



# Welcome to your Artisan Pantry

This is an honesty based system.

Please leave cash or make a bank transfer within 24-hours of your departure to the following account:  
**40-47-63 30656046**

(Please note that we do not take the monies from your pre-authorized security deposit)

Please mark down all items and quantities enjoyed.

Thank you!



**ALL items NOT IN THE FITTED KITCHEN CUPBOARDS** are to be paid for. All items on the red shelves in the fridge are chargeable and the items on the shelf in the door (milk is free), as are all items in the freezer. All alcohol is charged with the exception of the two decanters of gin and whiskey, (ice can be found in the freezer).

## In Bethnal

You will find wines in the black sideboard.

## In Bec

You will find wines in the cabinet under the spirits.

## In The Foaling Box

You will find wines in the Apothecary & the cocktail trolley.

Welcome! Relax & enjoy.



## Savoury Items

Crisps: all flavours	£1.00
Olives	£1.20
Mixed nuts	£1.20

## Sweet Items

TEMPRD Chocolate - handcrafted in Maldon, Essex	
...large bars	£4.50
...small bars	£3.30
Bags of sweets	From £4.50

## Drinks Non-Alcoholic

Coke® & Diet Coke® cans	£1.50
Tonic Water	£1.20
Frobosher® Orange / Apple Juice	£2.50

## Drinks Alcoholic

BARON Lager & IPA	£3.75
Small Prosecco bottles	£6
Pre made cocktails	£2.25



## Organic Wines & Prosecco

White wine / Red Wine / Rose Wine	£18 / £18 / £26
Prosecco	£20
Renegade & Longton Blush Elderflower Champagne	£22
Oxney Classic English Organic Champagne	£43

## In the freezer - FIELD GOODS

We're Sam & Elliot Day; food obsessed brothers who left the farm in Devon for the big city. The dream? To make amazing comfort food from carefully-sourced, sustainable suppliers, sent from our kitchen to your table.

Beef Lasagne (for one)	£7.50
Thai Red Vegetable Curry (for one)	£7.50
Shepherds Pie (for one)	£7.50
Melt in the Middle Chocolate Brownie (for two)	£5.75

## Bethnal&Bec Range

Hash browns	£4
Sweet potato fries	£4
Skin on fries	£4

## Various Ice Creams

...we have sourced some incredible ice cream from a number of small businesses. Small batch ice creams, made with care and love.

<b>ALL FLAVOURS</b>	£3
<b>SCOOP's DOGGIE ICE CREAM</b>	£3



## Rural Care

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Enabling people with learning disabilities to work, learn new skills & make friends. All items are handmade & sold with zero profit. You will be supporting a wonderful cause, just 3 miles from us at Church Farm Ardeley.

Bird Feeder	£6.50
Notebook	£2.50

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## Girls Who Grind Coffee

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Women led, change making women producers from all over the world. Anti-patriarchy and dismantling misogyny in coffee production and industry.

250g bag Gloria Henriquez Honduras Coffee	£12.50
Girl Crush Clubhouse Espresso Box	£10.00
Mug	£10.00
Sticker	£1.50

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## Bare Kind Socks

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Bamboo socks where 10% of the profits are donated to the animal on the sock! Lucy supports animal conservation & rescue charities, with a growing range of charities coming on board.

Kids socks	£7.50
Adult socks	£9.50

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## Ivy Cottage Bees

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Situated on the border of Herts & Essex, Ivy Cottage Bees benefit from the excellent arable farming and wild countryside flowers which help their bees turn the nectar into golden honey.

Clear honey - small/large	£5.00/£9.50
Set honey - small/large	£5.00/£9.50

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## Doggie Pantry

<b>Green &amp; Wilds</b> ® All toys/chew toys	£7
Canine Menu: rabbit chews	£2.20



## Your Staples Pantry

We've provided for your personal use complimentary items for you to enjoy. They are all the items that are in the **KITCHEN CUPBOARDS** and on the **CLEAR** shelf in the fridge. These include:

bath & shower wash, shampoo, conditioner, hand & body lotion  
black & green tea bags, assortment of infusion teas, instant & ground coffee, hot chocolate  
cornflakes & shreddiees  
cotton pads & cotton buds  
ketchup, mayonnaise, sweet chilli sauce, mustard (all Heinz)  
portions of salted butter  
quick cook white rice, pasta, spaghetti, vermicelli noodles  
salt, pepper, mixed herbs, garlic, dried chillies, olive oil  
selection of jams, marmalade & honey  
tea towel, dishwasher tabs, eco cleaning sponge, toilet roll  
tipple of gin & whisky  
washing up liquid & kitchen cleaner  
white flour, stock cubes (meat & vegetable) & gravy granules  
breakfast hamper as ordered

## Food Allergy Warning

Please be advised that food & drink at Bethnal&Bec may contain the following ingredients: Peanuts, eggs, milk, wheat, tree nuts, soybean, fish, shellfish, mustard, celery, gluten, lupin, sesame seed & sulphur dioxide. This includes; but is not limited, to the complementary staples pantry; the Artisan Pantry, the Dine In-Menu & any add on packages.