

## TUCO North West Region Catering Group Meeting Tuesday 24<sup>th</sup> October 2023 at the University of Bolton MINUTES

<b>Attendees:</b>	Emma Stansfield [Chair]	Manchester
	Nicola Boland	NWUPC
	Ann Bickerstaffe	Liverpool
	Angela Church	Bangor
	Jane Eve	TUCO
	Judith Hoyle	TUCO
	Jane Hulmston	Bangor
	Karen Hunter	Bolton
	Sarah Jones	TUCO
	Mandy Johnston	Liverpool
	Jemma Lucas	Edge Hill
	Sarah McLoughlin	TUCO Academy
	Paul Murphy	Edge Hill
	Karen Norton	Bolton
	Derek Rout	Bolton
	Alison Shedlock	Manchester
<b>Via Teams:</b>	David Nuttall	Harper Adams
	Carol Yates	UCLAN
<b>Apologies:</b>	Alison Bates	Manchester
	Jonny Chambers	Keele
	Joanne Dooley	RNCM
	Dawn Vincent	Stoke-on-Trent

### 1. Welcome and Apologies

Apologies as listed above. Emma welcomed everyone to the meeting.

### 2. Minutes of the Last Meeting

These were taken as agreed.

### 3. Board Update for TUCO Chair, Phil Rees-Jones

Phil confirmed that Chefs' Competitions will be back in 2024. We have agreed a partnership with KCL on Menus of Change. Back in 2017 TUCO undertook some research on business modules in HE, so we have now just re-commissioned this. He asked that if any members want us to do any research, then please let us know.

### *TUCO Foundation*

We are in the process of setting this up and there are some tax efficiencies to be gained from this.

### *Menus of Change*

One of the Board members has asked if TUCO can resource the auditing of this.

### *TUCO Strategy*

We are looking at research to help with this. Our competitors provide a procurement service but nothing else. Litmus are currently looking at competitor analysis and member engagement.

Financially, TUCO are in a very strong position. Value for Money Reports are about to be sent out. It costs £100 to be a full member of TUCO. For this you get access to training, free places at the summer conference, subsidized study tours and a place at the winter conference.

## **4. Procurement Report**

Supplier market reports are now available including the UKUPC, TUCO Value for Money and the quarterly Intelligence Report. TUCO sends out savings reports on a quarterly basis.

On tenders the new Hot Beverage agreement starts on 1<sup>st</sup> March 2024. Convenience Retail is at the Research and Strategy stage. Jane asked for any volunteers for the Tender Working Party. The DipChem tender schedule will be issued late November so the framework has been extended. Food Waste has been extended until 31<sup>st</sup> October 2025. Work is currently underway on the Greenhouse Gas Calculator system. Alcohol is being re-tendered using the open procedure. Revised pricing came out in August. It will be extended until 15<sup>th</sup> January 2024 until the new framework is in place. There has been a review meeting for the suppliers on the CICS framework, along with meeting for other agreements. There is a new Account Manager for Vegetarian Express, Bushra Al-Salehi. Unilever are keen to provide support to members on their products, including Ben & Jerry's Scoop Shop.

We will be continuing with our NPD page on the website for members to try and feedback on new products.

On the Convenience Retail framework, Kim is writing an article for the TUCO magazine on the cocoa supply chain for confectionery.

## **5. TUCO Academy**

Sarah and Camilla have been very busy with compliance courses. An example of the value of compliance courses that the Academy runs includes the Level 4 Food Safety qualification which is only £99! This can cost upwards of £450 elsewhere. As well as compliance courses, we are still doing soft skills such as Finance for Non-Finance Managers. We also have Report Writing and Presentation Skills this month. Just as a reminder that anybody from the university can attend courses not just the catering staff, the university is a member so anyone employed can use the CPD opportunities. We are looking at delivering webinars for juniormanagers and team leaders as we have had feedback that, with the middle level of managers which has been removed in the last few years, there is some developmental need for skills and confidence at the lower level. Topics for this includes an Introduction to Leadership, Communication, Delegation & Feedback and Conflict Resolution etc.

This will be CPD accredited and will help managers improve their skills with their direct reports. On 14<sup>th</sup> November there will be a course for Visual Merchandising and Customer Skills to be held in Manchester with a Christmas twist. There will be a further one held in London on 17<sup>th</sup> April.

Study Tours include:

Food to Go in Leicester and Frankfurt – April.

Colombian Coffee Study Tour – 11<sup>th</sup> May.

South Korea including Student Conference – 18<sup>th</sup> to 26<sup>th</sup> May

London Street Food and Food Court Tour

Italian Wine, Beer and Olive Oil Tour – September

Forest Green Rovers – all players have plant-based food and the stadium is totally green

NACUFS Conference in July in Kentucky

We recently held a meeting with the Academy Steering Group on the 28<sup>th</sup> of September which will help form the basis of a business plan.

Sarah is looking for venues for the Winter Conference in 2024. This year the theme is the Cost of Living Crisis. Harper Adams will be delivering a session on Food Waste and we will finish off with 'The Flygerians' who will present to us on their Nigerian Street Food as well as making some canapes for the pre-Conference dinner. There will be a study tour following the Conference.

## 6. NWUPC Update

Nicola reported that she herself joined in September and they also have two new procurement trainees, Nadia and Emmanuel. They are currently developing a management strategy and conducting a membership survey. They have awarded the contract for their new website to DOWO. The new website will have a discussion forum and will be much more interactive. They have recently refunded all the members' subscription fees so that they get a free year's membership. They are currently looking at options for their 2024 Conference and the next NWUPC Board Meeting will be on 7<sup>th</sup> December.

## 7. Member Updates

### *Bolton*

They have just had Black History Month with a different recipe every day. They have taken 3 of the recipes and put them on the winter menus. They have just gone through a huge graduation and they will be introducing an alcohol-free sparkling wine. They have run some internal competitions for the chefs including a vegan and vegetarian option. Every Wednesday night the chefs give a cookery demonstration to the students in their own time and will be selling their poppy cakes for Remembrance Day. They recently held a record-breaking Open Day. They have also set their dates for their Christmas Lunch.

### *Bangor*

Angela has just taken over the catering of the Management Centre. They had a collaboration with a local restaurant for Black History Month and will be bringing in some externals for their Open Days. Angela is very interested in TUCO's research on healthy eating. They have just been accredited with Fair Trade at the basic level.

## *Edge Hill*

They have just finished their re-furb. Jemma has now taken over Paul's role. Transactions and takings are up.

## *Liverpool*

They now have a new Director of Procurement who has joined them from the NHS. Mandy has taken over Ann's old role. They have split their safety policy into two for production and non-production. They have re-launched the Food Court over in the Guild. They are also re-furbishing the student catering area and will re-open as the Bistro. Ann has helped to set up the student pantry. They have also been introducing Food Waste.

## *Manchester*

Alison reported that business is back to pre-COVID days with higher student numbers. Catered halls are full and bars are very busy. They are looking at a refill scheme for coffee cups and are working with three companies for their refill cups. The big launch will be during Welcome Week next September. They have opened the Manchester Museum café which has been shut for two years. This is completely vegetarian and is one of the busiest cafes on campus. They are hosting the Times Higher Education Academic Summit. They have also recently switched from Coke to Britvic with absolutely no complaints. They recently received one star in Fair Trade. Their catering procurement contact of many years, Nichola Gill, has now left. They had 24,000 people at their first Open Day, with a huge interest in their catered halls.

## *Harper Adams*

Harper are back to pre-COVID levels and everywhere is busy. They have also changed from Coke to Pepsi. They have found that they are selling a lot of packages for their catered halls. They have a couple of new campuses opening and a new Pathology Unit. It appears that many members have moved over to Britvic from Coke.

## **8. Menus of Change**

We have now had 13 pledges from universities who are going to adopt the 24 principles. There is no pressure to adopt all 24. All pledges will gain access to the system which is being written at the moment to make the principles more 'British'. Members can then share the information and knowledge. This will make us more compliant to People and Planet. There is also a lot of support from the Chefs' Forum. Sarah also mentioned the collaboration with Culinary Medicine UK who are helping to support health practitioners to understand more about healthy nutrition. There will be either a Level 2 or Level 3 Qualification via the Chefs' Forum. There will be another study tour to the CIA next year which will include a visit to both Harvard and Yale on 10<sup>th</sup> to 15<sup>th</sup> June 2024.

## **9. Presentation by the Alcohol Fee Drinks Company**

The presentation is attached to these Minutes.

## **10. Any Other Business**

There was no further business so the meeting was terminated.

## **11. Dates for Next Meeting**

This will be held on Wednesday 13<sup>th</sup> March 2024 at Brakes' Warrington depot.



The University Caterers Organisation

# **Giving new life to surplus assets**

with a financial return

**Sam Gillespie and Paul Fieldhouse**

**TUCO Northwest**

**24<sup>th</sup> October 2023**

# Unveiling our new company video

All about our mission to end wastefulness for good...



# Powering the circular economy since 1996

For 26 years we've been on a mission to stop valuable assets sitting idle. None of us can afford to waste resources - for the planet and for profit.

Government departments and businesses alike trust us to find value in their equipment that's no longer needed.

As the government works to decarbonise all sectors of the UK economy to meet their 2050 net zero target, we're committed to supporting organisations and businesses to meet their own ESG goals and play a part in the circular economy.

Based at our specialist facility in Skegness, our trained and experienced team make the process of disposing surplus assets convenient, offering clients complete peace of mind. From decommissioning, collection and refurbishment, right through to storage, marketing and sales, we provide a complete reuse solution.



# What's in it for you?



Sustainability is at the heart of everything we do. By finding new homes for surplus goods, we reduce waste, minimise costs and increase productivity.



For us, it's about doing the right thing. Our rigorously managed processes reduce risk, provide greater transparency and ensure our clients remain compliant.



Every year organisations lose money through inefficient disposal. We help generate a healthy profit for your surplus assets through our various sales routes.



# Peace of mind

- None of the assets we handle go into landfill (and we're rightly very proud of that!)
- Greater return on the sale of items (other than scrap value)
- Ownership and seller liabilities are transferred to us
- Transparent and consistent reporting across sites
- Assist in site clearance, allowing space to become available for alternative uses
- Transparent and compliant disposal routes (every job takes place in accordance with current Environmental and Health & Safety legislation)
- Reduction in your storage costs and support in asset management

## Methods of sale

We have thousands of motivated and loyal buyers from across the world who receive all the latest information about our sales and auctions. We use various sales methods to get the best return possible, including:

Online auctions – Tender – Private treaty sales – On or off-site sales

# How it works



## Understanding your needs

Are you looking for a strategic sustainability initiative? Do you need more storage space, or to reduce storage costs? We take time to get to know you and understand your aims.



## Let's agree the best route to achieve your goals

This might be an outright purchase from Ramco, an on-site auction or a direct sale. We have a range of options and can find the right one for you.



## Valuation

Whether it's through an on-site visit, or simply looking at pictures and inventory lists, Ramco will use experienced appraisers to value the goods.



## Leave it to us

We process and catalogue the goods, create detailed item descriptions and photography.



## Marketing

We use a range of marketing channels to amplify the interest across a huge database of buyers.



## Payment

The client receives their funds!

# Sectors & clients

Ramco is a trusted partner for private and public sector clients alike. We have deep experience in a range of key sectors:

- Foodservice
- Manufacturing
- Leisure and entertainment
- Energy and utilities
- Facilities management
- Public Sector and emergency services



# TUCO Members Who Are Already Working With Ramco

- University of Northampton
- Imperial College of London
- Kingston University
- University of Exeter
- Aberystwyth University
- Cardiff University
- Edinburgh Napier University
- Liverpool Hope University
- University of Sheffield
- United Lincolnshire Hospital Trust
- University of Leicester

“ Following the announcement that the University would move to a new campus, we needed an efficient reuse solution that both eliminates waste and reduces disposal costs. Our growing relationship with Ramco has enabled us to implement an environmentally friendly disposal solution that ensures our unwanted equipment is given a new lease of life, helping us contribute towards creating a circular economy. We’re pleased to be working with Ramco and look forward to seeing their support expanded across the University in the future. ”

**Matthew Waite – Head of Capital Projects and Infrastructure**

# Trusted by



# Trusted by



# Public Sector

With longstanding relationships with the Ministry of Defence as well as blue light emergency services, we know the importance of disposing of surplus assets without disrupting vital day-to-day services.

Whether it's local councils, other government departments or the military, Ramco understands that clients in this sector are under more scrutiny than most. That's why we work with complete transparency and compliancy, all while achieving the biggest financial return possible to be reinvested in essential services.

We handle equipment from education establishments, government departments and local councils, to health and emergency services, including:

- Fire & Rescue Equipment
- Plant & Vehicles
- Gym & Fitness Suites
- Communication devices



# Foodservice

The food industry has always struggled to dispose of equipment in a sustainable, efficient and profitable way. But in the current market, businesses need to manage their exposure and risk in order to become sustainable, successful and, importantly, profitable.

We've worked with clients in both the commercial and public sector, collecting entire kitchens or individual items of catering equipment, including:

- Industrial ovens
- Warewashing equipment
- Fridges and freezers
- Small appliances





# Leisure and entertainment

Our team looks after clients across the full breadth of the leisure and entertainment sector, including foodservice, hospitality, even theme parks. This thorough experience, plus our ability to adapt, means we can meet the needs of clients in any market sector. From commercial catering equipment and furniture to fairground rides, we dispose of unwanted assets efficiently, profitably and sustainably.

We have experience in handling:

- Obsolete & overstock spare parts
- Theme park infrastructure
- Hotel & accommodation
- Office closures
- Supermarket refurbishments



# Facilities management

Working with various businesses focused on facilities management, we've been able to provide ideal, cost-effective solutions across multi-site operations, as well as commercial estate managers.

Examples of assets collected by Ramco include:

- Fleets of vehicles
- IT and phone systems
- Catering equipment



# Adding value to surplus assets – Traffic vehicles

- We removed the livery from this well-used Highways England Mitsubishi Shogun.
- We repaired damage to the bodywork on the left front wheel arch.
- We remodelled the interior and fitted new parts to restore that shiny new feel, before putting the vehicle through an MOT.
- A video was created to present the vehicle to prospective bidders.
- The vehicle was purchased for a hammer total of **£7400** at online auction.

## BEFORE



## AFTER



# Recent catering sales



## Combi oven

Brand: Rational

Age: YOM 2016

Condition: Used but good - untested

Date Sold: 18 January, 2022

£3,510



## Double refrigerator

Brand: Foster

Age: YOM 2013

Condition: Front top panel loose but otherwise good - untested

Date Sold: 18 January, 2022

£470



## Dishwasher

Brand: Winterhalter

Age: YOM 2017

Condition: Used but good - untested

Date Sold: 18 January, 2022

£540



## 6 burner range oven

Brand: Hobart

Age: YOM 2020

Condition: Unused and in good condition - untested

Date Sold: 8 December, 2021

£820



## Twin tank fryer

Brand: Electrolux

Age: YOM 2020

Condition: Used but good - untested

Date Sold: 22 February, 2022

£660

# Achievements and accreditations

2021 saw Ramco named Best Resource Management Business of the Year at the **waste2zero** awards for the second year in a row. Running for five years, the awards (the first of their kind in the sector) are designed to give the out-of-home food service industry a platform to showcase best practices and recognise excellence in reducing the sector's impact on the environment.

We've also been shortlisted at the edie Sustainability Leaders Awards 2022 as finalists in the Waste and Resource Management Project of the Year category. It marks the first time Ramco has been nominated for one of these prestigious awards.

Ramco holds several accreditations, including the international standard for environmental management systems, ISO 14001. The certification is granted for the 'disposal of assets and equipment with or without refurbishment, including selection and management of subcontractors.' The Armed Forces Covenant has also recognised us for our commitment to the armed forces as well as being members of the Foodservice Equipment Association (FEA).



**THANK YOU**



The University Caterers Organisation

**NORTHWEST**

**Get in touch to see how we can help find value in your surplus assets.**

**Paul Fieldhouse  
Business Development**

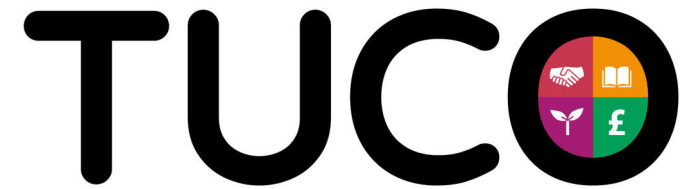
Mobile: 07860 616093  
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**[www.ramco.co.uk](http://www.ramco.co.uk)**





The University Caterers Organisation

# Andy Mee

North West Regional  
Meeting  
24<sup>th</sup> October 2023

## Is your venue ready for the growth of Alcohol Free Drinks?

I'm not Anti Alcohol, it's all about Choice! The Alcohol Free Industry are NOT another Temperance Movement!



A WOMAN'S LIQUOR RAID—HOW THE LADIES OF FREDERICKTOWN, O., ABOLISHED THE TRAFIC OF ARDENT SPIRITS IN THEIR TOWN.—





Not Anti Alcohol – Pro Choice:

It's time to stop sober shaming.  
#StopSoberShaming

ALCOHOL CHANGE UK



**ALCOHOL CAN CAUSE CANCER**

2.2 UK Units  
Per 175ml

9.4 UK Units

To keep health risks from alcohol to a low level it is safest not to drink more than **14 UNITS** a week on a regular basis

It is safest to avoid alcohol when pregnant or trying to conceive

Search: OneYou Alcohol

drink less for your breasts



JUST ONE DRINK A DAY INCREASES YOUR RISK OF BREAST CANCER BY 14%

**ALCOHOL INCREASES YOUR RISK OF BREAST CANCER.**



**THINK TWICE.**

The more you drink, the more you increase your risk of developing breast cancer.

- 1 in 8 women suffer from breast cancer
- 7 drinks a week increases the risk by 14%
- 14 drinks a week increases the risk by 28%



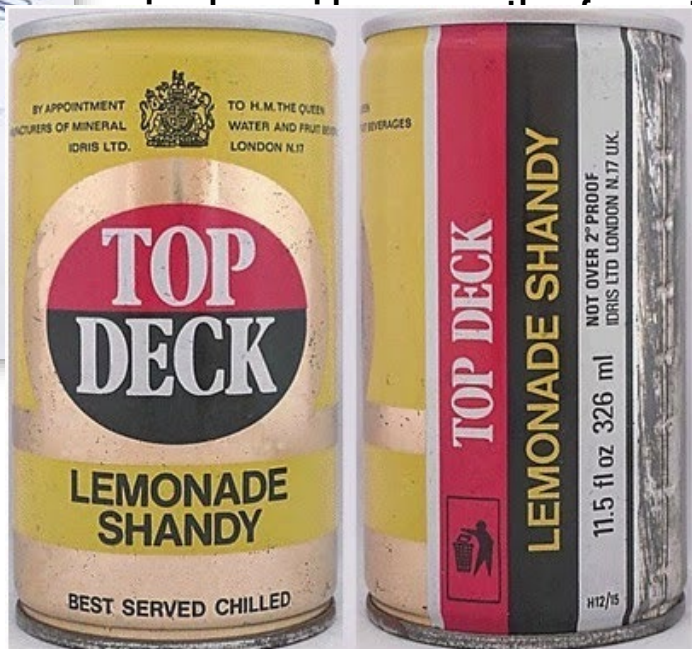
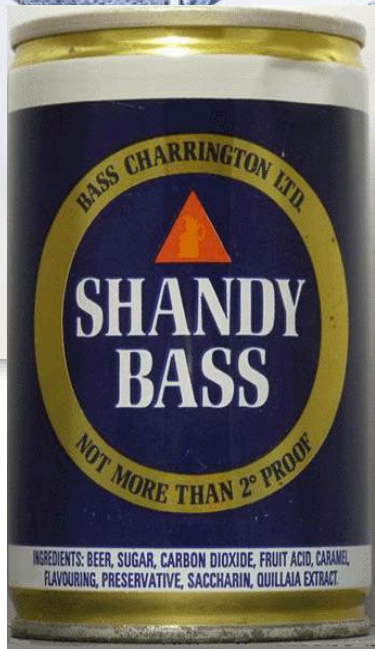
So, what exactly are Alcohol Free Drinks and the confusion around labelling....

## 191 Meaning of “alcohol”

(1) In this Act, “alcohol” means spirits,

ed,  
not

le



  
Department  
of Health &  
Social Care

Low Alcohol Descriptors Guidance

Published 13 December 2018

**Low alcohol** – the drink must be 1.2% alcohol by volume (abv) or below  
**Non-alcoholic** – the drink must be 0.5% alcohol by volume (abv) or below  
**Alcohol Free** – the drink must be 0.05% alcohol by volume (abv) or below  
**De-alcoholised** – this term should only be applied to a drink from which the alcohol has been extracted if it contains no more than 0.5% abv and the product should also include an indication of its alcoholic strength (or state that it contains no alcohol).



What do we mean by Alcohol Free Drinks

Things have come a long way from these drinks



Sadly many people perceive this is the experience of Alcohol Free Drinks

# THE ALCOHOL FREE DRINKS COMPANY

## What do we mean by Alcohol Free Drinks

### AF versions of Multinational brands



### Direct Alcohol replacement products from new brands



### New AF products from new brands



# THE ALCOHOL FREE

Why have an



20% of people in  
55% of people in  
38% of GenZ don  
29% of pub visits  
47% of non drink  
70% of people in  
9 million adults d  
1 in 4 adults have  
80% of people that consume non-alcoholic beer in the UK are also regular beer drinkers.  
25% of non drinkers default to Tap Water if there are no good AF Options.



Their Credit card is the same as someone who is so, if you don't cater for them, they don't spend.....



Remember one thing..  
the reason your customer is not  
alcohol.....

# THE ALCOHOL FREE DRINKS COMPANY

What do we mean by inclusive Drinks menu?



**MAKARS GOURMET MASH-BAR**  
FANCY A DRINK?

**OUR DELIGHTFUL ALCOHOL DRINKS**

**STEWART BREWING**  
Stewart Brewing is a local artisan success story founded in 2016 by the great friends, Steve and Al Stewart. It's Edinburgh's first independent brewery. Stewart's have established themselves as one of Scotland's most successful and reputable breweries. They have won countless awards for their innovative products, whilst still retaining the traditional ethos of Edinburgh's rich brewing history.

**DAUGHT BEERS/CIDERS**

**Stewart's Lager (4%)**  
Stewart's Brewing is a local independent brewery producing great tasting beers. This is a classic Lager with a crisp and very drinkable. Our best selling Lager in the city and very drinkable. Our best selling Lager in the city and very drinkable.

**Makars Guest IPA (5-8%)**  
Citrus hop aroma develops into a multi-layered soapy and spicy note with underlying hints of stone fruits and a touch of pine. The finish is clean and refreshing.

**Stewart's Hollyhock - Pale, Light & Hoppy (4.8%)**  
Light-bodied citrusy pale ale with a delicate hop of white fruit. The nose is a touch fresh citrus aroma, from the honeydew. The palate is light bodied with a touch of citrus and a hint of pine.

**Stewart's Guest Dark Beer (4%)**  
Strong and full bodied with an abundance of roasted malt flavors. Spiced, malty and a touch of sweetness. Tastes great on beer or on sticky coffee.

**Thirsty Cross Traditional Draft Cider (4.8%)**  
Cider's best blend of apple and made less than 30 miles from where we are brewing.

**RUMS**

Bacardi (35ml) £4.50  
Captain Morgan Spiced Rum (35ml) £4.50  
Knoxon Blue (35ml) £4.50  
Havana Club 7 (35ml) £5.00

**VODKAS**

Smirnoff Red Label (35ml) £4.50  
Absolute Vodka (35ml) £4.50  
Grey Goose Vodka (35ml) £5.00

**LIQUORS/SPIRITS**

Balleys Irish Cream (35ml) £5.00  
Aperol (35ml) £4.50  
Cointreau (35ml) £4.50  
Drambuie (35ml) £4.50  
Jack Daniels Tennessee (35ml) £4.50  
Malibu (35ml) £4.50

**MIXERS**

Soda Gun Mixer £21.00  
Fever Free Bottle £21.50  
Bar Accord Bottle £22.00

**'OOR' SCOTTISH WHISKY**

**Monkey Shoulder (35ml) £4.50**  
A quality blended malt whisky from William Grant. A smooth, creamy scotch & very malty Scotch which works superbly well in a neat or in a whisky cocktail.

**Glenkinchie 12 Year Old (35ml) £5.00**  
The nose is quite light, yet fragrant, the palate is fruity with notes of Apples & sweet malted barley. A hint of citrus & vanilla oak in the mouth. There is a freshness & complexity to this spirit. The finish is medium length with notes of vanilla & light sweetness.

**Glenfiddich 12 Year Old (35ml) £5.00**  
One of the world's best selling malts. Sweet, subtle notes develops into butterscotch & subtle oak flavors.

**Archie 12 Year Old (35ml) £5.00**  
This is a quality blended malt whisky from William Grant. A smooth, creamy scotch & very malty Scotch which works superbly well in a neat or in a whisky cocktail.

**Balvenie Double Wood (35ml) £5.00**  
12 year old, sweet oak & sherry notes, layered with hints of vanilla, stone & nutmeg in the palate, with a beautifully combined flavours - really smooth, creamy spirit & a pronounced hint of sherry.

**Archie 10 Year Old (35ml) £5.00**  
A smooth blended malt whisky from William Grant. A smooth, creamy scotch & very malty Scotch which works superbly well in a neat or in a whisky cocktail.

**Talisker 10 Year Old (35ml) £5.00**  
A classic Malt Scotch from the Isle of Skye. Always highly rated, this is a classic Scotch & a Whisky Magazine's 'one of the best' in the world. It's a classic Scotch & a Whisky Magazine's 'one of the best' in the world. It's a classic Scotch & a Whisky Magazine's 'one of the best' in the world.

**WINES**

RED WINES	WHITE WINES	ROSE WINES
<b>Culivis Montepulciano (75ml) £7.00</b> A rich, dark red wine with a full body and a hint of spice. The palate is full and the finish is long and smooth.	<b>The Old Glen Tree Chardonnay (75ml) £7.00</b> A classic Chardonnay with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.	<b>Red Catin Pinot Grigio (75ml) £7.00</b> A light and refreshing Pinot Grigio with a hint of citrus and a clean finish. The palate is light and the finish is clean and refreshing.
<b>Vino Lancia Merlot (75ml) £7.00</b> A rich, dark red wine with a full body and a hint of spice. The palate is full and the finish is long and smooth.	<b>White Wine (75ml) £7.00</b> A classic white wine with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.	<b>SPARKLING WINES</b>
<b>Vino Fata Malibu (75ml) £7.00</b> A light and refreshing Malibu with a hint of citrus and a clean finish. The palate is light and the finish is clean and refreshing.	<b>Catnary By Seagrove Wine (75ml) £7.00</b> A classic white wine with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.	<b>Prosecco Red Catin (75ml) £7.00</b> A light and refreshing Prosecco with a hint of citrus and a clean finish. The palate is light and the finish is clean and refreshing.

**GROWN UP ALCOHOL-FREE DRINKS**

**BOTTLED BEERS/CIDERS**

**Nirvana Bavarian Helles Lager (330ml) £4.00**  
A classic Bavarian Helles Lager with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.

**Nirvana Classic IPA (330ml) £4.00**  
A classic IPA with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.

**Nirvana Dark Rich Stout (330ml) £4.00**  
A classic Dark Rich Stout with a rich and full-bodied palate. The nose is a touch of chocolate and the finish is clean and refreshing.

**ALCOHOL FREE SPIRITS**

**Talmoner Citrus and Ginger Punch (75ml) £4.00**  
A classic Citrus and Ginger Punch with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.

**Old Dutch West Coast Blend (75ml) £4.00**  
A classic West Coast Blend with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.

**Old Dutch Premium Smokey Isle (75ml) £4.00**  
A classic Premium Smokey Isle with a rich and full-bodied palate. The nose is a touch of chocolate and the finish is clean and refreshing.

**270 North Rum (75ml) £4.00**  
A classic North Rum with a rich and full-bodied palate. The nose is a touch of chocolate and the finish is clean and refreshing.

**Peasegreen Londoner Gin (75ml) £4.00**  
A classic Londoner Gin with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.

**GROWN UP CRAFT SODAS**

**Rhubarb Soda (275ml) £3.00**  
A classic Rhubarb Soda with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.

**Cloudy Lemonade (275ml) £3.00**  
A classic Cloudy Lemonade with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.

**Ginger Beer (275ml) £3.00**  
A classic Ginger Beer with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.

**Cream Soda (275ml) £3.00**  
A classic Cream Soda with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.

**Pink Grapefruit Soda (275ml) £3.00**  
A classic Pink Grapefruit Soda with a crisp and refreshing palate. The nose is a touch of citrus and the finish is clean and refreshing.

**HOT DRINKS**

Filter Coffee £1.50  
Hot Chocolate £2.00  
Selection of Teas £2.00

**YOU'RE ONLY YOUNG ONCE**

Orange, Pineapple, Cranberry or Apple Juice £3.00  
Coke Diet £2.00 or £3.00 (1000ml)  
Irn Bru £2.00  
Appletiser £2.00  
Big Tom Spicy Tomato Juice £2.50  
Selt or Sparkling Mineral Water £3.50



**GOOD BEER GUIDE 2023 WE'RE IN IT**

**No 7 Idaho 7 & Mosaic Pale Ale**  
Little Critters ABV 4.2%

**Old Forge Half Moon**  
ABV 3.8%

**Not Apache On Chinook Wishbone**  
ABV 6% (KEG)

**Raspberry Pulp**  
ABV 4%

**Lag Phase Bad Seed**  
ABV 3.9%

**Afraid Of Sunlight Thirst Class**  
ABV 5.7%

**Holy Faith Northern Monk**  
ABV 0.5% (KEG)

**Cloudy Cider Celtic Marches**  
ABV 4.5%

Download Real Ale Finder to see what's coming soon...





What is the future growth for Alcohol Free drinks

Market value up

Consumer acceptance of products up

Quality of products up

Growth



Gen Z not drinking up.

Understanding of health benefits up.

Alcohol Consumption Down