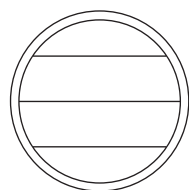


THE HUB  
*on Verulam*

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

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### **Live Music Session with Lawrence Hill - Sun 8th Sept @ 10:30am**

Join us for brunch or lunch, whilst listening to local talent Lawrence Hill jam through an eclectic and catchy repertoire. He puts a modern twist on the tried and tested sounds, with his soulful voice carrying meaningful lyrics right into the soul of his audience.

### **Film Club - Tues 10th Sept @ 7pm**

Ticket includes entrance to The Box & small bag of popcorn. Film decided and discussed by the Film Club. We'll have an intro to the film from The Hub's film buff, Finian Barrow which will start at 7pm and organised Q&A's after the screening.

### **R&B Brunch With Simone Kaye - Sat 14th Sept @ 11am**

Join us for brunch and vibe to 90's and 00's R&B with the Simone Kaye Duo from 11am - 2pm. Simone has performed alongside some of the biggest names in the industry such as George Michael, Take That, Joss Stone, Ariana Grande, Emeli Sande and many more. Having grown up in Essex and studied at the ICMP, her outstanding vocal ability and soulful tones have led her to perform on some of the world's biggest stages.

### **Soulful Sound Sunday Brunch - Sun 15th Sept @ 10am**

Join us and guest Sound and Meditation Teacher Jess Horn for our Soulful Sound Sundays: Meditation & Crystal Sound Bath. We'll start the morning with a detoxing welcome drink and then settle into the luxury surroundings of The Box Cinema. Jess will lead you through some simple yet powerful breathwork to soothe the nervous system, a gentle meditation to set our intentions and then into a deep state of Relaxation and profound sound. Let yourself be led into a deep state of relaxation and rest with the soothing sounds of the Crystal Bowls.

### **Calligraphy with Jen Roffe - Tues 17th Sept @ 7:30pm**

Learn how to create beautiful and bespoke hand-lettering suitable for personalising an array of stationery - from greetings cards and gift tags to place settings and envelopes. This two and half-hour mindful calligraphy workshop will take you right through from holding the dip pen and making your first calligraphy strokes to creating beautiful hand-lettered words and personalising your own set of gift tags. The workshop is suitable for absolute beginners and includes all of the materials and equipment you will need for use in the workshop and for further practise at home. An ink pot, nib, a nib holder, practice templates and gift tags are all included.

### **'HUB CUBS' WITH ACTIVE LONDON - Sun 22nd Sept & Sun 29th Sept @ 9:45am**

Bring your little ones to join us for some Sunday Morning fun & games with the team from Active London, providing childcare & entertainment. This is a 3 hour drop-off session, parents are not required to stay but are more than welcome to should they wish. With high-energy games, hilarious team challenges, and lots of silliness, we'll keep your children moving, laughing, and making new friends. Children's lunch & refreshments are also included. On the day activities include: Fitness Fiesta, Whacky Races, Cool Circuits, Mini Mudder, Outdoor Olympics & Spooky Sports (Halloween special).

### **Live Music Session with Steph Scott - Weds 25th Sept @ 7pm**

Join us for an evening with one of Hertfordshire's most loved and appreciated local acts around. Steph Scott gets the audience involved at every opportunity with her wit and humour. She is a huge vocalist playing through powerhouse classics, with a wide range of laid back pop in her repertoire.

### **Live Comedy Night - Fri 27th Sept @ 9pm**

LIVE COMEDY IS BACK! You're in for an evening of LOLs at our monthly comedy night, as we welcome 3 different comedians straight from the London comedy circuit every last Friday of the month. Food and drinks can be ordered to your seat throughout the show, or book a table for dinner beforehand on our website.

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

## SEPTEMBER SCREENING SCHEDULE

### KIDS

**Baby & Toddler Screenings** everyday at 10:30am

**Baby & Me Cinema** Wednesdays at 1pm  
More Than Friends - Wed 4th  
I am Celine Dion - Wed 11th  
The Instigators- Wed 18th

### MOVIES

**Shoplifters**  
Tues 3rd @ 8pm (World Cinema)

**Two of Us**  
Weds 4th @ 8pm

**The Instigators**  
Thursday 5th @ 8pm  
Sun 29th @ 4pm

**Despicable Me 4**  
Fri 6th @ 4pm  
Sun 8th @ 4pm

**Twisters**  
Fri 6th @ 8pm  
Fri 20th @ 8pm  
Thurs 26th @ 8pm

**Love Lies Bleeding**  
Wed 11th @ 8pm

**Grease**  
Fri 13th @ 4pm

**Fly Me To The Moon**  
Fri 13th @ 8pm  
Fri 27th @ 4pm

**Federer: 12 Final Days**  
Tues 17th @ 8pm

**Poster Boys 2021**  
Wed 18th @ 8pm

**The Bike Riders**  
Thurs 19th @ 8pm  
Fri 27th @ 8pm

**Grease 2**  
Fri 20th @ 4pm

**The Godfather**  
Tues 24th @ 7:30pm

**To Be Someone**  
Wed 25th @ 8pm

### SPORTS

Check out our website for a full list of games

**Champions League**  
Champions League coming soon,  
Starting 17th September.

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.

**Football**  
England v Finland - Tues 10th @ 7:45pm  
Southampton v Man Utd - Sat 14th @ 12:30pm  
Villa v Everton - Sat 14th @ 5:30pm  
Bournemouth v Chelsea - Sat 14th @ 8pm  
Spurs v Arsenal - Sun 15th @ 2pm  
Wolves v Newcastle - Sun 15th @ 4:30pm  
Chelsea v Villa (Women) - Fri 20th @ 7pm  
Arsenal v Man City (Women) - Sun 22nd @ 12:30pm  
Man City v Arsenal - Sun 22nd @ 4:30pm  
Ipswich v Villa - Sun 29th @ 2pm  
Man Utd v Spurs - Sun 29th @ 4:30pm

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

## NIBBLES

Please note we are a cashless site

**House Marinated Olives (ve) 5**

**Truffle Mixed Nuts 4**

**Grilled Sourdough**  
seasonal dipping oil (V) 6

**Padron Peppers**  
red pepper aioli (V) 7

**Cocktail Sausages**  
honey mustard sauce 8

**Cornish Fishcakes**  
saffron tartare sauce & pickled cucumber 10

**Grilled Halloumi**  
dukkah spiced honey & toasted seeds 12

**Grilled Romano Pepper & Whipped Hummus**  
walnut pesto & grilled flatbread (ve) 14

**Triple Cooked Chips**  
garlic aioli 6  
beef ragu & aged parmesan 13

**Torres Crisps**  
Black Truffle / Olive Oil / Iberian Ham 3.5

**Italian Burrata**  
early harvest arbequina olive oil 13.5

**Cheese of the Week**  
oat crackers, mixed grapes, celery & house chutney 15

**Cornish Mussels**  
melted leeks & nduja sausage with toasted sourdough 12.5 / 19

**Smoked Dingley Dell Ham Hock & Parsley Terrine**  
house picallili & grilled sourdough 11

**Crispy Pork and Potato Croquettes**  
blue cheese dressing & hot sauce 12

### Something to Share?

#### Ploughmans Sharing Platter Board

gammon, colston basset stilton, tunworth, coastal cheddar, deviled eggs, seasonal chutney, celery, pickled walnut & grilled sourdough 24

## SEASONAL COCKTAIL SPECIALS



### Cloud Nine 12.5

Gin, Lychee Liqueur, Lychee Juice,  
Vanilla Syrup, Lemon Juice, Egg White



### June Bug 12.5

Melon Liqueur, Coconut Rum, Banana Liqueur,  
Pineapple Juice, Lemon Juice, Lime Juice



### Caramel Ripple 12.5

Licor 43, Egg White,  
Caramel Syrup, Chocolate Bitters

## SMOOTHIES & JUICES

### Breakfast Booster

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

5

### Emerald Energizer

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

5

### Immunity Infusion

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

5

### Fresh Orange Juice

4

## BOOCHAS & SODAS

You & I Original Kombucha	6	Soda	3.6
You & I Ginger Kombucha	6	Tonic	3.6
You & I Lemon & Lavender Kombucha	6	Blood Orange & Elderflower Tonic	3.6
Coke	3.8	Rosemary & Grapefruit Tonic	3.6
Coke Zero	3.8	Ginger Beer	3.6
Lemonade	3.8	Ginger Ale	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 Cheese 14

chutney, crackers & grapes

### Cake Of The Day 4.1

ask our servers for today's selection

(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	2.5
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

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.

### Bakery

Almond Croissant	3.9
Pain au Chocolate	3.9
Pain aux Raisins	3.9
Dark Chocolate & Sea Salt Cookie	2.9
Protein Ball	2.9
Cake Of The Day	4.1

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 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, Pinapple 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, Pinapple 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%	4.9
Asahi 5%	4.9
Forged Irish Stout 4.2%	5
Mad Squirrel Hopfest Hazy Pale Ale 3.8% (MC)	5.1
Guest Ale	5.3
BOTTLES	All 5
Brewdog Punk IPA 5.4%	
Jubel Peach Lager 4%	
Aspall Cider 5%	
Sassy Cidre Rosé 3%	
ALCOHOL-FREE BOTTLES	
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
Monkey 47	12
Gin Mare	12
Brooklyn Gin	12
Roku Craft Gin	10.5
Tanqueray	8
Tanqueray No. 10	10.5
Tanqueray Sevilla	9
Beefeater Pink Gin	8
Malfy Rosa Grapefruit Gin	10.5
Tarquins Rhubarb & Raspberry	10.5

### VODKA

Grey Goose	9
Grey Goose Le Citron	9.5
Ciroc	9
Ciroc Apple	9.5
Finlandia	8
Belvedere	9.5
Zubrowka Bison Grass	8

### RUM

El Dorado 5	9
Bacardi Carta Blanca	8
Brugal Anjeo	9
Appleton 8	10
Goslings Black Seal	9
Sailor Jerry	9
Kraken Spiced Rum	9
Koko Kanu	8

All Mixers	2
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### WHISKY

Johnnie Walker	9
Jamesons	8
The Sexton	9
Laphroaig 10	12
Talisker Single Malt 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
Woodford Reserve	9

### BRANDY

Courvoisier VS	8
Hennessy VS Cognac	9
Remy Martin 1738	13

### 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
Baileys	4
Disaronno	8
Jager 25ml	4
Limoncello 25ml	4
Sambuca 25ml	6

### ALCOHOL-FREE

Seedlip Garden 108	6
Lyre's London Dry	6

	BTL 75cl	Carafe 500ml	Glass 175ml
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## ROSE

<b>Il Caggio</b> 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	18	7.15
<b>Dom. de Pellehaut</b> Rosé, France 2022 Salmon pink, an expressive nose of raspberry and jammy strawberry leads into a fresh, dry palate and a long finish.	36	25	9.9
<b>Studio by Miraval</b> , 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	34.5	13.5
<b>Ultimate Provence</b> 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	41.5	16.25

## DESSERT WINE & PORT

<b>Rubis</b> Chocolate Wine, Spain <b>(Ve)</b> Ru bis is an indulgent blend of fortified Tempranillo & premium chocolate flavours. Perfect for the end of a meal. (500ml bottle)	50cl	40	8
<b>Henry of Pelham</b> 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. (200ml bottle)	20cl	35	15
<b>Kopke</b> 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. (750ml)	70cl	45	6
<b>Akashi-Tai Ginjo</b> 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. The finale is invigoratingly cooling and aromatic.	50cl	70	12

## WINE LIST

### SPARKLING WINE

<b>Contarini</b> Blanc des Blancs Extra Dry NV, Italy <b>(Ve)</b> Fruity, lightly sparkling, fully dry. A delicate palate with hints of pears, white flowers and lemons.	38	7.6
<b>Contarini</b> Prosecco Rosé, Italy <b>(Ve)</b> Delicate and complex bouquet with fruity and floral notes. Fresh and light on the palate with balanced acidity.	38	7.6
<b>Jaffelin</b> Cremant de Bourgogne, France <b>(Ve)</b> A fantastic estate with eight centuries of history. Deliciously complex Cremant with notes of fruits, flowers and classic toasty brioche flavours.	62	12.4
<b>Autreau-Roualet Brut Reserve</b> Champagne, France <b>(Ve)</b> 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	
<b>Pommery Brut Royal</b> Champagne, France <b>(Ve)</b> Elegant and lively Champagne. It has a rounded, rich yet delicate flavour that lingers.	95	
<b>Pommery Apange Blanc de Blancs</b> Champagne, France <b>(Ve)</b> Made from only white grapes, 100% Chardonnay for a light, fresh champagne. Light golden colour with aromas of hay and freshly cut grass.	125	

### ALCOHOL-FREE SPARKLING WINE

<b>Alcohol-Free Prosecco</b> 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.	18	4.5
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(V) Vegetarian (Ve) Vegan



BTL    Carafe    Glass  
75cl    500ml    175ml

## RED WINE

<b>Cal y Canto</b> Tempranillo, Spain Smooth and easy-drinking red bursting with dark fruits, cherries, pepper and earthy spice.	26	18	7.15
<b>Il Caggio</b> 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	9.1
<b>Finca Besaya</b> 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	25	9.9
<b>Miopasso</b> Primitivo, Italy (Ve) Classic Southern Italian wine - figs, dark chocolate, espresso flavours melded with soft tannins and a long, warming finish.	37	26	10.2
<b>Don Aparo</b> Malbec, Argentina Classic Malbec style: velvety smooth, packed with dark fruits such as cherries and blackcurrants, with soft tannins and a long finish.	38	26.5	10.45
<b>Ventisquero</b> 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	30	11.85
<b>Diomede</b> Nero di Troia, Italy (MC) Deep and velvety with layers of flavour showing bittersweet chocolate, plums, coffee and cocoa.	45	31.5	12.4
<b>Manoir du Carra</b> Beaujolais-Villages, France Medium to light-bodied, a crisp and fresh red that has a lovely peppery note to complement the juicy fruit flavours.	50		
<b>Liger Belair, Les Deux Terres</b> Burgundy, France 2019 (V) (Org.) A flagship wine from one of Burgundy's top young winemakers, a truly exceptional expression of Pinot Noir.	65		
<b>Chateau du Barry</b> 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

BTL    Carafe    Glass  
75cl    500ml    175ml

## WHITE WINE

<b>Cal y Canto</b> Verdejo, Spain A medium-bodied, zingy white with fresh and fruity flavours of melon and citrus.	26	18	7.15
<b>Woolloomoolloo</b> Chardonnay, Australia Lots of tropical fruit notes on the nose dominated by pineapple and melon. Unoaked, just pure Aussie juice!	29	20.5	8
<b>Barone Montalto</b> Pinot Grigio, Italy A dry but full-flavoured Pinot Grigio from Sicily, bursting with scents of ripe pears and white stone fruits.	34	24	9.35
<b>Extrait de Romarion</b> Viognier, Langeudoc, France Rich and ripe with plenty of distinctive character - orange blossom and rose aromas with a broad and fleshy palate.	38	26.5	10.45
<b>Calcada</b> Vinho Verde Reserva, Portugal Light and zingy, with fresh citrusy flavours of pink grapefruit and lemons. An easy-drinking summer white.	39	27.5	10.75
<b>Ricossa</b> 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	28.5	11.3
<b>Southern Lights</b> Sauvignon Blanc, Marlborough - NZ A classic example of the style, full of expressive tropical fruits including passionfruit, lime, kiwi and melon.	46	32	12.65
<b>Domaine Delsol</b> Picpoul de Pinet, France (MC) Bracing saline minerality leads into a wonderful combination of soft green apples and orchard fruits.	48	33.5	13.2
<b>J. Moreau &amp; Fils</b> Petit Chablis, Burgundy, France Moderately intense Chablis with chalk, oyster shell, citrus/lemon and green apple flavours. Deliciously mouth-watering acidity.	55		
<b>Domaine Lispaul</b> 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		

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