


# 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

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

## 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!

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

 = this paper is made from  
post consumer waste



# The Nel

## Brunch

available 11am-3pm saturday

### tipples

**BLOODY GOOD MARY** chase vodka, bloody ben's, lemon & tabasco 11

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

**SEASONAL MIMOSA** fresh juice & bubbles. ask about our current flavours 8

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

**PALOMA MOCKTAIL** grapefruit juice, lime juice, sugar & soda 6

### dishes

*ask for gluten free bread*

**FRIED CHICKEN WAFFLE** 13

poached hen's egg, adobo hollandaise

**PEACHES & CREAM WAFFLE** 10

waffle, chantilly cream, peaches & honey

**CRUSHED AVOCADO & POACHED EGGS** V GFA 12

toasted sourdough, rocket, chilli flakes, toasted sunflower seed

**FULL ENGLISH** GFA 15

bacon, sausage, eggs, field mushrooms, beans, cherry vine tomatoes & toasted sourdough

**VEGAN ENGLISH** VG GFA 15

vegan bacon, vegan sausage, field mushrooms, spinach, beans, cherry vine tomatoes & toasted sourdough

### PIMP YOUR BRUNCH!

poached egg / bacon / sausage / halloumi 2.5

mushrooms / beans / grilled tomato / sourdough toast 2.0

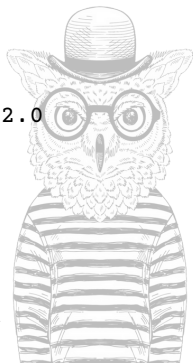
- go bottomless - choose 1 item & have 90 minutes of bottomless bubbles, spritz or mocktails 45 -



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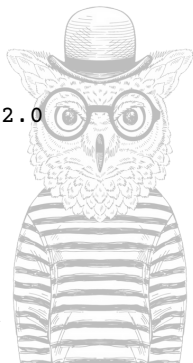
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# THE NEL

## our beers

half|pint

**JUBEL PEACH** VG GF 4% 3.8 / 7.4 ♡

lively peachy lager with a fruity punch

**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

**ALL STAR PILSNER** 4.0% 3.1 | 6 ♡

pale blonde pilsner, with a sweet earthy, lemon aroma, hoppy malty flavour and a soft lingering finish

**FIVE POINTS XPA** 4% 3.6 | 6.9 ♡

light and tropical extra pale ale

**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

**FREE DAMM** VG GF 0% 3.2 | 6.3

light & refreshing spanish alcohol free lager

**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

**GUINNESS** VG 4.1% 3.6 | 7.2

smooth & velvety stout. the good stuff

**STONE & WOOD PACIFIC ALE** 4.4% 3.7 | 7.2

A hazy cloud of australian tropical-fruit with a super refreshing finish

## beer flights

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



# 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

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

# 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

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

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

## **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 every thursday from 8pm for live music & saturday where wee will have one of our house DJs from 8pm! enjoy great tunes & 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 7pm

## **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

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[www.livelyhood.co.uk](http://www.livelyhood.co.uk)



# The Nel

terrace 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

## s n a c k s   &   s i d e s

### JFC BUFFALO CHICKEN STRIPS 9

blue cheese sauce, fresh chives

### RED PEPPER HUMMUS VG 7

toasted sourdough, topped with crispy chickpeas

### HALLOUMI FRIES VE 9

chilli honey

### FRIES 5

### CHUNKY CHIPS VE GF 6

### PARMESAN TRUFFLE FRIES GF 7



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speak to one of  
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