

26 APRIL 2020

THE BOTTLE TOP

WWW.THEBOTTLETOPNOTTS.CO.UK - @THEBOTTLETOPNOTTS



SNEAK PEEK OF WHAT'S INSIDE:

*VEGAN BANANA BREAD
RECIPE*

*INTERVIEW WITH
SANCTUM TATTOO -
HEAR ALL ABOUT THE
LABEL DESIGN FOR THE
BOTTLE TOPS FIRST
BEER - OAK MOON
BREW*

*OUR LATEST STOCK
UPDATE*

10% OFF ALL ECO KITCHEN & BATHROOM PRODUCTS

COVID-19 has no doubt been dominating all of our thoughts for the last few months, living our new lives has been a challenge and that means taking steps to live more sustainably may have taken a back seat.

We have lots of ideas on how you can still look after the environment whilst stuck at home in the house. To help you, we are offering 10% off all of our ECO Kitchen and Bathroom supplies. Visit us online and use code: ECO10 to receive your discount.

www.thebottletopnotts.co.uk

@thebottletopnotts

Zero Waste | Craft Beer

VEGAN BANANA BREAD

FIGHT FOOD WASTE & USE UP THOSE OVER RIPE BANANAS

INGREDIENTS

5 over ripe bananas
150g self raising flour
100ml plant milk
3tbsp maple syrup
1tsp baking powder
1tsp cinnamon (optional)
50g Vegan Chocolate (chopped) (optional)
50g Pecans (chopped) (optional)

METHOD

- 1) Pre heat oven to 180c/Gas Mark 4
- 2) Add 4 mashed bananas to a mixing bowl
- 3) Add the flour, milk, syrup, cinnamon and baking powder & mix until roughly combined
- 4) Add 3/4 of the chocolate and pecans & mix until a batter is formed
- 5) Pour into a lined loaf tin
- 6) Slice the remaining banana length ways, down the middle & push into the top of the batter
- 7) Scatter the remaining pecans and chocolate over the top & cook for 50-60 mins or until an inserted skewer comes out clean
- 8) Leave to cool before serving



BANANA PANCAKES

EASY - QUICK - DELICIOUS

INGREDIENTS

100g Plain Flour
1 Ripe Banana
185ml Almond Milk

METHOD

- 1) Add all ingredients to blender or food processor
- 2) Blend until a thick and smooth batter is formed
- 3) Add additional flour to thicken or milk to thin into preferred texture
- 4) Heat a frying pan and add one table spoon of batter at a time to the desired size
- 5) Cook for around 2 minutes per side or until bubbles surface
- 6) Add toppings of your choice

TOPPING SUGGESTIONS

Chocolate spread
Local Honey and lemon
Pecans and Maple Syrup
Chocolate and Strawberries
Jam and Cream
Ice Cream
Lemon and Sugar
Popcorn and Toffee Sauce

TOP TIP

You can replace the flour with Oats. Pop them in a food processor and blitz until similar to flour texture

COFFEE CHAT: HONOUR CANN OF SANCTUM TATTOO

CO-FOUNDER & APPRENTICE AT
SANCTUM TATTOO STUDIO
OAK MOON BREW LABEL
DESIGNER

Tells us a little bit about yourself and what you do?

Hi, I'm Honour! I co-founded Sanctum Tattoo Studio with my partner Jason. I always wanted to make a living by being creative but didn't know how. Jason on the other hand dreamt about the studio for years. We spent a couple of years hoarding studio accessories at home and then took the plunge together late last year. Since then, I've become an apprentice at the studio and get to spend all of my spare time soaking up the knowledge. I help produce designs for clients and have recently started to put down my own very small and simple designs onto client's skin.

What style of designs do you usually do?

I'm really into what you would call "new-traditional" artworks. They're very stylised and can be incredibly vibrant. You work with variations of very thick and very thin lines which gives you a multi-dimensional result in the end. When I was young, my mum and brother pooled their money and bought me one of every colour pro-marker available at the time; I loved finding those unusual colours that you actually find in nature, however I've gradually drifted towards the more muted colours as well as traditional black & grey. They're just a bit more nostalgic and very striking!

Have you ever been involved in design work before designing the label for The Bottle Tops first beer?

I've always dabbled, but direct design work didn't really happen until we opened Sanctum Tattoo Studio. For the past few months I've been designing a lot of artworks; mostly floral, "flash" or pin-up style which Jason then inks onto our lovely human canvases. We are currently also working on producing prints, clothing and accessories for release later in the year.



What made you decide to get involved in designing the label for Oak Moon Brew?

We always wanted to be more than just a tattoo studio. We said from the get-go that our aim was to become a part of something bigger, to take on projects and be an open creative space. We were already huge fans of eco-friendly The Bottle Top, so when they announced the idea, we were super excited to be able to contribute ideas and work with another incredible independent business.

How did you come up with the design?

The theme for this series of beers is all about nature and the phases of the moon, Oak Moon is the name of the phase of the moon at the time of brewing. That in its self already provided a great concept, so we looked into the history of how the moon phases got their names and shortlisted a few designs which captured a part of it's history. Design-wise, we wanted something really unique, interesting and graphic, hence the statement black moon shape paired with the intricate twisted branches of the Oak Tree.



COFFEE CHAT: HONOUR CANN OF SANCTUM TATTOO

@ARTOFHONOURCANN @SANCTUM.TATTOO

CO-FOUNDER & APPRENTICE AT
SANCTUM TATTOO STUDIO
OAK MOON BREW LABEL
DESIGNER

Did you get to try the beer, what did you think?

I was pleasantly surprised at the delicious taste! I'm somewhat of a newbie to craft beers and never knew one could be so different from the next until I tried the Oak Moon Brew. It was full of citrus, tropical and herb flavours. Slightly sweet, slightly bitter, perfect for my tastebuds. Oak Moon Brew definitely converted me to the life of a craft beer lover with its moreish flavour.

You got to go on the brewery tour launch day- what did you think?

It was amazing! You don't know what to expect walking into what looks sort of like a warehouse from the outside, but I was immediately engaged. The team at The Magpie Brewery are so passionate about what they do and they really made the tour so interesting even for those who had zero previous knowledge. I was inspired by their creativity and definitely learned a lot. Knocking back a few delicious halves in the bar afterwards was just an added bonus!



Will you be designing the next Bottle Top beer?

Yes! Actually The Bottle Top had been brewing another beer in this series but unfortunately production is suspended, we hope to have the next installment out soon. The design is ready and we can't wait to share it with you.

Tell us about your business and where we can find you?

We are located in West Bridgford, Nottingham just at the foot of Trent Bridge- right by the entrance to the Peter Taylor Stand on Pavilion Road. We take safety and comfort very seriously, plus we are always fully stocked on biscuits, tea, coffee and (oat) milk so you know you are in safe hands! We currently have two resident artists who offer an eclectic mix of design styles, our personal favourites being traditional, black & grey, realism, plus some neo-traditional and dainty line-work. We are very down-to-earth and are truly in it for the love of art, so whoever you are, whatever your story, you are always welcome!

Unfortunately due to COVID-19 we are temporarily closed, but you can still buy vouchers, book in for future sessions or check out our art work online. We have lots of projects coming up and hope to add prints, t-shirts and lots of other items with our artwork soon.

We are always looking for new opportunities in the design industry, particularly smaller projects that work closely with other local independents.

You can get in touch with us on Facebook or Instagram using @sanctum.tattoo or direct with me @artofhonourcann

STOCK LIST

26/04/2020

FREE DELIVERY NG11 WITH £10 MIN SPEND (ALL OTHER AREAS GET IN TOUCH PRIOR TO ORDERING) - ALL ITEMS ON OUR WEBSITE ARE AVAILABLE FOR COURIER SERVICE UK WIDE.

PLEASE PLACE ALL FOOD ORDERS VIA EMAIL AT: **THEBOTTLETOPNOTTS@OUTLOOK.COM**

WE WILL PRICE YOUR ORDER AND CONFIRM A DELIVERY TIME/COLLECTION SLOT.

PAYMENTS CAN BE MADE VIA BACS/PAYPAL DETAILS OF WHICH WILL BE FORWARDED ON CONFIRMATION OF YOUR ORDER. ZERO-WASTE REFILLS ARE STILL AVAILABLE IN STORE.

**PLEASE NOTE OUT HOURS OF OPERATION ARE NOW
MONDAY-SATURDAY 10-3**

Tomato
Broccoli
Brown Onion
Red Onion
Spring Onion
Pepper
Garlic
Swede
Cauliflower
Aubergine
Cabbage
Parsnip
Avocado
Closed Cup
Mushrooms
Sweet Potato
Jacket Potato
Potato Sacks
Carrots
Leek
Cucumber
Courgette
Red Apples
Green Apples
Pears
Lemon
Orange
Clementine
Grapefruit
Plums
Banana

Grapes
Jumbo Oats
Hazelnut Muesli
White Basmati Rice
Brown Basmati Rice
Cous Cous
Chickpeas
Red Lentils
Green Lentils
Walnuts
Hazelnuts
Redskin Peanuts
Almonds
Brazil Nuts
Cashew Nuts
Coffee Beans
(ground available)
Chia Seeds
Mixed Vine Fruit
Bombay Mix
Banana Chips
Apple Rings
Apricots
Cranberries
Dates
Chilli Powder
Cinnamon
Turmeric
Paprika
Ground Ginger
Bicarbonate of Soda
Citric Acid

Local Runny Honey
Local Set Honey
Lemon Curd
Raspberry Conserve
Strawberry &
Champagne
conserve
Orange & Whiskey
breakfast conserve
Chilli Jam
Caramelised Red
Onion Chutney
Tomato Chutney
Horseradish Sauce
BBQ Sauce
Brown Sauce
Tomato Sauce
Just Oils- Stir Fry
Just Oils- Chilli
Sauce Shop-
Every Day Chilli
Sriracha
Beetroot Ketchup
Buffalo Hot Sauce

Eggs
Plain Flour
Self Raising Flour
Bread Flour
Fresh Yeast
Bread

zw REFILLS

Laundry Liquid
Fabric Conditioner
Washing up liquid
Hand Wash
Washing Powder
Anti Bac Surface
Cleaner
Shampoo
Conditioner

Toilet Roll
Dishwasher Tablets
Washing Up Soap
block
Toothpaste Tablets

Geoorganics

Mouthwash Tabs
Toothpaste Tabs

Bamboo Toothbrush
Bamboo Inter-
dental brushes

Hand Soap Bar
Travel Soap Bar
Cleansing Bar
Shaving Bar
Shampoo Bar
Conditioner Bar

Wooden Dish Brush
Wooden Brush head
replacement
Compostable cleaning
cloth
Coconut Scrub Pad
Coconut Dish Brush
Loofco Dish Pad

Cotton Face Scrubbies
Cotton Wash Cloths
Heavenly Rose-Cleanser
Earth Concious Deodrant
Loofco Body Loofa
Bamboo Cotton Swabs

Bees Wax Food Wraps:
Keep Leaf Food Wrap
Keep Leaf Snack Baggie
Stainless Steel Straw
Straw Cleaner
String Shopping Bag
Bamboo Fork
Bamboo Knife
Bamboo Spoon
Coconut Bowl
Coconut Spoon
Neon Cactus Coffee Cup
Ocean Water Bottle

GIN

Red Smiths Rose Old Tom
Red Smiths Apple
Slingsby Navy
Agnes Arbor London Dry
Agnes Arbor Rhubarb
Agnes Arbor Pineapple
Brentingby London Dry
Brentingby Pink
Brentingby Rakki

5L Beer in a bag

Black Iris Endless Summer

