



*Live life when you have it.  
Life is a splendid gift -  
there is nothing small about it.*

— FLORENCE NIGHTINGALE

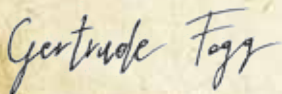
# Anatomie Humaine



Through living from a young age in this cesspit-like, bile-infested, Great Wen of a city that we call London, I have been unfortunate to encounter a great deal of maladies. From hysteria to gouty pains, toothache to nervousness and warts to whooping cough, I've seen it all! It is my strongest belief that it is the very filth by which we are surrounded - this bad smelling miasma - that causes a great deal of these ailments.

My sage advice: if you can, remove yourself from this town and enjoy clean countryside living. However, for those unfortunates amongst you who must stay, I have written this text. I can only hope that you are reading it in the most pleasant and hygienic surrounds.

Of course, city living does have its benefits! Whilst I have met so many of those in need, I have also encountered their benefactors. The most eclectic mix of physicians, clinicians and healers - and even the odd shaman from around the world - have assisted me in creating this compendium. I hope that it will bring you some pleasure, or, at the very least, alleviate some discomfort!

A handwritten signature in dark ink, reading "Gertrude Fogg". The script is cursive and fluid, with the first letter 'G' being particularly large and ornate. The signature is written on a light-colored, slightly textured paper.

M.Y.B.E. D.R.N.K.

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# The Netherlands

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Dutch courage, jenever, has for a long time been viewed as a remedy for a soldier's fear. Malt and wort is known to be effective against seafarer's scurvy. Yet the Hollanders know well that a 'spoonful of sugar helps the medicine go down'.

This sweet combination tastes less like a trip to a doctorandus and more like dessert!

a spoonful of sugar  
helps the medicine go  
down







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## LUCAS' LOWLANDS ELIXIR

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### INGREDIENTS:

Bombay Sapphire gin, buttered  
& toasted pearl barley fat-washed  
Bols Genever, Lucano Classico  
amaro and biscuit &  
malt syrup soda

£13

Patch Carage



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TASTING NOTES: SWEET, MALTY, TOASTY

# Japan

If one is looking to protect the body's immunity against evils, and to increase one's vitality and stimulate the grey matter, then one should look no further than the table of the Japanese chef.

Whilst ginger, matcha and miso have been popular for over a millennium as cures-for-all hidden within broths or drunk straight from the pot, it was a descendant of the the great Baisao who taught me of sencha. Sip wisely, and, before long, you'll attain Buddha-like peace.



A CURE FOR WHAT AILS YOU



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# PHYSICIAN'S SENCHA-TIONAL RAMEN

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## INGREDIENTS:

Roku gin, Sawanotsuru sake,  
Kishinamien umeshu plum sake liqueur,  
fresh lemon juice,  
sakura sencha tea syrup,  
wasabi tincture and white  
chocolate noodles

£14



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TASTING NOTES: *FLORAL, SWEET, SOUR*



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# Haiti

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'Le Vodou', or, 'The Voodoo', as we would call it, is oft caricatured as an affront to science, with stories about ghosts, zombies and mysterious dolls and pins. Yet, my meetings with the medicine men of the Caribbean islands were most enlightening.

As a combination of medicine, magic and religion, most do not see voodoo as a way to be cured, but a way to find one's place in the world in relation to one's family, neighbours and ancestors.







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## SANS-SOUCI PALACE

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### INGREDIENTS:

Dictador Treasure Colombian gin,  
Roots cinnamon liqueur,  
Roots rakomelo liqueur,  
homemade falernum, fresh lime juice,  
Angostura bitters and passion fruit caviar

£15



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TASTING NOTES: FRUITY, SWEET, SOUR

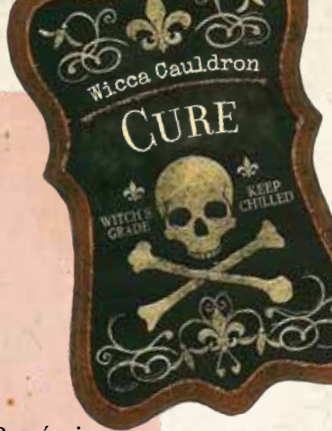


# United Kingdom

Few remember the wicca and wicce of the New Forest; those male and female witches who lived amongst the ancient oaks. Yet, their recipes with tree bark leaves and seeds remain potent in curing broken hearts, poor finances and bad luck.

This brew should keep you on the side of the mother goddess and away from the cursed horned one.





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## WICCA CAULDRON CURE

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### INGREDIENTS:

Triple citrus-infused Bosford Rosé gin,  
rhubarb syrup, ginger and  
fresh lemon juice, topped with  
Moët & Chandon Brut Impérial N.V.  
Champagne

£14



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TASTING NOTES: SWEET, SPICED, SOUR

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# Pern

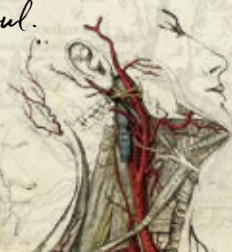
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A lust for treasure is an illness of sorts, one that infects the mind.

In my youth, whilst on a wild goose chase for riches, I attempted to climb Mount Roraima.

The mythical city of El Dorado I did not find, but I uncovered the riches of wildlife and adventure. Fuelled by a local heady mix named, 'God's Nectar', I returned from my explorations with a spring in my step and a tiger's spirit in my soul.



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# MACHU POTION

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## INGREDIENTS:

Leche de tigre mix-infused The Botanist gin,  
sweetcorn & sweet potato syrup  
and fresh lime juice

£13



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TASTING NOTES: *SPICY, SOUR, SAVORY*



# U.S.A



Dehydration is a most serious business. Moisture is the essence of wetness and wetness is the essence of beauty. If you find yourself in barren climates, turn to nature to quench your thirst. Cacti hearts or moss that has caught the morning's dew can be a source of water when in need.

Minerals and vital amino acids from mushrooms or bark can be variously employed to keep one's composure and good skin.

So, be sure to fill your foraging basket with nature's bountiful gifts!



# THE REHYDRATING REMEDY

## INGREDIENTS:

Whitley Neill Dry gin,  
Whitley Neill Quince gin,  
Bán Poitín Irish spirit,  
wild mushroom syrup, oak bark foam,  
fresh lemon juice and cactus water

£13



TASTING NOTES: EARTHY, REVITALISING, CITRUSY

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# Greece

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An evergreen tree is always a picture of vitality. So it is no surprise that the humble pine contains secret health benefits; the dark needles are rich in vital nutrients that can bring relief to conditions such as heart disease, varicose veins, skin complaints and even fatigue. Pining for a trip to the old world?

Take this tonic for an on-the-spot healthy grand tour.



THE ENVIRONS OF ATHENS



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# CONIFEROUS CURE-ALL

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## INGREDIENTS:

Pine-infused Bulldog gin,  
chocolate-infused Otto's Athens  
vermouth, Roots herbal liqueur,  
Skins mastiha liqueur and  
Mediterranean citrus air

£13




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TASTING NOTES: HERBACIOUS, PINEY, TART





# India



India has a distinguished tradition of developing the practices of diagnosis, prognosis and medical ethics. Yet, when a patient is in the foetal position hugging a pillow, he cares not for the details. For stomach troubles and to aid digestion, traditionally, lassi would be offered as a relief.

This 'variation' avoids all products from the holy cow and will benefit all elemental humours, be it Vata, Pitta or Kapha!





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## A DOSE FOR YOUR DOSHAS

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### INGREDIENTS:

Star of Bombay gin, Tia Maria coffee liqueur, Frangelico hazelnut liqueur, cashew milk, pandan syrup, cardamom bitters, sparkling mango foam and sesame marshmallow

£14



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TASTING NOTES: MILKY, SWEET, MITY



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# Italy

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*'Dry your eyes, I'll kiss it better!'*

The caring words of a mother might heal your pride but struggle to heal the bones. Many a ragazzino has taken a tumble scrumping for fruit.

Whilst this liquor contains none of the calcium required for skeletal fortitude, it will hopefully remind a crafty thrill-seeker, young or old, the importance of keeping one's feet firmly on the ground.



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## TREASURE FROM THE ADRIATIC

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### INGREDIENTS:

VII Hills Italian gin, fortified fig & orange shrub, Mancino Rosso Amaranto vermouth, Rinomato Americano Bianco aperitif, Briotett Fig liqueur, Tio Pepe fino sherry and saline solution

£13



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TASTING NOTES: SOUR, BITTER, SALTY

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# China

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Acupuncture, ha! Debunk this pseudoscience! For is not evidence-based research the most essential pillar of modern medicine?

Pricking one's body with needles like it was a pincushion is surely hochem of the highest order.

The mere suggestion sends a shiver down my spine. Focus instead on other, more potent potions from the Orient. A tingle on the tongue is my top tip to tell if a tipple is trenchant treatment.



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## TOUCHED A NERVE

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Rose petal-infused Hendrick's Orbium gin,  
baijiu, electric tincture, Mancino Chinato  
vermouth, lychee juice and fresh lemon  
juice, topped with green tea soda

£15



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TASTING NOTES: FLORAL, SMOKEY, BITTER



# Turkey

The wain of the Ottoman Empire has not reduced the potency of the loca Kocakarı ilaçları: Turkish folk remedies. Found in the fragrant Anatolian bazaars are spices, herbs and teas of which, back at home, one could only dream.

Cumin and chamomile are all the rage amongst the embroidery circles of the old büyükanneler. 'Good for the bowels', they say...





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# THE ANATOLIAN SECRET

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## INGREDIENTS:

Oxley gin, Whitley Neill Quince gin,  
Martini Riserva Speciale Ambrato  
vermouth, chamomile & cumin syrup  
and fresh lemon juice, topped with  
Fentimans soda water

£14



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TASTING NOTES: SPICED, REFRESHING, COMPLEX



NON-ALCOHOLIC COMPOUNDED LIBATIONS

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**MEDITERRANEAN TEMPERANCE TONIC** £8

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*Spain*

INGREDIENTS:

Juniper berry-infused Seedlip Spice 94  
non-alcoholic spirit and marmalade,  
topped with Fentimans pink grapefruit  
tonic water

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**COUNTRY GARDEN SELTZER** £8

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*United Kingdom*

INGREDIENTS:

Seedlip Garden 108 non-alcoholic spirit and  
berry shrub, topped with Fentimans soda water

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## Cure-alls

Arsenic for anemia

Laxatives for chickenpox

Strychnine for constipation

Chloroform for hiccups

Inhaling smoke for asthma

Bloodletting for nausea

Cold douches for insomnia

Belladonna for colic

Leeches for earaches