

LIVELYHOOD

INDEPENDENT & INVITING PUBS, RIGHT UP YOUR STREET

mains

ALL STAR BEER BATTERED HADDOCK & CHIPS 18
fat chips, minted crushed peas, tartar sauce,
charred lemon

LEMON & HERB CHICKEN SKEWERS 16 ☆
lemon & herb chicken thigh skewers, tzatziki,
mixed leaves, on toasted flatbread

THE GREENHOUSE FLATBREAD VE 16
cucumber, tomato & crispy chickpea salad,
burrata, spring onion, fresh herbs, tzatziki,
on toasted flatbread

SUNSHINE BOWL VG 14
quinoa, avocado, charred corn, carrot ribbons,
crispy chickpeas & pickled red cabbage

add chicken +4
add burrata +4

salads

CEASER SALAD 14
baby gem lettuce, anchovies, streaky bacon,
soft boiled hen's egg, croutons, caesar
dressing

HOUSE SUPER GREEN SALAD VG 14
purple sprouting broccoli, baby spinach,
avocado, baby gem lettuce, shallot, cider
vinegar dressing

add chicken +4
add burrata +4

burgers

LIVELYHOOD CHUCK & RIB BURGER 17
chuck & rib beef burger, gem lettuce, house
made burger sauce, crispy onion, gherkin,
fries

JFC BUFFALO CHICKEN BURGER 17
house recipe crispy chicken thigh, red
cabbage & lime slaw, house ranch, fries

VEGAN HOUSE BURGER VG 17
redefined meat, gem lettuce, crispy onions,
sriracha mayo, fries

CURRY CRUNCH CHICKEN BURGER 19 ☆
crispy chicken thigh, curry sauce, chutney
mayo, red onion, gem lettuce, chunky chips
& poppadom

CURRY CRUNCH VEGGIE BURGER VE 19
redefined meat, curry sauce, vegan chutney
mayo, red onion, gem lettuce, chunky chips
& poppadom

created by chef Kelsey at The Faber Fox

add cheese +1 add vegan cheese +1
add streaky bacon +2 add fried egg +2
add halloumi +2 add jalapeños +1

snacks & sides

FRIES VE GF 5

CHUNKY CHIPS VE GF 6

PARMESAN TRUFFLE FRIES GF 7

HOUSE SIDE SALAD VG GF 5

EXTRA DIPS 2
buffalo, blue Cheese, sriracha mayo or
house ranch

we add an optional service charge to your bill, which goes straight to our wonderful team. please let us know if you have any dietary requirements & we are more than happy to accommodate.

VE = vegetarian VG = vegan ☆ = most loved
GF = gluten free ♥ = donation to bigkid foundation

to share

BEEF BRISKET LOADED NACHOS 16

slow cooked beef brisket, corn chips, melted
cheddar cheese, tomato salsa, sour cream,
guacamole, jalapeños & chopped coriander

**HOUSE MADE THREE BEAN CHILLI VEGGIE LOADED
NACHOS** VE 13

house made three bean chilli, corn chips,
melted cheddar cheese, tomato salsa, sour
cream, guacamole, jalapeños & chopped
coriander

CURRY ME HOME LOADED CHIPS VE 13 ☆

chunky chips topped with cheddar cheese,
curry sauce, vegan mango chutney, red onion,
jalapeños, crushed poppadom & chives

add crispy chicken strips +4

small plates

3 plates for 23

CRISPY SQUID 9
sriracha mayo

JFC CRISPY BUFFALO CHICKEN STRIPS 9
blue cheese sauce, fresh chives

PORK BELLY BITES GF 9
granny smith apple sauce

MAC & CHEESE 7.5
with rich cheddar & a crispy
golden topping

RED PEPPER HUMMUS VG 7
spiced crispy chickpeas, sourdough

HALLOUMI FRIES VE 9
sweet chilli dipping sauce

DIRTY FRIES VE 11
buffalo sauce, cheddar cheese, crispy onion,
spring onion

CORN RIBS VG 7
crispy paprika corn ribs, dill

puddings

SUMMER ETON MESS GF 8
peaches, mixed berries chantilly cream &
meringue

CHOCOLATE BROWNIE VE GF 7.5
chocolate soil, Jefferson's double vanilla ice
cream

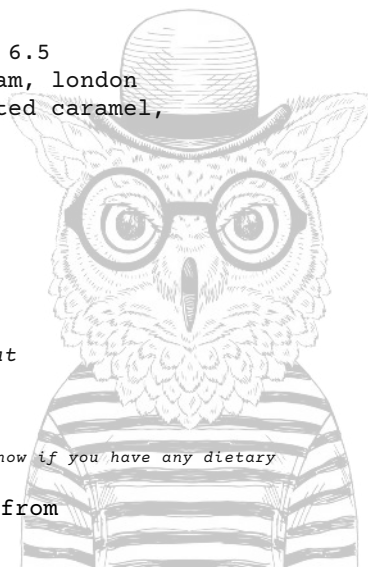
JEFFERSONS ICE CREAM GF 6.5
locally sourced from balham, london
2 scoops - chocolate, salted caramel,
strawberry, vanilla

find our
allergen menu
here



Don't miss out on our standout
Sunday Roasts!

= this paper is made from
post consumer waste





secret garden menu

p i z z a

MARGHERITA V 13

tomato sauce, basil, fior di latte cheese

CHORIZO 15

tomato sauce, chorizo, jalapenos, roasted peppers, fior di latte cheese

PROSCIUTTO 15

tomato sauce, prosciutto ham, cherry tomatoes, fior di latte cheese & rocket

TRUFFLE & CREAM 15

double cream, wild black garlic, truffle oil, wild mushrooms, fior di latte cheese

FETA & COURGETTE 14

garlic oil, courgette, lambs lettuce, feta & fior di latte cheese

GARLIC BREAD 8.5

garlic oil, oregano & salt

TOPPINGS

fior di latte cheese 1.5 / feta 1.5 / olives 1.5 / mushrooms 1.5 / peppers 1.5 / jalapenos 1.5 / chorizo 2 / prosciutto 2

EXTRA DIPS 2

buffalo, blue Cheese, sriracha mayo, garlic & herb

find our allergen
menu here or speak
to one of our team



Don't miss out on our standout Sunday Roasts!

we add an optional service charge to your bill, which goes straight to our wonderful team. please let us know if you have any dietary requirements & we are more than happy to accommodate.

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THE REGENT

our beers

half | pint

CRUSH Drop Project VG 4.2% 3.6 | 7.2 ♡

new england ipa simcoe, citra, mosaic, ekuanot & azacca deliver an explosion of orange peel, mango, melon

JUBEL PEACH VG GF 4% 3.8 | 7.4 ♡

lively peachy lager with a fruity punch

STONE & WOOD Pacific ale VG 4.4% 3.7 | 7.2 ♡

pale ale with a tropical hop aroma, balanced malt sweetness, & a crisp finish

HENRY WESTONS VINTAGE CIDER 5.2% 3.2 | 6.3

A refreshing medium dry sparkling cider that is smooth & rounded, packed with apples from a single year's harvest

LIVELYHOOD ALL STAR PILSNER 4% 3.1 | 5.9

sweet malty body and assertive hoppy bitterness

COLDHARBOUR LAGER Brixton Brewery VG 4.4% 3.6 | 7

fresh, vibrant & alive with clean & floral flavours

BRIXTON ATLANTIC APA Brixton Brewery VG 5.4% 3.6 | 7

unleash the juicy, tropical mix of brixton's atlantic rd market

BRIXTON RELIANCE PALE ALE Brixton Brewery 4.2% 3.6 | 7

Pale hazy gold beer with lemon zest and a growing bitterness

FIVE POINTS XPA 4.0% 3.6 | 6.9

a light and hoppy tropical pale ale with hints of mango and passionfruit

PORETTI VG 4.8% 3.6 | 6.9

sweet malty body and assertive hoppy bitterness

BROOKLYN STONEWALL IPA 4.3% 3.6 | 6.9

the stonewall inn ipa is a fearless ipa for all. With unabashed notes of citrus peel & grapefruit

ESTRELLA VG 4.6% 3.6 | 6.9

a golden lager; crisp, clean & refreshing

BROOKLYN PILSNER 4.6% 3.4 | 6.6

it layers clean malts with a balanced wave of bright hops, crowned by an instantly refreshing finish

FREE DAMM VG GF 0% 3.2 | 6.3

light & refreshing spanish alcohol free lager

GUINNESS VG 4.1% 3.6 | 7.2

smooth & velvety stout. the good stuff

BEER FLIGHTS

can't decide? grab a beer flight to sample a selection of 3 1/3 pints 7

♡ = we love local / eco friendly & organic = ♡

white

175ml | btl

KLEINDAL CHARDONNAY Breede River Valley, South Africa 8.7 | 35
ripe pear and peach with a whisper of smoke

PLACE DU VILLAGE WHITE VIN DE FRANCE Gascony, France 6.8 | 26
citrus & white fruits, well balanced, with lemony notes.

VINECRAFT CHENIN BLANC Western Cape, South Africa 8.6 | 34
lovely peach & apple blossom aromas, fruity on the palate

ARCANO PINOT GRIGIO IGT SICILIANE Sicily, Italy 7.6 | 30 ♪
light fresh zesty notes of lemon and lime

TANANGA SAUVIGNON BLANC Marlborough, New Zealand 9.8 | 38
this wine is fresh & vibrant with passionfruit & gooseberry notes

LEVRE PIQUANTE PICPOUL DE PINET Languedoc, France 10.2 | 39 ♪
fresh, citrusy, zesty and impossible to dislike

rosé

175ml | btl

HENRI GAILLARD ROSÉ PROVENCE Cotes De Provence, France 10.4 | 40 ♪
strawberries and raspberries, along with hints of peach and
floral aromas

PLACE DU VILLAGE ROSE VIN DE FRANCE Languedoc & Loire 7.4 | 28
The nose is expressive with aromas of red fruits, grenadine and
candy notes.

SAN GIORGIO PINOT GRIGIO BLUSH V Veneto, Italy 8.2 | 32 ♪
light and delicate with crisp flavours of ripe summer berry fruit

MIRABEAU "PURE" PROVENCE ROSE Cotes De Provence, France 47 ♪
Strawberry notes followed by raspberries & white cherries. Then a
merest whisper of that most elegant of fruits, rhubarb

AVAILABLE IN MAGNUM 85

NUA SPUMANTE ROSE SPARKLING Vento, Italy 35
Gorgeous, lightly aromatic with notes of melon, pear & sweet
cranberry on the nose and palate with well-balanced acidity

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sparkling

125ml | btl

LA FORNARINA' PROSECCO DOC EXTRA DRY VG Veneto, Italy 6.8 | 34
green apple, pear and white flowers, with lively bubbles

NUA SPUMANTE ROSE SPARKLING Vento, Italy 35
Gorgeous, lightly aromatic with notes of melon, pear & sweet
cranberry on the nose and palate with well-balanced acidity

JULES FERAUD CUVÉE DE RESERVE BRUT VG Champagne, France 60 ♡
aromas of caramel and buttered toast, with refreshing acidity

LAURENT PERRIER Champagne, France 70
Subtle citrus, toast & spice predominate this perfectly balanced
Champagne

NOZECCO SPARKLING 0% VG Spain 200ml 5 ♡
natural grape profile with fine & elegant bubbles

red

175ml | btl

OLD STATION MALBEC V Mendoza, Argentina 10.2 | 38
Boysenberry and blackberry, along with hints of chocolate and
coffee

RIO ROCA MERLOT V Chile 8 | 30
baked summer pudding and plump red fruits, juicy red berry and
cherry flavours

PLACE DU VILLAGE RED VIN DE FRANCE Languedoc Roussillon 6.8 | 26
The nose is expressive with aromas of red fruits, grenadine and
candy notes

CORTESTRADA SANGIOVESE Emilia-Romagna, Italy 8.4 | 32
Light bodied with a pale colour this is lightly herbal with notes
of cherry skins, baked raspberry and pomegranate

DON'T TELL THE KIWIS PINOT NIOIR V Maule Valley, Chile 38
cherry, strawberry and raspberry fruit with hints of spice

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- classics & mocktails 2 for £16 every mon - fri
from 3-7pm & all day on thursdays -

signatures

APEROL TEQUILA SOUR el jimador, aperol, lemon juice, egg white & stawberry jam 12

MANGO PICANTE el jimador, mango puree, lime juice, honey & red chilli 12

KEW GARDEN SPRITZ east london kew gin, passoa, prosecco & soda 12 ♡

ROSE SANGRIA rose, chambord, lime juice, sugar & soda 12

PROSECCO MARGARITA el jimador, triple sec, lime juice, sugar, prosecco & soda 12

PALOMA MOCKTAIL grape fruit juice, lime juice, sugar & soda 6

COGNAC ESPRESSO MARTINI courvoisier, kaluha, solo espresso & vanilla 12

SARTI ROSA SPRITZ sarti rosa, prosecco, soda 12

a donation of each Sarti Rosa Spritz sold will be donated to Mind Out Charity

classics

LONG ISLAND ICE TEA chase vodka, chase gin, el jimador, captain morgan white rum, triple sec, lemon juice, topped with coke 11

MAGARITA el jimador, triple sec, lime juice & sugar 11

FEELING FRUITY? ASK OUR TEAM WHAT FRUITS ARE AVAILABLE

ELDERFLOWER MARGARITA el jimador, triple sec, fair elderflower liquor, lime juice & sugar 11

CHILLI MARGARITA el jimador, triple sec, lime juice, chilli & sugar 11

ESPRESSO MARTINI chase vodka, kaluha, solo espresso & vanilla 11

PORNSTAR MARTINI chase vodka, passoa, vanilla, passion fruit puree & lime juice 11

COSMOPOLITAN chase vodka, triple sec, cranberry juice & lime juice 11

MOJITO captain morgan white rum, lime, mint, sugar & soda 11

FEELING FRUITY? ASK OUR TEAM WHAT FRUITS ARE AVAILABLE

TOM COLLINS chase gin, lemon juice, sugar & soda 11

LYNCHBURG LEMONADE jack daniels, triple sec, lemon juice, sugar & lemonade 11

HUGO SPRITZ fair elderflower liquor, prosecco & soda 11

LIMONCELLO SPRITZ limoncello, prosecco & soda 11

APEROL SPRITZ aperol, prosecco & soda 11

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sharing jugs

*sharing is caring; explore spring flavours
with a jug to share (or keep to yourself!)*



APEROL SPRITZ

aperol,
prosecco
soda &
orange

35

ROSE SANGRIA

rose, chambord,
lime juice, sugar
& soda 35

PROSECCO MARGARITA

el jimador, triple
sec, lime juice,
sugar, prosecco &
soda 35

*grab a glass
for 12*

*grab a glass
for 12*

PIMMS

pimms, lemonade &
fresh fruit
35

SUNSHINE SPRITZ

MOCKTAIL

botivo, fresh mint,
raspberries & soda
20

non-alcoholic

- pair with 3 small plates for 23 -

- ask a member of the team for our full range of bottles & cans, including local craft & seasonal options -

mocktails

VIRGIN MARY tomato juice, bloody ben's, lemon & worcestershire sauce 6

NOJITO mint, sugar, lime & soda 6

SUNSHINE SPRITZ MOCKTAIL 0% raspberry gin, fresh mint, raspberries & soda 6

ESPRESSO NOTINI lyre's non-alcoholic spirit, espresso & vanilla 9.5

MARGARITA MOCKTAIL lyre's non-alcoholic spirit, sugar & lime 9.5

PASSION NOTINI lyre's non-alcoholic spirit, passionfruit, lime & vanilla 9.5

low & no

DAYS PALE ALE 0.0% 100% beer, 100% natural 568ml VG 6

BROOKLYN SPECIAL EFFECTS 0.4% hoppy amber lager 330ml 5

CORONA CERO 0.0% sunshine lager, zero alcohol, 330ml 5

REKORDERLIG CIDER 0.0% strawberry & lime 500ml 6

GUINNESS 0.0% the same smooth taste, just without the alcohol 5.5

- other low & no options available in our beer, wines & cocktail sections -

softs & juices

KINGSDOWN WATER still or sparkling 330ml 3 | 750ml 4.5

FENTIMANS rose lemonade or ginger beer 3.9

CAWSTON PRESS CARTON apple & pear or apple & summer berries 200ml 2.5

EAGER selection of flavours 12oz 2.5 | pint 3.9

- selection of fresh juices always available, too! -

iced coffees

ICED AMERICANO 4

ICED LATTE choose cows milk, almond milk, oat milk or soya milk 4

add a pump of syrup for 25p, choose from;

caramel, dark chocolate, white chocolate, hazelnut, vanilla or lavender

- selection of teas always available, too! -

spirits

*some of our favourite tipples. ask a member of the team
for our full range!*

rum

bush rum passionfruit 5.3 ♡
two drifters lightly spiced 5.4 ♧
two drifters signature 5.4 ♧
captain morgan golden spiced 5.2
captain morgan white 5
captain morgan black spiced 5.4
kraken spiced 5.5
wray & nephew 5.7
diplomatico reserva rum 6

tequila

el rayo plata 5.5 ♡
el rayo reposado 5.6 ♡
cassamigos Anejo 6.2
cassamigos Blanco 6.2
cazcabel honey 5.2
cazcabel coffee 5.2
bandero coffee 6.2
el jimador 5
herradura plata 6
quiquiriqui mezcal 6.2

whiskey/bourbon

sacred peated english whisky 6 ♡
johnnie walker red scotch 5
johnnie walker black scotch 5.9
glenfiddich single malt scotch 6
makers mark kentucky bourbon 5.4
singleton of dufftown single malt scotch 5.9
monkey shoulder scotch 5.1
jack daniel's tennessee whisky 5.3
jack daniel's honey tennessee whisky 5.3
jamesons irish whisky 5.2
woodford reserve kentucky bourbon 5.4

vodka

chase vodka 5 ♧
chase marmalade vodka 5.4 ♧
sapling hibiscus 5.4 ♧
black cow 5.2
black cow strawberry 5.2
baller 5.2 ♡
reyka 5.2 ♧
grey goose 5.6

gin

jensen's dry 5.5 ♡
jensen's old tom 5.7 ♡
haymans 5.2 ♡
haymans old tom 5.3 ♡
east london liquor kew gardens 5.8 ♧♡
chase gin 5 ♧
chase pink grapefruit gin 5.4 ♧
chase rhubarb & apple gin 5.4 ♧
quarter gin 12% 4.9 ♧
monkey 47 5.6
hendricks gin 5.2
monkey 47 5.9
gin mare 6.2

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WE'RE NOT JUST DRINKS.. *what's on at the regent*

BOOK YOUR PARTY WITH US

Book your party with us! From birthday bashes to sports shindigs and everything in between. Get in touch now to make your event unforgettable!



LIVE MUSIC

join us friday & saturdays from 9pm for live music! Enjoy great tunes and good vibes

COCKTAIL CLUB

2 for £16 cocktails
monday - friday 3 - 7pm
thursday all night long
mix & match on classics or mocktails

QUIZ OF LEGENDS

brainboxes assemble for our famous sunday night quiz, plenty of prizes & bragging rights to be won! sunday from 8pm

DARTS & CORNHOLE

want to play a game? We've got cornhole & darts ready to go! just speak to one of our team, and we'll get you all set up for a good time!

livelyhood

independent & inviting pubs, right up your street
learn more at
www.livelyhood.co.uk