

the state of things

Please note that we add a discretionary

10%
Service Charge

**This goes entirely to our hard working team.
Please let us know if you would like this removing from your bill**

BELOW



Welcome to Below Stairs and the “State Of Things” Menu.

Here we explore the story of four ingredients that are fundamental to our enjoyment of food and drink – Sugar, Salt, Acid and Fat. In each section you’ll find five cocktails; one ‘classic’ cocktail that exemplifies the ingredient three original cocktails exploring said ingredient and one alcohol free cocktail.

Please note that we are a **cashless venue**.

CONTENTS

SUGAR..... **PG 8-11**

OLD FASHIONED

BS Triple Whiskey Blend, BS Bitter'd Syrup
(Woodford Reserve, Jack Daniels Rye, Jack Daniels Old No.7)

13

BOURBON AND BRANCH

Woodford Reserve Bourbon, Seven Tails Brandy, Cynar,
Hazlenut, Birch and Maple Syrup, Floc, Walnut

(nuts, sulphites) / **13**

CORN & SILK

Jack Daniels Old No. 7, Mellow Corn Whiskey, Cereal Milk,
BS Cornsilk and Meadowsweet Liqueur,
Grand Josiene

(gluten) / **12**

BARMALADE

Finlandia Vodka, BS Marmalade, BS Bergamot Soda,
Yellow Chartreuse, Jack Daniels Rye Whiskey

(GC: gluten) / **11**

TEMPERANCE PUNCH

Pineapple, Earl Grey,
Grenadine, Lemon

(alcohol free) / **5.95**

Allergen Key

NV: Not Vegan. GC: Garnish Contains. GMC: Garnish May Contain.

SALT.....PG12-15

DIRTY MARTINI

Gin Mare, Brined Vermouth
(sulphites) / **12**

SEAFOAM

Ford's Dry Gin, Seaweed Gin, Elderflower,
Dry Vermouth, Benriach Smokey 12yr Old,
Carbonated
(sulphites, GC: milk, soy) / **13**

SALTED VINE WINE

Suze Herbal Liqueur, Ford's Navy Reserve Gin,
Salted Chardonnay Wine, Apricot, Grapefruit Bitters,
Eucalyptus
(sulphites) / **12**

DASHI

Somerset 3yr Old Cider Brandy, Pea Pod Vodka,
Shiitake Dashi, Velvet Falernum, Sake, Lemongrass,
Coconut, Mushroom Leaf
(sesame) / **13**

VIRGIN MARY

BS Spice Mix, Tomato Juice, Sriracha
(gluten, sesame, soy) (alcohol free) / **5.95**

Allergen Key

NV: Not Vegan. GC: Garnish Contains. GMC: Garnish May Contain.

CLARIFIED RUM PUNCH

Diplomatico Planas Rum, Fig Leaf,
Champagne Acid, Chai Infused Coconut Milk

12

PRIMARY EDUCATION

Oat'd Slane Irish Whiskey, Butter Washed Genever,
Bianco Vermouth, Muscovado Sugar

(NV, milk, sulphites, MC: gluten) / **13**

COCO MEZ

Cocoa Butter Washed Mezcal,
Peppadew Cordial, Bay Leaf Soda

13.5

BAN'OCO FRUIT

Diplomatico Mantuano Rum, Caramalised Coconut Butter
Lacto Fermented Banana Juice, Banana Liqueur

13

CLARIFIED PI-"NO"-LADA

Pineapple, Passionfruit, 'Champagne' Acid,
Coconut Milk, Coconut Syrup

(alcohol free) / **5.95**

Allergen Key

NV: Not Vegan. GC: Garnish Contains. GMC: Garnish May Contain.

AMARETTO SOUR

Disaronno Amaretto, BS Triple Whiskey Blend,
BS 'Ultra' Acid, Sugar, Bitters, Foamer
12

TURTLE DOVE

Herradura Plata Tequila, Lime Leaf,
New Theory "Pet Nat" Wine, Vanilla,
Twice Fermented Pink Grapefruit Soda
(sulphites) / **13.5**

THE DUCHESS

Ford's Gin, BS Raspberry Liqueur, Apricot,
Duchess De Bourgogne, Angostura Bitter, Lime Leaf
(gluten) / **12**

TAMARINDA

Discarded Grapeskin Vodka, Maury Sweet Wine
BS Tamarind Amaro
(sulphites, GC: soy, GMC: gluten) / **12.5**

SUNSET SHRUB

Peach and White Balsamic Shrub,
Black Olive & Rosemary Tonic
(alcohol free) (sulphites) / **6.95**

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BELOW STAIRS



SUGAR

Show me a person that says they don't like sugar and I'll show you a liar. For one, we are all biologically hardwired to enjoy sugar – but it's also important to understand that sugar and sweet don't always mean the same thing. Take the Old Fashioned, a true classic and building block for so many cocktails. Its beauty is in its simplicity:

– spirit, bitters, water and sugar –

It's a cocktail that completely falls apart without sugar, but is it sweet? Absolutely not.

OLD FASHIONED
Triple Whiskey Blend
BS Bitter'd Syrup

13



BELOW STAIRS DRINKS

Many cocktails call for sugar refined from the sugar-cane grass (such as an Old Fashioned or that perfectly balanced Daiquiri), making it easy to forget that sugar is all around us, and its source can drastically change the flavour and sweetness of the sugar.

For example: the sugars we get from trees. Trees store energy as starch in their trunks, which during late winter and early spring, they turn in to the rich sugary water we make syrups from. When they are turned in to barrels, charred and filled with spirit, the spirit breathes in and out of the wood extracting even more sugars and flavours.



BOURBON & BRANCH

Woodford Reserve, Seven Tails Brandy
Birch and Maple Syrup
Cynar, Hazlenut, Floc, Walnut

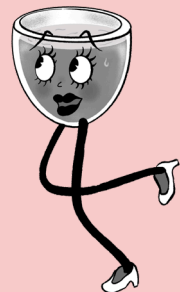
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The dance of starch (a complex little sugar), heat and yeast give us most of the alcoholic drinks we know and love, with each starchy grain used for fermentation and distillation yielding its own unique flavours. Even in their unadulterated states, those same grains give us distinct flavours and that soft, textural quality we so crave.

CORN & SILK

Jack Daniels No. 7, Mellow Corn
BS Cornsilk and Meadowsweet Liqueur
Cereal Milk, Grand Josiene

12



Speaking of texture, we mustn't forget pectin, which hides away predominantly in fruits. It isn't particularly sweet, but with a little effort it's responsible for the sticky, indulgent thickness of things like jam and marmalade. Once again, a sugar putting in work that goes so far beyond just being sweet.

BARMALADE

Finlandia Vodka

BS Marmalade, BS Bergamot Soda

Jack Daniels Rye Whiskey

Yellow Chartreuse

11



Sugar is sometimes sweet, simple and obvious; other times it hides in plain sight and needs coaxing out. It can be the first thing we taste in a drink, likewise, it can be absolutely fundamental to a drink, and yet we don't even know it's there. We believe it is this dichotomy that makes it so fundamental to the foods and drinks we love.



TEMPERANCE PUNCH (NON-ALC)

Pineapple, Lemon,
Grenadine, Earl Grey

5.95



SALT

Born of sea and rock, we often take salt for granted. The white granular thing in the shaker or pinch pot that we have the vague idea of ‘seasoning’ with. It’s easy to forget that what seasoning really does is enhance flavours and aromas whilst making the sweet sweeter, the bitter not too bitter and on top of all this – it keeps us alive (when consumed in moderation).

Salt can also be transformative. Take the humble olive; fresh olives are bright, green and delicious in their own right, but keep them in a salt brine for a while and new levels of savoury depth and moreish succulence appear. Take that supercharged olive, and put it in the crisp, bright freshness of a well made Gin Martini and the salt becomes a flavour in its own right adding depth and texture to that most classic of classic cocktails.

Dirty Martini

Gin Mare, Brined Vermouth

12



In the words of legendary chef James Beard:
“Where would we be without salt?”

BELOW STAIRS DRINKS

Perhaps our most powerful shared memories of salt are also of the sea. From the distinctive aroma in the air before you can even see the sea, to the bracing blast of a mist blowing in off the coast and, of course, the immediate nostalgia of having salt scented skin after a day running around on a sun baked beach.



Seafoam

Ford's Dry Gin, Seaweed Gin
Elderflower, Dry Vermouth
Benriach Smokey 12yr Old, Carbonated

13

Beyond the sea, we still find salt. Plants go mining for their own salts, especially in the mineral rich soils that produce the world's best fruit – grapes. It is salt that's responsible for that distinctive zing of a crisp white wine, the 'minerality' of wildly expensive Rieslings, and it's often the thing that can make a good wine, great.

Salted Vine Wine

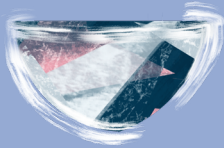
Suze Herbal Liqueur,
Ford's Navy Reserve Gin
Salted Chardonnay Wine,
Grapefruit Bitters,
Apricot, Eucalyptus

12



Of course, once we've gotten hold of the salt, whether it be from the sea, rocks or the plants doing the hard work themselves, we use it to make our food more delicious. A sprinkle of table salt on a boiled potato makes it taste like something entirely new, large sea salt flakes on a focaccia melt on our palate elevating it beyond simply bread and oil. More than anything else though, salt can produce the elusive sensation of umami – the flavour that encompasses the 'savoury'.

Take 'dashi' for example: a combination of basic, staple and sometimes spicy flavours which, with the right amount of salt, becomes something rich, deep and delicious...



Dashi

Somerset 3yr Old Cider Brandy,
Shiitake Dashi, Pea Pod Vodka,
Sake, Velvet Falernum, Lemongrass,
Coconut, Mushroom Leaf

13

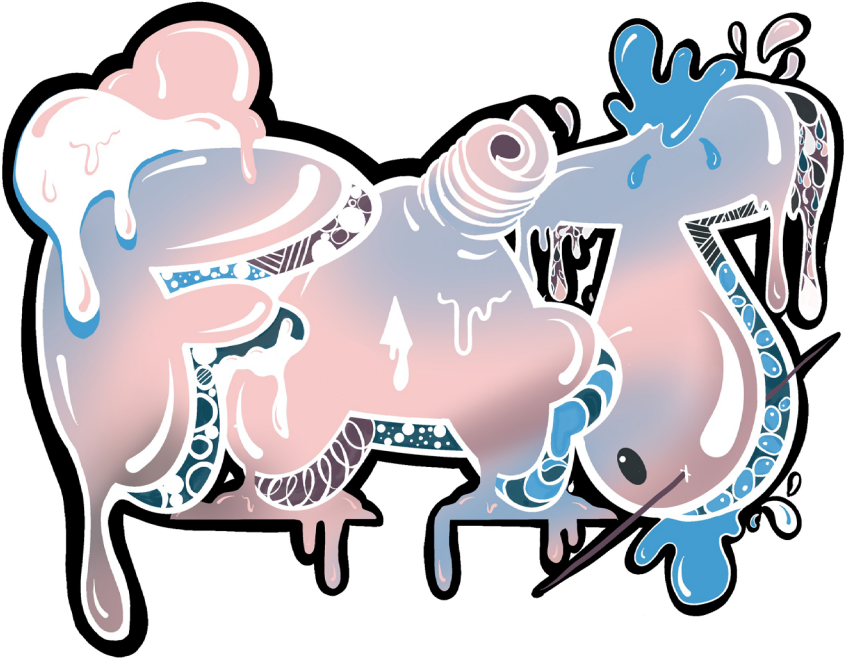
...or the classic Bloody Mary, that without salt, whether that be in the juice itself, the brined garnishes or the spice blend, is little more than a glass of tomato juice with a stick of celery in it.

Virgin Mary (Non-Alc)

House Spice mix, Tomato Juice,
Sriracha

5.95





FAT

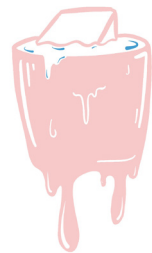
The poet Seamus Heaney described butter as “coagulated sunlight”. Homer called virgin olive oil “liquid gold”. Our allegiance to fats wether they be to butter, olive or coconut oil, fatty fruit or cocoa butter changes to reflect where we grew up and the foods we desire. Fat more than anything else reminds us of those dishes that are ingrained in our distinct food cultures. The dishes change, but one thing is universal – we always have, and always will, love fat.

Why? Well, our bodies crave it, like anything that is in short supply in nature, but it goes so far beyond that. Fats carry flavour like nothing else. They make aromatic things more aromatic, and they like to hang around on our tongues, prolonging and intensifying everything we taste. They have texture we don’t experience anywhere else in food. Even when we add fat to something, and then smuggle them away again, that lingering, velveteen quality remains to indulge our tastes.

CLARIFIED MILK PUNCH

Diplomatico Planas Rum, Fig Leaf,
Chai Infused Coconut Milk,
Champagne Acid.

12



BELOW STAIRS DRINKS

A chocolate softening the second it hits your mouth. Butter melting over warm bread. Drizzled olive oil carrying flavour and texture to your palate. These are delicious, experimental flavours – so why do we not see their influence in drinks more. Simple: fat and liquids don't mix. However, through 'Emulsification' (the delicate magic of convincing fat and water to temporarily get along) we can carry things like the indulgent richness of butter in to our cocktails. In Julia Child's words "anything is good with enough butter".



PRIMARY EDUCATION

Oat'd Slane Irish Whiskey,
Butter Washed Genever,
Bianco Vermouth,
Muscovado Sugar

13

When we add alcohol to the fat vs liquid battle, something pretty special happens. The alcohol picks up the best qualities of the fat without it becoming greasy and unpleasant, and then quite happily combines with the liquid. So for instance when we add fatty cocoa butter to alcohol, we capture a hint of that chocolatey texture as well as its flavour, without any of the bad bits.

COCO MEZ

Cocoa Butter Washed Mezcal,
Peppadew Cordial, Bay Leaf Soda

13.5



If fats really are the gateway to each culture's food, the fatty fruit of a coconut is arguably the most distinct and unique. Cooking with any fat can unlock nuttiness, sweetness, earthiness and even savoury notes, but when we cook with coconut we get all of that plus the ephemeral rumour of tropical flavours. Caramelising coconut is a great example of this – bringing sweet toffee with an earthy burn to it whilst remaining distinctly 'tropical'.



BAN'OCO FRUIT

Diplomatico Mantuano Rum
Caramalised Coconut Butter
Lacto Fermented Banana Juice
Banana Liqueur

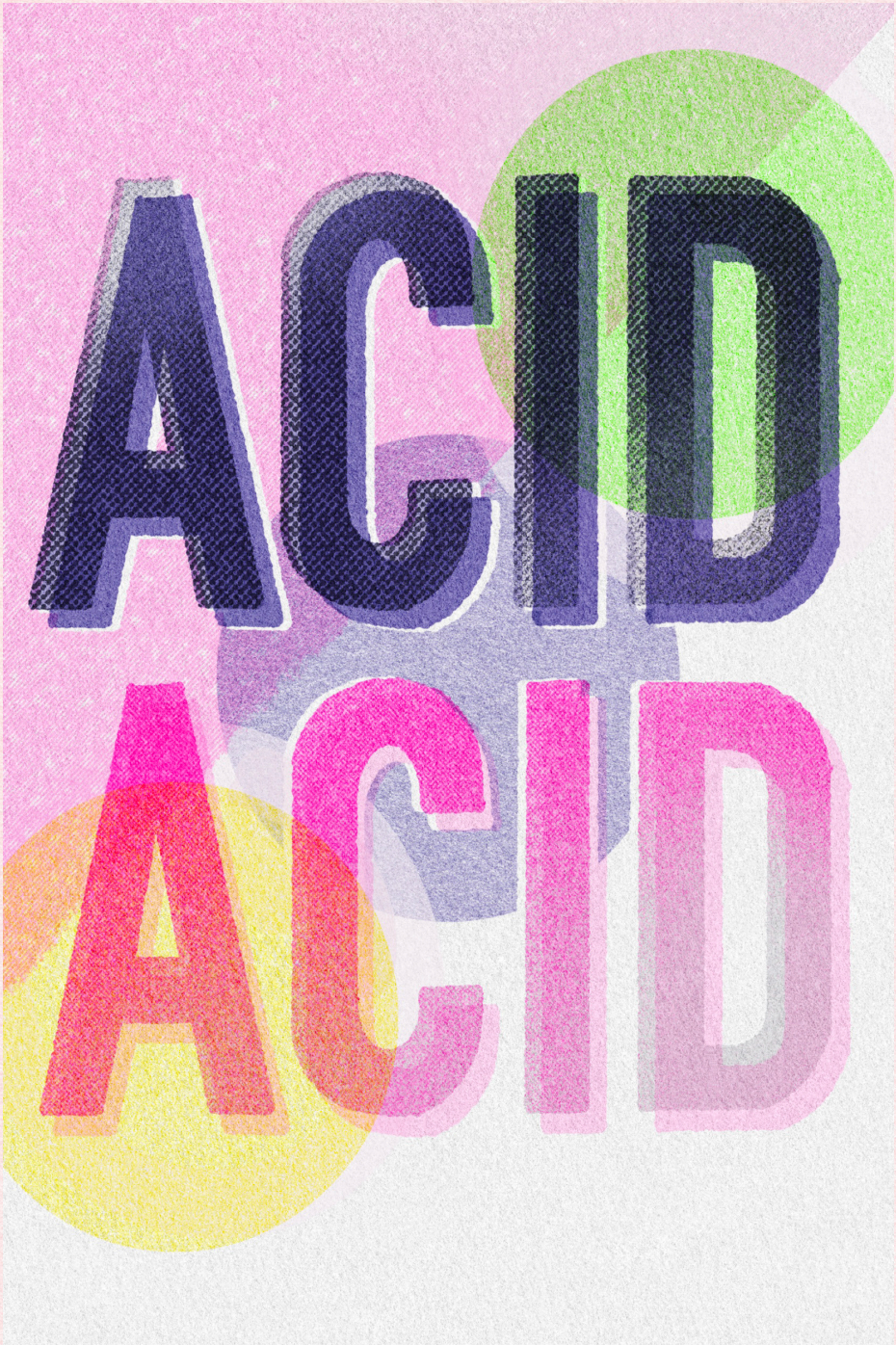
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CLARIFIED PI"NO"LADA (NON-ALC)

Pineapple, Passionfruit,
'Champagne' Acid,
Coconut Milk, Coconut Syrup

5.95





ACID

Imagine 'Acid' – you're probably thinking of that lip puckering bite of something sour. And indeed, a pure acid would have absolutely no flavour other than sour.

But, not everything acidic is sour.

If salt and sugar are the great flavour enhancer, then acid is the balancer. Almost every bit of food and drink we love has acid tucked away in there somewhere, however subtle. Acid grants the palate relief, and makes everything alongside it more delicious.

One of the oldest cocktail in our history is the humble 'Sour'. Oxymoronically, a sour should actually be slightly sweet but it is the acid that really makes the drink sing. Acids take the spirit, the sweet and the bitter and arranges them in to perfect harmony.

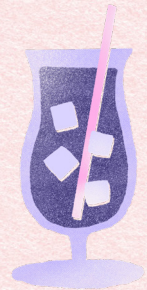
AMARETTO SOUR

Disaronno Amaretto

Triple Whiskey Blend, Bitters

BS 'Ultra' Acid, Sugar, Foamer

12



The real magic in acidic things comes from how they're created – through fermentation, cooking or by nature. Each food culture's access to acids affects their food and drink. Imagine the pitcher of Sangria without those slightly acidic orange slices, a carnitas taco without a vibrant lime laced salsa, or Yorkshire fish and chips without lashings of malt vinegar.

Mexico grows the best pink grapefruits in the world, so it only makes sense that grapefruit and tequila are wonderful bed fellows. The acid in pink grapefruit balances the roasted agave, cedar, honey and dried herb notes of tequila whilst also adding a sweet citric flavour.



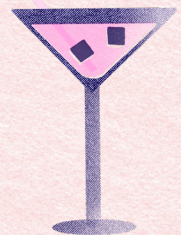
TURTLE DOVE

Herradura Plata Tequila, Lime Leaf
New Theory “Pet Nat” Wine, Vanilla,
Fermented Pink Grapefruit Soda
13.5

Acids produced through fermentation offer the widest variety of flavour. Lactic fermentations create a creamy sourness, glutamic acids savoury, and acetic acids a satisfying sharpness. Regardless of how they're produced fermented acids super-power is how they can take familiar flavours and bring a new, vibrant dimension to them.

THE DUGNESS

Ford's Gin, BS Raspberry Liqueur,
Apricot, Duchess De Bourgogne,
Angostura Bitter, Lime Leaf
12



Tamarind is an exceptional source of naturally occurring acid. Made from the fruit's sticky pulp (which tastes somewhere between a date and a lemon), it forms its own caramel when gently cooked down. Caramel, believe it or not, despite being sweet, is acidic. Acid balancing the decadent, sweetness of the sugars is the reason it's a flavour we crave and find so damn delicious, and again goes to show how 'acid' doesn't have to mean 'sour'.



TAMARINDA

Discarded Grapeskin Vodka

Maury Sweet Wine

BS Tamarind Amaro

12.5

'Shrubs' are a traditional means of preserving fruits, vegetables and herbs in sugar and vinegar. Vinegar gets its 'sourness' from acetic acid, and has that cheek puckering quality to it that makes our mouths water. There's a reason mouthwatering is a synonym for flavourful or delicious.

A good shrub is all about balance, taking the sweetness of the fruit and sugar and balancing that against the acid. The acidity doesn't change, but the 'sourness' loses its bite, and everything remains just as mouthwatering.

SUNSET SHRUB (NON-ALC)

Peach and White Balsamic Shrub

Black Olive & Rosemary Tonic

6.95



OTHER COCKTAILS

COSMOPOLITAN

Finlandia Vodka, Triple Sec,
Cranberry, Super Lime 12

MARGARITA

Herradura Blanco, Triple Sec,
Agave Syrup, Super Lime 12

WHISKEY HIBALL

Slane Irish Whiskey, Rinquiquin Peach Wine,
Salt, Soda Water 13
(sulphites)

SINGAPORE SLING

Fords Gin, Benedictine, Triple Sec,
Cherry Liqueur, Pineapple Juice,
Acid, House Bitters, Grenadine 12

NEGRONI

Ford's Gin, Campari, Rosso Vermouth 12
(sulphites)

PENICILLIN

Benriach 10yr Old Scotch Whisky,
Honey and Ginger Syrup, Acid,
Benriach Smokey 12yr Old Scotch Whisky 13
(NV: Honey)

Allergen Key

NV: Not Vegan. GC: Garnish Contains. GMC: Garnish May Contain.

DRAUGHT BEER

pint / half

GUINNESS Irish Cream Stout 4.3%	5.70 / 2.85
PAULANER MUNICH Lager 4.9%	5.90 / 3
NORTHERN MONK "LITTLE FAITH" Pale Ale 4%	5.60 / 2.8

BOTTLED BEER

KIRIN ICHIBAN 33cl Japanese Rice Lager 4.8%	5
FRULI 33cl Belgian Strawberry Wit Beer 4.1%	5
ASPALL'S 'SUFFOLK DRAUGHT' 33cl British Apple Cider 4.3%	5
DUCHESS DE BOURGOGNE 33cl Flemish Barrel Aged Red Ale 6.2%	6.3
VELTINS 0% 33cl German Alcohol Free Pilsner 0%	4.30

RED WINES

small/regular/bottle

ONTANON BIOLOGICA RIOJA – Tempranillo 13%

(Spain) – Vegan, Organic.

Cherry, Clove, Black Pepper.

6 / 8 / 30

NEW THEORY “LOVE BITE” – Cinsault 12%

(South African) – Vegan, Low Intervention.

Red Fruit, Light Acidity, Blackcurrant.

9 / 12 / 44

WHITE WINES

MOTU NUI – Sauvignon Blanc 12.5%

(Chile)

Cut Grass, Gooseberry, Crisp.

6 / 8 / 30

NELEMAN – Chardonnay/Muscat 12%

(Spain) – Vegan, Organic

Citrus, Floral, Mineral

7.5 / 10 / 36

ROSÉ WINES

small/regular/bottle

MIRABELLO – Pinot Grigio Rose 12%
(Italy) – Vegan
Strawberry, Bramble, Cream.

6 / 8 / 30

ORANGE WINE

TELLIANI KAKHURU 8 – Rkatsiteli/Kakhuri/Mtshvane 12.5%
(Georgia) – Skin Contact
Hay, Floral, Peach.

7.5 / 10 / 36

SPARKLING WINE

LE DOLCI PROSECCO SPUMANTE – Glera 11.5%
(Italy) – Vegan
Cirtus, Green Apple, Lively.

6.5 / 32

NEW THEORY “POT LUCK” – Pinotage 11.5%
(South Africa) – Vegan, Pet Nat, Low Intervention.

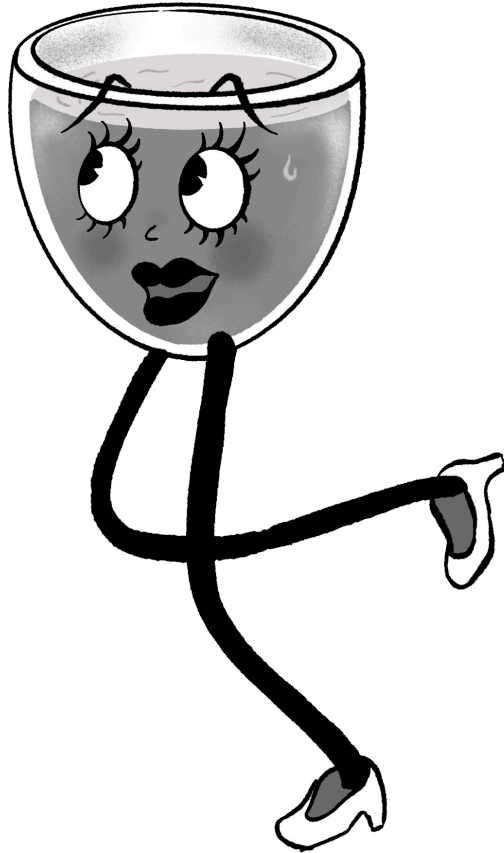
SNACKS

IBERICO HAM CRISPS	3
OLIVE OIL & SEA SALT CRISPS	3
NOCELLARA OLIVES	3
PORK SCRATCHINGS	3.5
SMOKED ALMONDS	3.5

COCKTAIL ALLERGEN & ABV

(abv% is an estimated calculation
and intended as guidance only)

OLD FASHIONED	29.6%
BOURBON AND BRANCH.....	27.44% / NUTS / SULPHITES
CORN AND SILK.....	13.48% / GLUTEN
BARMALADE.....	11.18% / GC: GLUTEN
TEMPERANCE PUNCH.....	0%
DIRTY MARTINI.....	24.64% / SULPHITES
SEAFOAM.....	10.68% / SULPHITES
SALTED VINE WINE.....	25.52% / SULPHITES
DASHI.....	21.59% / SESAME
VIRGIN MARY.....	0% / SESAME / GLUTEN / SOY
CLARIFIED MILK PUNCH.....	17.9%
PRIMARY EDUCATION..	21.04% / NV: MILK / SULPHITES / MC: GLUTEN
COCO MEZ.....	7%
BAN'OCO FRUIT.....	16.29%
CLARIFIED PI-NO-LADA.....	0%
AMARETTO SOUR.....	16.93%
TURTLE DOVE.....	17.15% / SULPHITES
DUCHESS.....	15.86% / GLUTEN
TAMARINDA.....	22.71% / SULPHITES / GC: SOY / GMC: GLUTEN
SUNSET SHRUB.....	0% / SULPHITES
COSMOPOLITAN.....	20.81%
MARGARITA.....	25.10%
WHISKEY HIBALL.....	13% / SULPHITES
SINGAPORE SLING.....	18.61%
NEGRONI.....	23.46% / SULPHITES
PENICILLIN.....	15.93% / NV: HONEY



Thank you for visiting Below Stairs.

If you would like to keep in touch, you can find us at the following places:

Web: www.belowstairsbar.com
Email: reservations@belowstairsbar.com
Instagram: [@belowstairsbar](https://www.instagram.com/belowstairsbar)

12 South Parade, Leeds, LS1 5QS

