Lyaness’ Ancestral Cookbook – a book certainly not about ye olde food – moves from the unifying theme of our British Cookbook to search through the many routes that humans have chosen to explore – and how food has shaped our survival and cultural outlooks. Although our predecessors worked tirelessly to set things up for us (you are your ancestors’ wildest dreams!), we live in a world where we can now choose our paths – our family – and delve into tastes that suit our own outlook.

This cookbook is a link to our shared ancestry, and a look at how we are shaping our future from it. The beauty of all of this are the amazing stories about connection that we’ve been able to explore, and as ever, that’s led us down some super fun, super delicious paths. Who knew the madness of the past could tee things up so wonderfully for the future! And despite the total batshit craziness that currently abounds, it’s still the greatest time to be alive. Upwards!

Quiz us for any and all details, as always!

5 core ingredients

Tree Caramel —
Everything Vinegar —
Death Bitters —
Thunder Mushroom —
B+B —

15 cocktails

Exploring the notion of ancestry and chosen families, utilising our 5 signature ingredients across the menu as the superstar, heavy-lifting magic on top.
Nature vs. Nurture—

It’s not as simple a divide as we often think, and damned if one side will listen to the other.
Nature vs. Nurture

The Goldblum Whiptail
Ki No Bi & Beefeater London Dry, Tree Caramel, burnt pea pods, lime, lime blossom

Life always finds a way! Sometimes, when backed into a corner, nature goes “fuck it”, and can make the seemingly impossible, possible.

£15

Boozeless £8

Wolf y Bam Sour
Del Maguey Vida, Tree Caramel, bugs, rowan berry, antler, Johnnie Walker Red, Alex’s Talisker splash

Rewilding balances internal and external factors, often with a much wider net-positive effect than anticipated; trophic cascade ftw.

£16

Tornado Sazerac
Courvoisier, struck match grenadine, oud wood, The Balvenie, Death Bitters

Given the interplay we dance with nature, it’s baffling to see the impact our stubbornness can bring.

£16
Circularity—

Never jump the shark! We’re very good at repeating ourselves over histories.
Idleness might be one of our most important evolved traits, but the modern cityscape has kinda made it just seem, well, lazy :(

Picky eating is not a product of luxury or western culture. And it spreads from a biological safeguard to a social norm very quickly.
Taught history—

We pass the baton on to the next gen, but a Rashomon effect always distorts things!
We have always eaten first with our eyes, and it kicks off a deep biological trigger. Lots of things have tried to utilise this, creating deep and complex cravings.

Different cultures simultaneously realised the importance of storms on fixing nitrogen. This focussed knowledge allowed families to grow the best crops through the generations.

The world would’ve plateaued given a shortage of bird poop, but synthesised nitrogen allowed the food growth to feed the expanding population. Doesn’t mean there ain’t space for some precious poo.
Ceremony—

We need to get together!
But a lot of weird and wonderful stuff is often the result.
Ceremony

**Black Champagne**

Porter’s Tropical Old Tom, sarsaparilla, passionfruit, lemon, Death Bitters, bubbles

Some fear and some celebrate death, we even have different definitions surrounding it. But as the equaliser to us all, it permeates cultures quickly.

£16

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**Hart Old—Fashioned**

Stauning Smoke, Thunder Mushroom, bread bitters, Henrietta’s tea, Craigellachie 13

Sometimes understanding the magic can undermine its value, but often once science has forged ahead, the balance of magic comes right back into the fray.

£16.5

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**Campfire Wine**

Bacardi, boozy fruit garum, Everything Vinegar, buttered Compass Box GB, wine

We have an important co-evolution with alcohol, not only through diet, but through rituals and meeting points.

£4.5/

£16

Available as a cocktail, or as a shot.

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**Love Spoon**

Discarded Grape Skin Vodka, honeysuckle, Savoia, honey, Fierfield Birch, Death Bitters

Gifts have been gestures of love, going all the way back to Chloris, the Goddess of Flowers, marking occasions and milestones. But they also demonstrated an important sense of care.

£14.5

Boozeless £8
Backing life into the corner, or giving things the squeeze, can create some of the best innovations.

Extreme Conditions—
Nuclear disasters have afforded us a heap of information to study, but most of it is baffling. The “Red Forest” decays in a totally unexpected way, and has afforded strange leaps in biodiversity.
Pushing woods to the limit, we wanted to challenge the set of flavours we could extract beyond the obvious toasted notes found in aged spirits.

Ingredients:
Subjecting African Braai wood, a specially harvested and dried invasive wood, to cycles of extreme heat, cold and pressure, we’re able to stress the wood out, allowing us to pull out a range of flavours you wouldn’t expect from a hardy piece of cellulose.

Flavour notes:
After each cycle, we are able to tap off liquid, and concentrate and reduce components to compose a complex ‘tea’ that morphs the hardy wood into something fruity and aromatic.

Cocktails
— The Goldblum Whiptail
— Wolf-y Bam Sour
— Lightning Wife
— Rapoport Cocktail

Taster
£2—10ml
“Growing Underground” have their Zero Carbon Farm underneath Clapham, growing a range of plants using renewable energy. We take elements from their whole harvest, and whilst converting alcohol to acetic acid, we carry the nutrients and flavours from these into our complex vinegar.

Flavour notes:
Controlling the initial sweetness, time and other factors, we can balance the acidity, and make sure we capture the facets of the produce we want, along with a clear, uplifting profile that fleets in terms of its range of flavours.

Cocktails
— Thirdspace Shandy
— CC Mizuwari
— Campfire Wine

Everything Vinegar

Homemade vinegars have been a boozless superstar for us – adding complex flavours, textures, and of course, acidity. With our Everything Vinegar, we’re further emphasising this by using the full range of components from a single farm.

Taster
£2—10ml
Gruesomeness aside, the focus was on avoiding the cascade of changes that happen when something is cut or picked, when it is cooked or processed. Lysis, oxidation and transformation all change the flavour of things, so we took a more radical approach, and moved herbs and plants from their living form, to capturing their flavours and components rapidly using liquid nitrogen.

Flavour notes:
Breaking components up quickly allowed us to extract a unique range of flavours, which we compile into a cocktail bitters that has a brightness and liveliness to them (despite their name) that works to lift a range of drinks.

Cocktails
— Tornado Sazerac
— Black Champagne
— Love Spoon

We often control when we order our produce to capture them at their freshest (with our Everything Vinegar sometimes it’s a matter of hours between harvesting and being able to process them), and there are ways to ensure produce stays as perky as possible. But we asked ourselves if we could reduce this entirely, and move an ingredient from alive to dead, instantly.
Ingredients:
Inspired by some early work we did with the great Harold McGee, we waded into electrolysis and how we could use this to influence and accelerate the controlled oxidation of alcohol. A further notch in our “Time Travel” experiments (shout out to longtime-collaborators Doctors Arielle Johnson and Johnny Drain [see WNWN]), it allows us to create a complex whole beyond its age.

Flavour notes:
Rich, layered and with a deep umami, this works paradoxically in many drinks, giving a wonderful lift whilst also giving the complex bass notes to drinks we have always loved.

Cocktails
— Multi Milk
— Something Martini
— Hart Old Fashioned

Searching through the effect of environment on ingredients, we dove into nature’s ability to use all within her arsenal to really shape the way things grow and change. By using enzymatic effects via micro-organisms, environmental factors by using gases and pressure, and by exploring oxidation using, well, a car battery.
Ingredients:
We looked to some of these local or ancient, humble ingredients, and those which often have had flavours leached from them due to mass agriculture. Exploring grains and the fats from the everyday pea, we’ve been able to process these – through cooking techniques, koji transformations, washing, pressure extractions and more – to create an unfancy, yet totally baffling ingredient.

Flavour notes:
Somewhere between full bodied and green, with surprising fruitiness and grip, this has become a firm favourite in our series of explorations.

Cocktails
—Shaky Fist Margarita
—Comma Chameleon

Texture, richness and fattiness are often hard components to balance into a cocktail, but sometimes they can totally make a drink. Sometimes these come from the humblest of ingredients – eggs, tea, wine tannins, bitters, oils etc – and this is mirrored in dishes very much born from the land, which you often see at the breakfast table, or in street side stalls.
A comparative guide to taste (light vs rich) & suggested drinking times (daytime to late evening).
Allergy Information

For food allergies and intolerances, please speak to a member of our team about your requirements before ordering. A full list of all allergens contained in each drink is available upon request. We craft our cocktails in house, and use a variety of ingredients to create the complexity of our serves which may mean certain ingredients are not listed.

Prices

All prices are in £ and inclusive of VAT at the current prevailing rate. Please note that a discretionary service charge of 12.5% will be added to your bill.