

BAR

NO
46

BAR 46

Welcome to Bar 46.

If you are drinking faster than we are serving, please feel free to order at the bar.

PRIVATE DINING

Our private dining area situated above Bar 46 is available for bookings; offering a sophisticated space for special occasions and events. With us, every event bespoke, with menus tailored to your needs. This intimate setting is perfect for private parties, corporate functions or social gatherings.

The room can accommodate up to 30 seated guests and features private bar and separate music system. Our dedicated team will work with you to create a memorable experience, whether you're celebrating a milestone or hosting a business meeting.

For more information and to book your event, please contact us at contact@46cowes.com

Stay Connected

WIFI Name: 46 Cowes Guest

WIFI Password: 46coweshi

To read more about Elixir, please scan the QR code.



IMMUNITY WELLNESS SHOTS

£3.50

THE APPLE CIDER VINEGAR SHOT

Apple / Coconut Water / Carrot / Lemon

THE GINGER SHOT

Apple / Ginger Root / Lemon

THE TURMERIC SHOT

Turmeric Root / Orange / Coconut Water / Black Pepper / Cayenne Pepper

ELIXIR KIDS

£3.95

ORANGE TONIC

Apple / Coconut Water / Carrot / Lemon

PURPLE TONIC

Apple / Mixed Berries / Coconut Water / Red Cabbage

CHOCO MILK

Oat Milk / Medjool Dates / Raw Cacao / Vanilla Pod / Himalayan Salts



ELIXIR JUICES

£8

THE RED TONIC

Perfect post
recovery

Watermelon / Beetroot / Carrot / Spinach / Ginger / Lime / Mint

High in
vitamin A

THE ORANGE TONIC

Apple / Carrot / Lemon / Coconut Water / Ginger

THE GREEN TONIC

All rounder

Cucumber / Celery / Pear / Spinach / Broccoli / Lemon

Added
electrolytes

THE BLUE TONIC

Apple / Pineapple / Kale / Cucumber / Blue Spirulina / Lime /
Mint / Himalayan Salt / Mineral Water

Add a 30ml Ginger Shot to your juice
for an extra health kick for £3



THE WATERMELON BERRY TONIC → Hydration
boost
Watermelon / Berry / Lime / Mint

Hangover
cure ← **THE HYDRATION TONIC**
Apple / Celery / Romaine Lettuce / Cucumber / Pineapple / Lime / Mint

THE CITRUS TONIC → High in
vitamin C
Honeydew Melon / Grapefruit / Orange / Lemon / Basil

Detox ← **THE CHARCOAL LEMONADE**
Lemon / Lavender Infused Mineral Water / Activated Charcoal / Organic Maple

THE ROSE LEMONADE → Aids
digestion
Rose Infused Water / Lemon / Pineapple / Raspberry / Elderflower /
Rose Essence / Maple Syrup

Add a 30ml Ginger Shot to your juice
for an extra health kick for £3



ELIXIR MYLKS

£4.50



Served Warm or Iced

THE CACAO MYLK

Served Cold

Oat Mylk / Medjool Dates / Raw Cacao / Vanilla Pod / Himalayan Salts

THE GOLDEN MYLK

Turmeric Root / Ginger Root / Cinnamon / Black Pepper / Organic Maple

THE MATCHA MYLK

Manuka Honey / Matcha

MILK OPTIONS

Whole Milk / Semi-Skimmed / Oat / Soya / Coconut



HOT DRINKS

Babyccino	1
Espresso	2
Americano	3.5
Cappuccino	3.75
Macchiato	3.75
Flat White	3.75
Mocha	3.75
Latte	3.75
Cortado	3.75
Hot Chocolate	3.75
Add Marshmallows & Cream for +50p	

Add Syrup To Any Of The Above + 50p

Teapigs	3.5
Mao Feng Green Tea, Peppermint, Everyday Brew, Earl Grey	
Matcha	4

SOFT DRINKS

Coca Cola 330ml	4
Diet Coke 330ml	3.5
Organic Karma Cans 250ml	2.5
Lemonade / Orangeade / Raspberry Lemonade / Ginger Ale / Cola / Sugar Free Cola	
Fever-Tree Mixers	3
Indian Tonic / Light Tonic / Ginger Beer	
Cawston Press Carton	2
Orange / Apple & Pear	
Voss Water 375ml	3
Still / Sparkling	

ELIXIR JUICE COCKTAILS

Unique cocktails made with Elixir cold pressed juices for a light,
refreshing and healthy alternative

£12

All £12 cocktails are 2 for £15.
Weekdays: 4–8pm. Weekends: 12–4pm.

THE BLACK JACK



Lemon / Lavender Infused Mineral Water / Activated Charcoal /
Organic Maple / Black Sambuca

THE GINGERUM



Ginger shot / Karma Bitter Lemon / Spiced Rum

PINK ROSE LEMONADE



Lemon / Pineapple / Rose Infused Water / Organic Maple / Pink Gin

THE 46 SUNRISE



Honeydew Melon / Grapefruit / Orange / Lemon /
Basil / Tequila / Mint / Grenadine

WATERMELON SUGAR



Watermelon / Berry / Lime / Mint / Gin



46 SIGNATURES

£14

PINEAPPLE SOUR



Pineapple Liqueur / Bourbon / Vanilla / Egg White

MODERN MEDICINE



Bourbon / Aperol / Lemon Juice / Gomme

CACAO SMOKE



Mezcal / Coffee Liqueur / Cacao Liqueur / Vanilla Cream

MAPLE MANHATTAN TWIST



Bourbon / Sweet Vermouth / Maple Syrup / Bitters / Orange Zest

46 TROPICAL



(AVAILABLE ALSO AS RASPBERRY & STRAWBERRY)

Gin / Aperol / Lemon Juice / Passionfruit Purée / Bitters

MARTINI COCKTAILS

£14

PORNSTAR MARTINI



Vodka / Lime / Passoã / Vanilla / Passionfruit Purée

ESPRESSO MARTINI



(AVAILABLE AS CARAMEL, COCONUT, HAZELNUT)

Vodka / Kahlua / Coffee / Gomme

FRENCH MARTINI



Vodka / Chambord / Pineapple / Bitters

LEMON DROP MARTINI



Vodka / Triple Sec / Lemon Juice / Sugar

CLASSIC COCKTAILS

£12

All £12 cocktails are 2 for £15.
Weekdays: 4–8pm. Weekends: 12–4pm.

CLOVER CLUB



Gin / Raspberry / Lemon Juice / Bitters

COSMOPOLITAN



Vodka / Triple Sec / Lime / Cranberry

WHITE LADY



Gin / Triple Sec / Lemon Juice / Sugar / Dry Vermouth

PINK LADY



Gin / Lemon / Grenadine / Bitters

MARGARITA



(AVAILABLE AS MANGO, CHERRY, SPICY)
Tequila / Triple Sec / Lime Juice / Sugar

MOJITO



(AVAILABLE AS CHERRY, STRAWBERRY, RASPBERRY)
Rum / Lime / Sugar Syrup / Soda / Mint

SANGRIA



Raspberry / Strawberry / Red Wine / Lemon / Sugar / Brandy / Mint / Berries

WHISKEY SOUR



Bourbon / Sugar / Lemon / Bitters

CLASSIC COCKTAILS

£12

All £12 cocktails are 2 for £15.
Weekdays: 4–8pm. Weekends: 12–4pm.

OLD FASHIONED



Bourbon / Demerara Sugar / Angostura Bitters / Orange Zest

AMARETTO SOUR



Disaronno / Lemon Juice / Sugar

LONG ISLAND ICED TEA



Tequila / Triple Sec / Vodka / Gin / Rum / Lemon / Sugar / Coke

BLOODY MARY



Vodka / Tomato Juice / Lemon Juice / Tabasco / Worcestershire

NEGRONI



Gin / Campari / Sweet Vermouth / Orange Bitters

MOSCOW MULE



Vodka / Lime Juice / Ginger Beer

DARK & STORMY



Dark Rum / Lime Juice / Ginger Beer

SIDE CAR



Cognac / Lemon / Triple Sec / Sugar Rim

Can't see a drink that's for you? Please ask our bar team will make it for you

PROSECCO COCKTAILS

£13

ROSSINI

Strawberry Syrup / Prosecco



APEROL SPRITZ

Aperol / Prosecco / Soda



MIMOSA

Orange Juice / Prosecco



HUGO SPRITZ

Gin / Elderflower / Lime / Mint



KIR ROYALE

Crème De Casis / Prosecco



FRENCH 75

Gin / Lemon / Sugar



MOCKTAILS

£10

WINTER BLOOM

Chamomile Tea / Lemon / Elderflower / Agave / Soda



MOJITO

Lime / Sugar / Mint



SNOW DRIFT

Coconut Cream / Pineapple Juice / Lime / Vanilla



AMARETTO SOUR

Almond / Lemon / Sugar / Aquafaba



BEER

Peroni	6
Grosch	5.5
Guinness	6
Cornish Orchards	5.5
Meantime Anytime IPA	6
Old Mout 500ml	5
Kiwi & Lime / Berries & Cherries	
Corona 330ml	4.5
Peroni GF 330ml	4.5
Peroni 0% 330ml	4

EXCLUSIVE SPIRITS

BRANDY

Hennessy XO 25

VODKA

Belvedere 5

GIN

Monkey 47 7
Hendricks 5.5

Rum

Mount Gay XO 8.5
Appleton Estate 12 7.5

TEQUILA

Komos Crisalino 30
Patron El Cielo 27
Komos Rosa 23

WHISKEY

Blanton's Gold 25
Glenfiddich 18yr 17.5
Glenlivet 18yr 16
Hibiki 14

SPIRITS

Whiskey

Smoked or served on ice

	25ml
Jack Daniels	3
Buffalo Trace	4
Jameson Irish	4.5
Bulleit Bourbon	4.5
Gentleman Jack	4.5
Monkey Shoulder	5.5
Makers Mark	6
Boulard Grand Solage	6
Scorch Blood Orange	6.5
Gentlemen Jacks	6.5
Jura 12 Year	7
Nikka Days	7
Nikka From the Barrel	7
Talisker 10Yr	7
Rebel Rye	7.5
Cotswold Malt	7.5
Haig Club	7.5
Glenfiddich 15	7.5
Glenfiddich Solera Reserve 15yr	8
Penderyn	8
Macallan 12	8
Dalmore 12	8.5
Balvenie 12	8.5
Glenfiddich Project XX	9
Morris Single Malt	9.5
Balvenie 14	11.5
Dalmore 15	12
Macaloney's Caledonian	12
Macallan 12yr Double Cask	12

Brandy

Chambord	3
Berneroy Calvados	4.5
Grand Marnier	5
Rémy Martin	4.5
Rémy Martin 1738	9
Hennessy VSOP	9
Torres 30 Jaime	14
Hennessy XO	18

Tequila

	25ml
Cazcabel Tequila	4
Komos Resposado Rose	18

Rum

Captain Morgan Spiced	3
Malibu	4
Havana Club 3 Year	4
Havana Club 7 Year	4.5
Sailor Jerry Spiced	4.5
Mermaid Spiced	5
Mount Gay Eclipse	5
Mount Gay Black Barrel	7
Appleton Estate Signature	7

Vodka

Smirnoff Red	3
Café Del Mar	4
Absolut Citron	4.5
Mermaid Salt	5
AU Pineapple	5

Gin

Pentire Gin 0%	2.5
Beefeater	3.5
Beefeater Pink	3.5
Engine Gin	4
Tanqueray	4
Malfy Limone	4.5
Malfy Arancia	4.5
Malfy Rosa	4.5

Others

Disaranno	4
Frangelico	4
Sambuca White	3.5
Sambuca Black	3.5
Baileys	4

Available in 50ml

WINES

	175ml	75cl
White		
La Riva Pinot Grigio	7	28
Kotuku Sauvignon Blanc	8	32
Duc de Morny Picpoul	9	35
Gavi di Gavi		45

Rosé		
La Riva Pinot Grigio	7	28
AIX	10	40
Après		45
AIX Magnum		80

Red		
Les Terrasses	7	28
Appassimento	8	32
Los Olivos Malbec	9	35
Pete's Pure Pinot Noir	10	38
Côtes du Rhône		45

Sparkling	125ml	75cl
Castel Nuovo Prosecco	7	30
Domaine Astruc Brut		40
Domaine Astruc Rosé		40
Nyetimber Classic Cuvée		70
Pol Roger		90

Please ask to see our specialist wine list & Coravin menu
Wines served by the glass are also available as 125ml and 250ml

BAR
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