

Nibbles to Start

BREAD WITH BUTTER 325 KCAL (G,M,N)	£ 9
MARINATED OLIVES, LEMON, GARLIC AND HERBS (GF, VE) 140 KCAL	£ 7
MUSHROOM ARANCINI WITH TRUFFLE MAYO (V) 650 KCAL (G,E,M,)	£ 10
CORN FRITTER, LEMON, CHILLI AND MINT YOGHURT 510 KCAL (M)	£ 9
PADRON PEPPERS WITH SEA SALT (GF,VE) 9 KCAL	£ 8
WHIPPED FETA, CHILLI, HONEY AND GRILLED SOURDOUGH BREAD 380 KCAL (G,M,N)	£ 10

STARTERS

PEA AND MINT SOUP 234 KCAL (G,M)	£ 9
SMOKED CHICKEN, ASPARAGUS AND CHERRY TOMATO COMPOTE 190 KCAL (E)	£ 10
SCALLOPS WITH SWEETCORN PUREE AND CUCUMBER RELISH 205 KCAL (MO,M,SU)	£ 17
SALMON GRAVLAX, BEETROOT, DILL, MUSTARD AND LEMON 357 KCAL (F,MU)	£ 12
SPICY JACKFRUIT MANGO AND POMEGRANATE SALAD (VE, GF) 338 KCAL (MU,SU)	£ 11
STUFFED PEPPER WITH RATATOUILLE AND COCONUT CREAM (VE, GF) 465 KCAL	£ 10

**magic
breakfast**
fuel for learning

*£1 TO BENEFIT MAGIC BREAKFAST (CHARITY NO. 1102510 IN ENGLAND AND SCO48202 IN SCOTLAND)
PROVIDES NUTRITIOUS SCHOOL BREAKFASTS TO CHILDREN AND YOUNG PEOPLE AT RISK OF HUNGER IN
DISADVANTAGED AREAS OF THE UK.

Mains

SEA BASS FILLET, SAUTEED SPINACH, LEMON BUTTER SAUCE, CABBAGE AND BACON 308 KCAL (F,M)	£ 22	HALF ROAST CHICKEN, CABBAGE SLAW AND BLUE CHEESE SAUCE 720 KCAL (CE,E,M)	£ 22
GREEN LENTIL, SAUTEED SPINACH, SWEET POTATOES, BROCCOLI AND RICE 🌱 (V/GF) 225 KCAL	£ 21	LAMB RUMP, RATATOUILLE, SPRING ONION MASH AND JUS 418 KCAL (CE,M,SU)	£ 26
PORK SCHNITZEL, FRIED EGG, FRIES AND CAPER DRESSING* 682 KCAL (G,E,M)	£ 22	ROASTED COD LOIN, POTATO, BROCCOLI AND SAUCE VIERGE 352 KCAL (F,M)	£ 24
SIRLOIN STEAK, TOMATOES AND MUSHROOM 460 KCAL (M)	£ 40	RIBEYE STEAK (8 OZ), TOMATOES AND MUSHROOM 435 KCAL (M)	£ 38

Steak Sauce £4: Peppercorn 25 kcal (M,SU,E,CE), Béarnaise 325 kcal (M,E), Red wine jus 230 kcal (SU,CE)

SALAD

QUINOA SALAD WITH BROCCOLI, BEANS, CHERRY TOMATOES AND LETTUCE (GF, VE) 250 KCAL	£ 12
SUMMER BREEZE SALAD WITH MELON, BRIE AND PROSCIUTTO (GF) 625 KCAL (M,SU)	£ 16
DOCKSIDER BOWL WITH ASPARAGUS, AVOCADO, BEANS, QUINOA, CHERRY TOMATOES AND LEMON VINAIGRETTE (V) 637 KCAL (G,SU)	£ 12
EXTRA PROTEIN CHICKEN £5 (187 KCAL), SALMON £6 (284 KCAL F), PRAWNS £6 (150 KCAL CR)	

SIDES

STEAK CHIPS 172 KCAL (G)	£ 7
SAUTEED GREEN VEGETABLES 90 KCAL (M)	£ 7
VEGETABLE SALAD (VE) 114 KCAL	£ 7
CRUSHED NEW POTATOES 150 KCAL (M)	£ 7
TENDERSTEM BROCCOLI (GF,VE) 38 KCAL	£ 7
TOMATO WITH BASIL AND ONION (GF,VE) 50 KCAL	£ 7

DESSERT

ALOFT EATON MESS, BERRIES AND CARAMEL SAUCE (SHARERABLE) 580 KCAL (G,E,M,N)	£ 10	TIRAMISÙ WITH BERRIES 582 KCAL (G,E,M,N,SU)	£ 10
RHUBARB & STRAWBERRY CAKE WITH VANILLA ICE CREAM 217 KCAL (G,E,M,N,SU)	£ 10	ZESTY ORANGE TORTE 400 KCAL (G,E,M,N,SO)	£ 9
LEMON CHIA PISTACCHIO LOAF (VE) 387 KCAL (G,SO,N)	£ 10	ICE-CREAM OR SORBET 216 KCAL (E,M,N)	£ 9
Extra Scoop of Ice-Cream £3 387 72 KCAL (E,M,N,)			

OFFERS

EARLY BIRD OFFER
ENJOY 25% OFF YOUR FINAL FOOD BILL
WHEN YOU DINE BETWEEN 5:30 PM AND 7:00 PM.
START YOUR EVENING WITH GREAT SAVINGS AND EVEN BETTER FLAVOURS!

T&C:
THIS OFFER IS VALID FOR A MAXIMUM OF 8 GUESTS AND NEEDS TO BE PRE-BOOKED 24HRS IN ADVANCE
THIS OFFER CANNOT BE USED IN CONJUNCTION WITH ANY OTHER PROMOTIONS

Vegetarian (V) Vegan (VE) Gluten Free (GF) Zero Waste 🌱

Milk (M), Gluten (G), Celery (CE), Sesame (SE), Sulphites (SU), Fish (F), Soy(SO), Peanut (P), Lupin (L), Nuts (N), Molluscs (MO), Eggs (E), Crustaceans (CR), Mustard (MU).

If you have any dietary requirements or are concerned about food allergies, e.g. nuts, you are invited to ask one of our team members.

Adults need around 2000 kcal a day. Opening times may vary. All prices include VAT at the current rate. A 12.5% discretionary service charge will be added to your bill.

Dockside Restaurant, Aloft London Excel, One Eastern Gateway, Royal Victoria Dock, London E16 1FR +44 (0) 20 3203 0714

White Wine

	175ml	Bottle
FLAGSTONE POETRY CHENIN BLANC SOUTH AFRICA, WESTERN CAPE (SU)	£ 9.5	£ 37
LA VIVIENDA VERDEJO SPAIN, CASTILLA - LA MANCHA (SU)	£ 8.5	£ 33
DA LUCA PINOT GRIGIO ITALY, SICILY (SU)	£ 9	£ 35
PETAL & STEAM SAUVIGNON BLANC NEW ZEALAND, MARLBOROUGH VG (SU)	£ 10.5	£ 42
CHATEAU STE MICHELLE DRY RIESLING USA, WASHINGTON (E,M,F,SU)		£ 50
COLUMBIA CREST TWO VINES CHARDONNAY USA, WASHINGTON (E,SU)		£ 45

Red Wine

	175ml	Bottle
GERARD BERTRAND HERITAGE ORGANIC PINOT NOIR FRANCE, LANGUEDOC-ROUSSILLON (SU)		£ 45
VIVANCO RIOJA CRIANZA SPAIN (SU)		£ 50
LA VIVIENDA TEMPRANILLO SPAIN, CASTILLA - LA MANCHA (SU)	£ 8.5	£ 33
ERRAZURIZ MERLOT CHILE, CURICO VALLEY (SU)	£ 9.5	£ 40
TILIA MALBEC ARGENTINA, MENDOZA (SU)	£ 10.5	£ 42
FLAGSTONE POETRY CABERNET SAUVIGNON SOUTH AFRICA, WESTERN CAPE VG (SU)	£ 9	£ 35

Champagne & Prosecco

	150 ml	Bottle
CHAMPAGNE LANSON PERE ET FILS BRUT FRANCE, CHAMPAGNE (SU)		£ 85
DA LUCA PROSECCO ITALY, VENETO (SU)	£ 9	£ 45

Rose Wine

	175ml	Bottle
WICKED LADY WHITE ZINFANDEL USA, CALIFORNIA (SU)	£ 8.5	£ 33
COTES DE PROVENCE ROSE, HERITAGE, ESTANDON FRANCE (SU)		£ 45

Bottled Beer & Cider

BECK'S LAGER (G)	£ 6	MAGNERS ORCHARD BERRIES CIDER (SU)	£ 7.95
STELLA ARTOIS (G)	£ 6	MEANTIME PALE ALE (G)	£ 7.5
MEANTIME LAGER (G)	£ 7.5	MAGNERS PEAR CIDER (G)	£ 7.95
BREWDOG PUNK AF (NON-ALCOHOLIC) (G,M)	£ 6	PERONI NASTRO AZZURRO (G)	£ 7
BECK'S BLUE (NON-ALCOHOLIC) (G)	£ 5		

Draught Beer

	Half	Pint
BUDWEISER LAGER (G)	£ 4.25	£ 7.25
CAMDEN PALE ALE (G)	£ 4.75	£ 7.95
CAMDEN LAGER (G)	£ 4.5	£ 7.75
STELLA ARTOIS (G)	£ 4	£ 6.75

Cocktail

OLD FASHIONED	£ 13.5
ESPRESSO MARTINI	£ 13.5
NEGRONI (SU)	£ 13.5
APEROL SPRITZ (SU)	£ 13.5

Gin

	25ml	50ml
BEEFEATER	£ 4.95	£ 9.9
TANQUERAY	£ 5.5	£ 11
BOMBAY	£ 6	£ 12
SLINGSBY	£ 7.5	£ 15
HENDRICK'S	£ 8	£ 16

Rum

	25ml	50ml
BACARDI SUPERIOR	£ 4.95	£ 9.9
CAPTAIN MORGAN'S DARK	£ 5.5	£ 11
BACARDI OCHO	£ 7.5	£ 15
CAPTAIN MORGAN'S SPICED	£ 5.5	£ 11

Tequila

	25ml	50ml
OLMECA BLANCO	£ 5.5	£ 11
OLMECA REPOSADO	£ 6	£ 12

Bourbon

	25ml	50ml
MAKER'S MARK	£ 7	£ 14
WOODFORD RESERVE	£ 8.5	£ 17

Cognac

	25ml	50ml
MARTELL V.S.	£ 6.5	£ 13
MARTELL V.S.O.P.	£ 10	£ 20

Single Malt Whisky

	25ml	50ml
GLENLIVET FOUNDER'S RESERVE	£ 8.5	£ 17
JURA 10YR	£ 9	£ 18
OBAN	£ 16.5	£ 33

Whisky

	25ml	50ml
FAMOUS GROUSE	£ 6	£ 12
JACK DANIELS	£ 6	£ 12
JAMESON'S	£ 6	£ 12

Vodka

	25ml	50ml
ABSOLUT	£ 4.95	£ 9.9
GREY GOOSE	£ 8.5	£ 17
BELVEDERE	£ 7.5	£ 15

Liqueurs

	50ml
DISARONNO	£ 8.5
BAILEY'S (M)	£ 8.5

Soft Drinks

SELECTION OF SOFT DRINKS & JUICES	£ 4
ICED COFFEE	£ 4.5

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