

# THE FARMERS ARMS, Muker



# Mr Fitzpatrick

## Cordial List



## Elderflower & Bramley Apple



English Elderflower & Bramley Apple is the quintessentially English drink, reminiscent of lazy Sunday cricket matches, tea parties and village fetes. It's often said: summer has only really arrived when the elderflowers start appearing in the hedgerows.

Our English Elderflower & Bramley Apple is one of which we are tremendously proud. A beautiful refreshing cordial which would grace any table. Served with chilled sparkling water as an aperitif this is a great non-alcoholic dinner party option. All our drinks are made from only the finest natural ingredients, sourced from English orchards and English elderflower fields.

Elderflower has a long and illustrious history dating as far back as 5th century BC when Hippocrates wrote about it. The Egyptians too, discovered that applying elderflowers improved the complexion.

*Traditionally, infusions of elderflower were used to ward off colds, sore throats and hayfever, the leaves were used to treat minor sprains and bruises, the berries to treat rheumatism. Elderflowers are also believed to boost the immune system, soothe the respiratory tract and stimulate circulation to name but a few.*

We just think it tastes delicious the rest is a bonus.

## Blackcurrant & Liquorice

Delicious fruity blackcurrants combined with the distinctive taste of liquorice create our extra special cordial.



## Rhubarb & Rosehip

This is a refreshing blend of English Rhubarb blended with a Rosehip infusion. Does it get more English than this?



Well actually, Rhubarb dates back to 2700BC where it was grown and used in China for medicinal purposes. Credit for popularising rhubarb on the British Isles is given to Joseph Myatt, a nurseryman who on an early spring morning in 1808 set out five bundles of rhubarb for sale at the fruit and veg market in Covent Garden.

By then sugar wasn't just the provenance of the rich and had become available to the masses. Myatt encouraged his patrons to cook the rhubarb with sugar and hence the culinary delights of rhubarb came of age.

*Rhubarb is known as an excellent source of Vitamin C which helps support a healthy immune system. It is high in dietary fibre which helps to maintain regularity within the digestive system and is a good source of calcium.*

We just think this is one of our best ever cordials. Although our cordials can be drunk with still, sparkling or soda water, we recommend sparkling water for best taste. It can also be served hot or cold.

## Lime & Lemongrass

Lime & Lemongrass is a wonderful fusion of flavours, blended to produce a refreshing Summer time drink, in fact..... anytime drink!



## Cranberry & Pomegranate



A delicious blend of finest cranberries, pomegranates and rosehips, refreshing with soda or delicious served as a steaming hot toddy for those cold dark nights simply dilute with hot water for the perfect winter warmer.

## Sarsaparilla

A delicious timeless classic dating from the 18th century. A woody tasting cordial, often compared to American Root Beer but milder and less medicinal tasting than its American counterpart.

Such is this drinks ability to evoke nostalgic memories we've re-named it 'time travel in a bottle' Our cordials can be diluted with still, sparkling or soda water and are delicious served hot or cold.



Sarsaparilla Root: - Scientific Name ' Smilax Ornate'

Origin - Rain Forests of Central & South America, Jamaica and the Carribean.

*Sarsaparilla Root: is believed to have been used as a blood purifier, detoxification aid and general pick me up.*

## Iron Brew Tonic



The colour of a hazy orange sunset it has intriguing notes of barley sugar with an added orange citrus tang. A wonderful cordial which is delicious as it is refreshing and can be diluted with still or sparkling water.

## Sour Cherry, Red Grape with Hibiscus

A smooth rich velvety cordial a perfect fusion of Sour Cherries & Red Grapes with added hibiscus note.

This drink is sophisticated, sumptuous and oddly comforting.



## Strawberry & Kiwi



If you are not already a fan of strawberries you should be. Not only are they delicious, they are a bona fide superfood too.

*Nutrient rich Strawberries packed with anti oxidants combine with our natural kiwi juice to make a fruit sensation packed with flavonoids, minerals and vital vitamins.*

## Lemon & Ginger Punch



A firm favourite. The Lemon & Ginger Punch combines the refreshing zest of lemon and wonderfully aromatic ginger.

Delicious drunk cold or hot.

Mr Fitzpatrick's Lemon & Ginger is famous for its flu and cold relieving qualities.

Lemon - high in Vitamin C and anti bacterial, citric acid

Ginger Root - has been used as a natural remedy for centuries. The benefits of this wonderful aromatic spice are almost too many to list and the list is getting longer.

*Famously alleviates nausea such as motion or morning sickness, heartburn and digestive problems, ginger is believed to reduce pain and inflammation as well as relieving cold and flu symptoms.*

## Blood Tonic (Rosehip and Nettle)

This cordial makes a wonderful summer punch. It is also a great source of vitamins A, C, D & E.

Rosehips - are high in Vitamin C as well as A D & E, essential fatty acids, iron and antioxidant flavonoids.

Nettles - rich in vitamins and minerals.

*The common stinging nettle has been used for centuries to treat conditions such as rheumatism, eczema, arthritis and gout. More commonly today nettles are used to treat urinary problems.*

