2.5
Cortado	3
Americano	3.5
Flat white	4.1
Cappuccino	4.1
Latte	4.1
Chai Latte	4.5
Iced Latte	4.5
Dirty Chai Latte	4.5
Hot Chocolate	3.5
Alternative milk	0.50

TEA BLENDS All 3.7

Classic English Cup
Earl Grey
Sri Lanka Decaf
Green & Peaches
Moroccan Green & Spearmint
Lemongrass & Ginger
Berry Fruits
Chamomile
Fresh Mint

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

Bakery

Almond Croissant	3.95
Pan au Chocolate	3.95
Pan au Raisin	3.95
Dark Chocolate & Sea Salt Cookie	1.7
Protein Ball	2.9
Cake Of The Day	3.75

Please ask our servers for todays selection

SUPERFOOD LATTES (served hot or cold) All 5

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

Matcha anti-oxidants & energizing
Japanese Vanilla Matcha

ALCOHOL-FREE

BEER

Nirvana Bavarian Helles Lager 0.3%	4.5
Nirvana Organic Pale Ale 0.5%	4.5

SPARKLING

Alcohol-Free Prosecco, Lyre's Classico Grande.	4
Italian Bitter Orange Aperitif, Crodino Non-Alcoholic Aperitivo.	5

COCKTAILS

All 8

Ameretti Sour
Lyre's Ameretti, Orgeat, Lemon Juice, Vegan Foamer, Bitters.

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

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

Garden Martini
Seedlip Garden 108, Elderflower Cordial, Cucumber, Lime Juice, Soda.

Thyme Salty
Lyre's White Cane Spirit, Grapefruit Juice, Thyme Syrup, Lime 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.

Oceans Bliss
Lyre's White Cane, Blue Curacao Syrup, Lemonade.

SPIRITS 50ml

All 6

Seedlip Garden 108 Non-Alcoholic Spirit.

Lyre's London Dry Non-Alcoholic London Dry Spirit.

Lyre's White Cane Spirit Non-Alcoholic White Rum.

Lyre's Coffee Originale Non-Alcoholic Coffee Liqueur.

Lyre's Ameretti Non-Alcoholic Ameretto Liqueur.

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%	4.5
Asahi 5.2%	4.5
Forged Irish Stout 4.2%	4.6
Mad Squirrel Hopfest 3.8% (MC)	4.8
Guest Tap	5

BOTTLES

	All 5
Small Beer Co. Lager 2.1%	
Small Beer Co. Session Pale 2.5%	
Tring Alchemist Lager 4.5%	
Tring Raven King IPA 5.5%	
Aspall Cider 5%	

BOTTLES ALCOHOL-FREE

Nirvana Bavarian Helles Lager 0.3%	4.5
Nirvana Organic Pale Ale 0.5%	4.5

(MC) Members Choice (V) Vegetarian (Ve) Vegan

SPIRITS 50ml

GIN

Hendricks	9
Silent Pool	10.5
Roku Craft Gin	10.5
Monkey 47	12
Gin Mare	12
Tanqueray	8
Tanqueray No. 10	10.5
Tanqueray Sevilla	9
58 & Co Navy Strength	10.5
58 & Co Apple & Hibiscus	10.5
Beefeater Pink Gin	8
Malfy Rosa Grapefruit Gin	10.5
Tarquins Rhubarb & Raspberry	10.5

VODKA

Grey Goose	9
Finlandia	8
Ciroc	9
Belvedere	9.5
Grey Goose Le Citron	9.5
Ciroc Apple	9.5

RUM

El Dorado 5	9
Bacardi Carta Blanca	8
Brugal Anjeo	9
Goslings Black Seal	9
Sailor Jerry	9
Kraken Spiced Rum	9
Kraken Roast Coffee	9
Koko Kanu	8
All Mixers	2

WHISKEY

Johnnie Walker	9
Jamesons	8
The Sexton	9
Woodford Reserve	9
Makers Mark 46	10
Talisker Single Malt 10	12
Laphroaig 10	12
The Macallan Double Cask 12	15
Lagavulin 16	16
Nikka from the Barrel	13
The Yamazaki Distiller's Reserve	14
Hibiki Harmony	16

BRANDY

Courvoisier VS	9
Hennessy VS Cognac	10
Remy Martin 1738	13
La Grande Josiane	12
- Orange Armagnac	

TEQUILA & LIQUEUR

Jose Cuervo	9
Patrón Silver Tequila 25ml	7
Cazcabel Honey Tequila 25ml	5.5
Cazcabel Coffee Tequila 25ml	5.5
Tequila Rose 25ml	4
Aperol	8
Baileys	4
Disaronno	8
Campari	8
Jager 25ml	4
Limoncello 25ml	4
Sambuca 25ml	5

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.	26	20	6.6
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.	36	24	9.25
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.	59 95	41	15.75
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.	49		

BTL Glass
75 ml

DESSERT WINE & PORT

Rubis Chocolate Wine, Spain (Ve) Ru bis is an indulgent blend of fortified Tempranillo & premium chocolate flavours. Perfect for the end of a meal.	30	8.5
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 completely solid.	50	12
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.	45	10

WINE LIST

BTL Glass
75cl 125ml

SPARKLING WINE

Contarini Blanc des Blancs Extra Dry NV, Italy (Ve) Fruity, lightly sparkling, fully dry. A delicate palate with hints of pears, white flowers and lemons.	38	8
Contarini Prosecco Rosé, Italy (Ve) Delicate and complex bouquet with fruity and floral notes. Fresh and light on the palate with balanced acidity.	38	8
Jaffelin Cremant de Bourgogne, France (Ve) A fantastic estate with eight centuries of history. Deliciously complex Cremant with notes of fruits, flowers and classic toasty brioche flavours.	62	13
Autreau-Roualet Brut Reserve Champagne, France (Ve) 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.	75	
Kingscote Sparkling Brut, England 2019 (V) An exceptional expression of an original method English sparkling wine. Mouth-wateringly refreshing and delightfully complex, offering bright, sumptuous flavours of the English kitchen garden, gooseberry, apple and hints of rose. 75% Meunier and 25% Chardonnay.	52	
Pommery Brut Royal Champagne, France (Ve) Elegant and lively Champagne. It has a rounded, rich yet delicate flavour that lingers.	95	
Pommery Apange Blanc de Blancs Champagne, France (Ve) Made from only white grapes, 100% Chardonnay for a light, fresh champagne. Light golden colour with aromas of hay and freshly cut grass.	125	

(V) Vegetarian (Ve) Vegan

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.	26	20	6.6
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.	33	23	8.5
Finca Besaya Rioja Crianza, Spain 2018 (Ve) Aged for 12 months in French and American oak, adding a subtle richness and texture to this Tempranillo-based wine.	36	24.75	9
Miopasso Primitivo, Italy (Ve) Classic Southern Italian wine - figs, dark chocolate, espresso flavours melded with soft tannins and a long, warming finish.	37	25	9.25
Barone Montalto Syrah, Italy A rare grape variety to find in Sicily, but one that punches well above its weight with a dense, rich palate. A real winter warmer of a wine.	39	27	10
Ventisquero Pinot Noir Reserva, Chile (Ve) Complex and elegant Pinot from the Casablanca Valley showcases delicate red fruits, tobacco, and a touch of vanilla from the oak ageing.	43	29.5	11.25
Diomede Nero di Troia, Italy (MC) Deep and velvety with layers of flavour showing bittersweet chocolate, plums, coffee and cocoa.	45	31	12
Escaravilles Les Sabliers Cotes du Rhone, 2019 (V) (Org.) Pure, lifted Grenache dominates with its sweet red fruits, alongside 20% of Syrah which adds meatiness and a peppery spice.	51		
Liger Belair, Les Deux Terres Burgundy, France 2019 (V) (Org.) A flagship wine from one of Burgundy's top young winemakers, a truly exceptional expression of Pinot Noir.	65		
Chateau du Barry St-Emilion Grand Cru, Bordeaux 2019 Stunning Merlot from the right bank of Bordeaux, with glossy dark fruits and a perfect balance between tannins and acidity. Long and intense on the finish.	88		

(MC) Members Choice (V) Vegetarian (Ve) Vegan

WHITE WINE

Cal y Canto Verdejo, Spain A medium-bodied, zingy white with fresh and fruity flavours of melon and citrus.	26	20	6.60
Dudley's Stone Chenin Blanc, South Africa Pale straw in colour with sumptuous aromas of melon and peach. Hints of tropical fruits on the palates, with a dry finish.	29	21	8
Barone Montalto Pinot Grigio, Italy A dry but full-flavoured Pinot Grigio from Sicily, bursting with scents of ripe pears and white stone fruits.	34	23	8.4
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.	38	27	10
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.	41	30	11.2
Southern Lights Sauvignon Blanc, Marlborough - NZ A classic example of the style, full of expressive tropical fruits including passionfruit, lime, kiwi and melon.	46	32	11.9
Domaine Delsol Picpoul de Pinet, France (MC) Bracing saline minerality leads into a wonderful combination of soft green apples and orchard fruits.	48	35.5	13
Domaine Talmard Macon-Uchizy, Burgundy, France 2021 Bright unoaked Chardonnay from the sunny Macon in the region's southern fringes. White nectarine, hazelnut meringue and sweet citrus.	55		
Domaine Lispaül 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		

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