

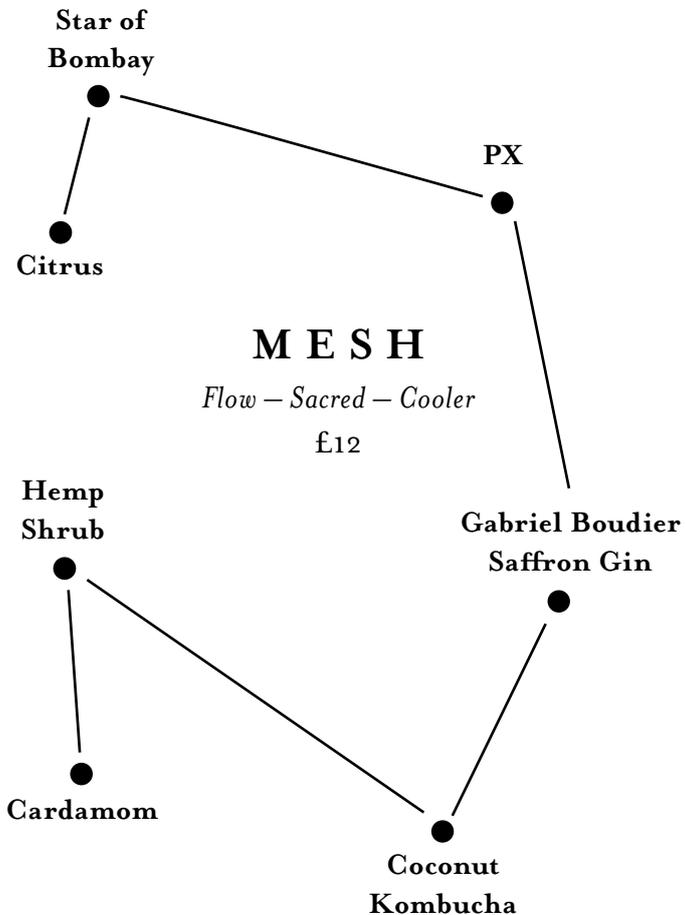


# VEDIKA

**“The Restoring of Knowledge”**

*4,500 year old philosophies bound in mystique, planets, doshas and Gods; according to the ancient Hindu scriptures, Ayurveda and Vedic astrology closely intertwine throughout the lunar year, one powerful force interacting with the other.*

*Our 12 Ayurvedically inspired tasty cocktails, and 3 non-alcoholic restoratives, use carefully selected tinctures, herbs and spices to playfully keep our lives in balance and our wellbeing in check.*



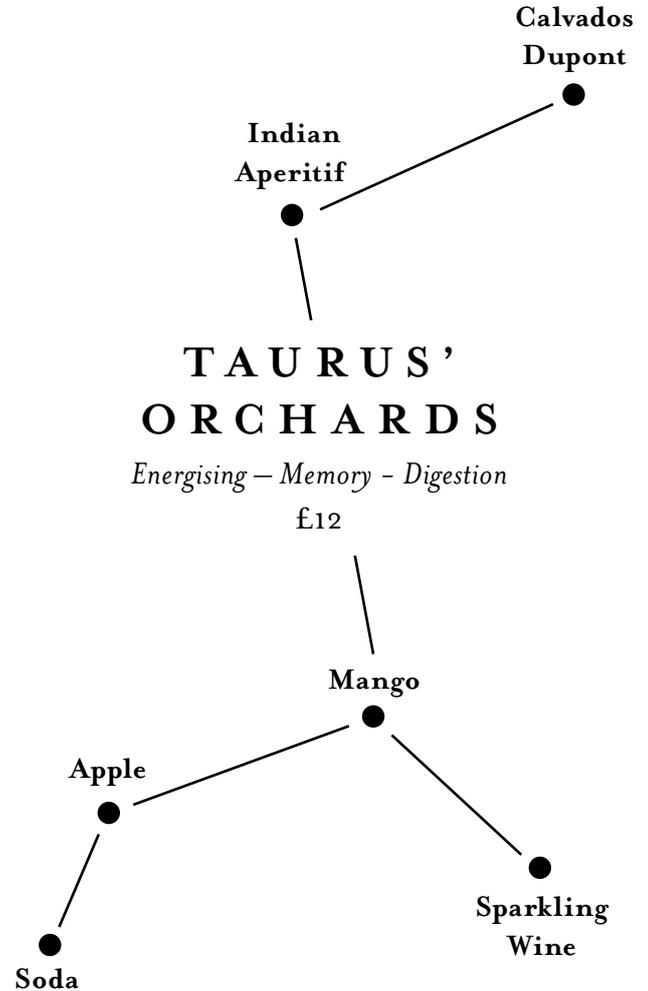
## **ARIES**

*In Ayurveda, saffron is valued for its ability to soothe Aries' domination over the dosha of Pitta.*

*Made using our inhouse hemp shrub with a heady hit of coconut and cardamom, Mesh has added probiotic complexities from fermented kombucha.*

## TAURUS

*A light, refreshing concoction with  
Kapha pacifying apple, our Indian aperitif  
adding herbal complexity with an  
elegant spritz to finish.*



**Aquavit**



**Vata Spirit**



**Belsazar Rosé  
Vermouth**



## **H A R M O N I S E D M I T H U N A**

*Cleanse – Energy – Heart*

£12

**Clarified  
Lemon**



**Grapefruit**



**Salted  
Hibiscus**



**Soda**



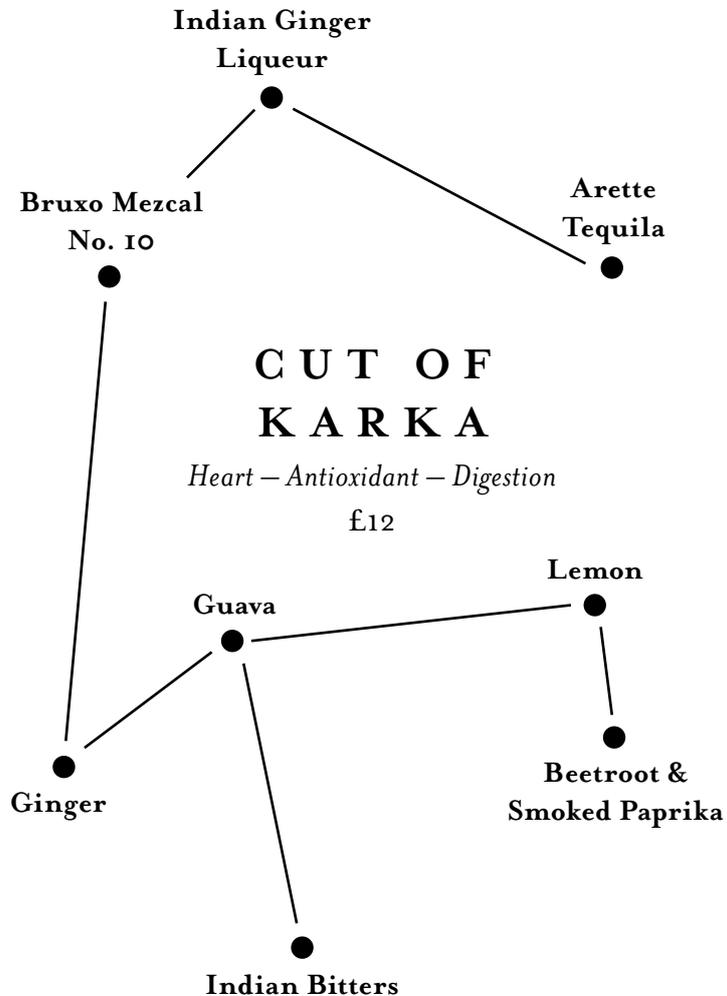
## **GEMINI**

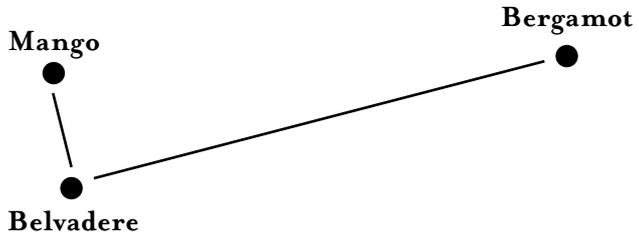
*This long refreshing concoction with caraway spirit and a subtle saline finish helps pacify the Vata dosha and restores balance to Gemini's rule.*

## CANCER

*The tropic of cancer cuts itself through  
Mexico, home to the prized agave.*

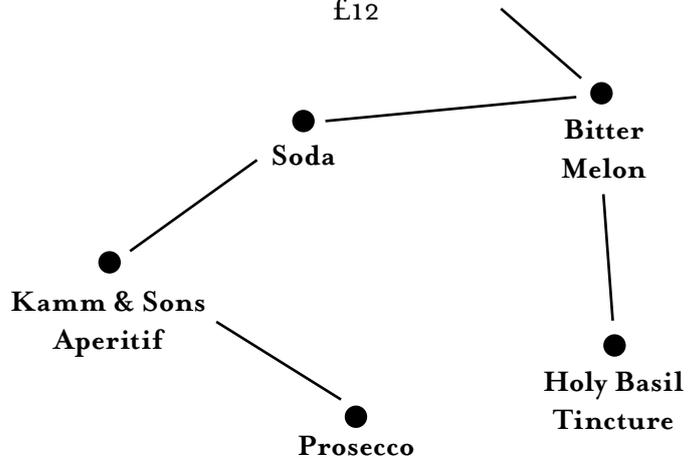
*With added Kapha pacifying ginger and  
subtle earthy beetroot, Karka's Cut has a  
touch of the exotic with tropical guava and  
our own Indian bitters.*





**SIMHA  
SPRITZ**

*Lifting – Purifying – Immunity*  
£12



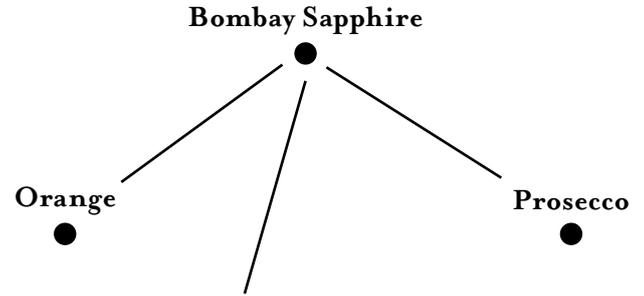
**LEO**

*A delectably light and refreshing spritz, with aromatic bergamot lifting the subtle bitter flavours of our house made Amaro, served suitably long and over ice.*

## VIRGO

*Frankincense, valued over Millenia for its heady perfume and in Ayurveda for its ability to bring balance to the dosha of Vata.*

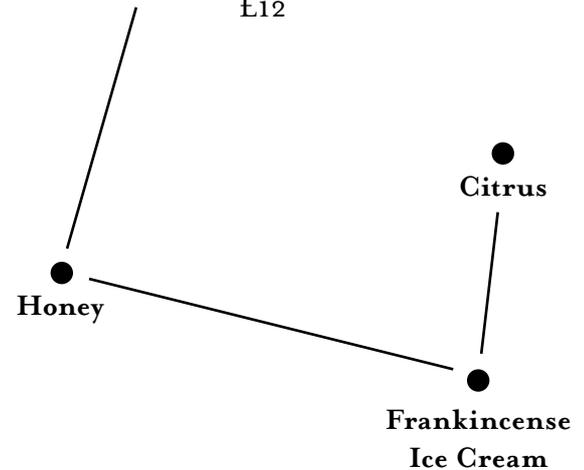
*This delectable concoction is a gin fizz of sorts with ingredients valued for their energising qualities.*



## KANYA IN THE WEST

*Flow - Pure - Energy*

£12



Plantation  
Pineapple

Glenfiddich  
IPA

# T U L A T U L A

*Stimulant - Digestion - Healer*

£12

Suze

Riesling  
Cordial

Dolin  
Dry Vermouth

## LIBRA

*The subtle smokiness of Scotch whisky aged in IPA casks and pineapple, known for its Vata pacifying abilities, come together with a hint of bitterness and a crisp, Riesling finish.*

## SCORPIO

*The luxury of Champagne and Cognac meets the irreverence of our popcorn tincture, valued in Ayurveda for its Pitta pacifying qualities, with the subtle headiness of exotic oudh.*

Champagne

Oudh

## SCORPION'S CHALICE

Strengthening – Energizing – Stimulant

£14

Ghee washed  
Pierre Ferrand  
Cognac

Almond

Pitta spiced  
Popcorn

Copperhead Gin

Grape

Plum

Grapefruit

Riesling  
Cordial

Mango  
Sorbet

Soda

## DHANUS' JOURNEY

*Carmina – antioxidant – heart*

£12

## SAGITTARIUS

*A Truly exceptional infusion of grapes with Copperhead Gin, providing a refreshing, fruity and floral flavour while perfectly balanced with grapefruit, plum and a side of home-made mango sorbet. Valued for its extensive heart health benefits.*

## CAPRICORN

*The tropic of Capricorn slices through Peru, from here the grape based spirit of Pisco dances headily with ylang ylang, known for its aphrodisiac qualities, in this exotic clarified milk punch.*

Peruvian  
Pisco Barsol

Milk

Verjus

## MAKARA'S TROPIC

*Ojas - Phenolic - Cleanse*

£12

Peach

Sherry

Ylang Ylang and  
Clementine White Tea

Ghee Washed  
Woodford Reserve



Chocolate

Vanilla



## K H U M B A

*Stimulant – Pick-You-Up – Soother*

£12

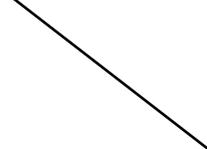


Yolk

Beurre  
Noisette



Milk



Spiced  
Bitters

## AQUARIUS

*A truly decadent pick me up served warm with a base of bourbon washed with clarified butter, known for its ability to soothe Vata, with a hint of chocolate and sweet spice.*

## PISCES

*The wonderfully aromatic muscatel grape is balanced with subtle florals of rose and a touch of aromatized wine in this elegant, Vata pacifying martini of sorts.*

Konik's  
Tail



## GRAPES OF MEENA

*Calm – Nervine – Heart*

£12



Rose

Aromatized  
Wine



Grape  
Leaf



Grape



**RESTORATIVE  
NON-ALCOHOLICS**

**V A T A**

*Citrus water-spirit, lemon, grapefruit,  
mango, strawberry, maple, Indian bitters,  
coconut kombucha*  
£7

**P I T T A**

*Amaro, vermouth, spiced water-spirit,  
Lemon tonic*  
£7

**K A P H A**

*Alkaline rose cordial,  
cardamom water, yoghurt*  
£7

**What's in a dosha?**

*In Ayurvedic medicine, three dosha exist; Vata, Pitta and Kapha. Each dosha has an energy that circulates through the body and governs physiological activity.*

*Their differing proportions determine individual temperament, physical constitution and, when unbalanced, are capable of causing a disposition to both physical and mental disorders.*

*Each of us are born with a dominating dosha and different ingredients we either eat or drink will either pacify or aggravate the energies the dosha emit.*

*Every ingredient we consume is made up of a combination of six Ayurvedic 'tastes'; salt, sweet, sour, astringent, bitter or pungent, and each dosha will be either aggravated or pacified by whatever combination of these 'tastes' the ingredient has...*

## What's in a dosha?

*...As if this wasn't complex enough, throughout the course of the year the star sign of any given lunar phase is capable of unbalancing our wellbeing by aggravating the particular dosha that star sign dominates.*

*For example, during the early month of May, Rishaba (Taurus) dominates the dosha Kapha, so in Ayurveda we should consume food and drink that are considered pungent, bitter and astringent to pacify, rather than aggravate, the Kapha dosha.*

*By applying Ayurvedic practice throughout the year and working with carefully selected ingredients, we are able to pacify the dominating dosha so we can get on with our lives with our wellbeing in check.*

*Simple really.*