



# Mojito's merry mocktails

In partnership with the Health Improvement Commission

ALCOHOL-FREE COCKTAILS

CONTAINS  
**14**



**mojito**



## Count 14

The Health Improvement Commission's Count 14 campaign aims to raise awareness of the low-risk alcohol drinking guidelines. To reduce risk to your health, it is advised that you: **Don't exceed 14 units of alcohol per week. Spread your drinking out over the week (3 or more days).**



## About our Merry Mocktails

We all know that Christmas is a 'merry' time of year for many people, in more ways than one! With this in mind, it's a great time to promote healthier drinking habits and raise awareness of how we can keep our drinking within the recommended guidelines over the festive period. To promote Count 14 more widely, we have teamed up with the Commission to create a non-alcoholic Christmas cocktail menu. We've also created recipe cards that you can take to recreate the mocktails at home.



## Fill your stockings with our 5 top tips

1. Drink a no-lo (no or low alcohol) instead of an alcoholic drink
2. Drink at your own pace and opt out of being part of a round
3. Set yourself a drink or unit limit for the day/night
4. Keep a diary of your drinking to monitor your intake
5. Use one of our Count 14 measuring cups and unit calculators dials to keep track of your drinking. Available from local GP surgeries.



## Ho-ho-Nojito £5

Muddled lime & mint with apple & soda frappe



## Soft Star Martini £6

Pineapple, passion fruit shaken with vanilla syrup served with a shot of lemonade or ginger



## Christmas Cosmopolitan £5

Fresh raspberries, cranberry juice, lime & sugar syrup shaken on ice



## Gingle bell slingless £5

Seedlip Gin 0%, pineapple, lime juice, dash bitters, grenadine





# Why not have a go at making our Christmas mocktails at home?

ASK AT THE BAR FOR A TAKE-AWAY RECIPE CARD.

We also offer a mocktail and cocktail making masterclass - ask at the bar or contact us on info@mojito.gg / 01481 727444 for more details.



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