

10 MAY 2020

THE BOTTLE TOP

WWW.THEBOTTLETOPNOTTS.CO.UK - @THEBOTTLETOPNOTTS



SNEAK PEEK OF WHAT'S INSIDE:

*SMOOTHIE ME UP
RECIPES*

*COFFEE CHAT WITH
BOTTLE TOP CO-OWNER
ALEX PRESTON*

*OUR LATEST STOCK
UPDATE*

HAPPY 1ST BIRTHDAY

Our doors have been open exactly 12 months today. We would not have made it this far without all of you and are forever grateful for the support we receive every day. Thank you for being the most awesome customers we could have asked for and we hope you will still be here supporting us for many more birthdays.

We can't celebrate the way we would have liked but we are sure we will have the opportunity to enjoy your company soon and we can make birthday number 2 one to remember.

VE Day

VE Day surpassed all expectations, we had an amazing response to the VE Day hampers and were so pleased to see so many of you coming out in force to celebrate safely. I think it goes without saying ourselves and the other local traders were over the moon and hugely grateful for your support. We had the pleasure of seeing some of those hampers make their way to local veterans, courtesy of Jen Walker and Mike Gaunt at Rushcliffe Borough Council. Please send us your pictures or tag us on social media: @thebottletopnotts

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SMOOTHIE ME UP!!

SMOOTHIES ARE A FAB WAY TO USE UP FRUIT AN VEG AND GET A HIT OF NUTRITIONAL GOODNESS WITHOUT MUCH EFFORT!

all the greens

AVO SMOOTHIE

INGREDIENTS

1/2 Avocado
1 Ripe Banana
150ml Milk (I use oat Milk or Almond)
1 handful of Spinach
1 Handful of ice cubes
Optional: 1 scoop of protein powder
Optional: Splash of Agave Syrup to sweeten

KALE YOUR WAY

INGREDIENTS:

1 Handful of Kale
1 Ripe Banana
1 Handful Spinach
1 tbsp Flaxseed
1 tsp Maple Syrup (or other sweetner)
150ml Oat Milk (or any other milk)
1 Handful of ice

oats so good

Go Bananas

1 Banana
2 Tbsp Oats
80g soft fruit (strawberries or Blueberries are my fave)
150ml Oat Milk (or any other)
1 tsp agave or maple syrup
1 tbp vanilla extract

Strawberry So Good

150ml Oat Milk
1 1/2 cups strawberries
1 tbsp almond butter
3 pitted medjool dates
1 cup oat milk
1/4 tsp cinnamon
1 tsp vanilla extract
1 handful chia seeds

peanut butter time

Almond Heaven

1 banana
1 tbsp oats
handful of almonds
150ml almond milk
1 tbsp peanut butter
1 tsp maple syrup
1 handful of ice

Wake Me Up

1 Banana
1 tsp Agave Syrup
1 Shot of Coffee
1 tbsp Peanut Butter
150ml Plant Milk
1 Handful ice



COFFEE CHAT:

ALEX PRESTON CO-OWNER OF THE BOTTLE TOP

Tell us a little about yourself and how The Bottle Top came around?

Since a very young age i have been entrepreneurial, i had my first "business" around the age of 10 where i set up a pet sitting service and got my first job working for a car wash for cash in hand at 12, i have even stacked shelves for £2 per hour. I always knew one day i would have my own business, i managed in retail and hospitality until studying law at uni and met Anthony while working as a team manager in financial services. After my maternity ended i knew i wasn't ready to leave my daughter and go back to work, somehow Anthony convinced me to move into the pub that we manged for around 3 years, During that time we set up a mobile bar business and converted a vintage caravan, we planned to travel festivals and weddings which we did for a while until the birth of our second daughter which made it a litter harder. Anthony then had the opportunity to become area manger for the Pub company and we decided it was the right time for us to to come back to Nottingham where i grew up. Anthony hadn't been enjoying his role and we had always talked about a shop, then one day there it was, the perfect place in Ruddington, which held a lot of fond memories for me.

What is your role in the day to day running of the business?

Post Covid-19 i worked Monday-Wednesday in the shop and the other days managing marketing, sourcing our eco friendly and food stock and planning the events. These days it is all a bit odd as i'm homeschooling and spending most of my time with the kids. We decided early to take them out of school and limit it to just one of us in the shop to reduce the risk, its been strange and i miss it a lot but we are still managing to balance the workload but from more of a distance on my part. I also write for a blog and sit on the Ruddington Village Centre Partnership so my time is well used!



Do you have plans for the future of The Bottle Top. Can you let us in on any secrets?

Last week we mentioned we would be brewing more beer and looking to make use of the outdoor space we have, which i am very excited about. We will be repairing the canopy and have some exciting ideas about where we can take the shop. In addition to that i am really keen to work with the local community more, for example, getting Ruddington certified as plastic free and working with school and groups on all things environmental. Before covid-19 i was volunteering to mentor youth entrepreneurs via the Ruddington Village Market but that is currently on hold.

How have things changed for you during COVID-19?

Its been a big adjustment that is for sure, at first i was pretty emotional and conflicted about it all. We did wonder for a while if we should stay open as we were pretty concerned about our safety and our customers. Quickly though we realised that it was important we did as the phone was ringing off the hook. We have been so grateful to be able to get food to those who need it. If anything it has showed us how brilliant our community is and given us an opportunity to evaluate where we want to go in the future, Ill be looking forward to getting stuck back into shop life soon



COFFEE CHAT:

ALEX PRESTON CO-OWNER OF THE BOTTLE TOP



The Bottle Top turns 1 today, what has this first year been like for you?

I can't really believe it has been a year already but at the same time i feel really at home, like we have been here much longer. It has been a lot of fun, not all plain sailing but definitely worth the stressful days!

I am very proud of what we have achieved but know there is much more to come which is really exciting for us.

What is your favourite all time brewery and why?

I'm not sure about brewery but my favourite beers so far have been the Dessert range from Amundsen and the Peanut Butter Stout from Neon Raptor was a winner too. I am a big fan of Magpie and Bluestone Brewery because their beers are fab but also because the brewing process is very eco friendly.

So you grew up in Nottingham, what do you think of the City now?

I grew up in West Bridgford and went to University here. By the time i had finished my law degree i had spent so much time representing clients in police stations i had fallen out of love with Nottingham. After some time up North and a little bit of exploring life away i really appreciate it now and all it has to offer. We are lucky to have some brilliant independent businesses, brewers and eco initiatives and i feel at home again.

Out of the beers you currently have, what is your number 1 pick?

Well i am really getting to like stouts and porters which were something i couldn't get along with last year so my tastes have changed and i'm sure they will change again soon.

Stout: Grounding Angels - Mr Stouty Pants

Fruit Beer: Mongozo - Mango or Coconut

Pale: Tiny Rebel - Pump Up the Jam

Cider: Snails Bank Rhubarb

Finally, tell us one thing about yourself that most people don't know.

Ah man i dunno, i don't stop talking so most people know everything. I am about to be a published author, i am one of 22 women who wrote short stories as a positive channel during COVID-19, its due to be released tomorrow.

I have just started a vegan diet and i cant sing for toffee despite the fact that i have tried for many years to convince myself i am the worlds best!

I am a bit (well a lot) of a hippy at heart, i invest a lot of time learning about the law of attraction and numerology too.



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STOCK LIST

10/05/2020

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 OUR HOURS OF OPERATION ARE NOW
MONDAY-SATURDAY 10-3**

Tomato	Jumbo Oats	Local Runny Honey	zw REFILLS
Broccoli	Hazelnut Muesli	Local Set Honey	Laundry Liquid
Brown Onion	Brown Basmati Rice	Lemon Curd	Fabric Conditioner
Red Onion	Cous Cous	Raspberry Conserve	Washing up liquid
Spring Onion	Chickpeas	Strawberry &	Hand Wash
Pepper	Red Lentils	Champagne conserve	Washing Powder
Garlic	Green Lentils	Orange & Whiskey	Anti Bac Surface
Swede	Walnuts	breakfast conserve	Cleaner
Cauliflower	Hazelnuts	Chilli Jam	Shampoo
Aubergine	Redskin Peanuts	Caramelised Red	Conditioner
Asparagus	Almonds	Onion Chutney	
Cabbage	Cashew Nuts	Tomato Chutney	Toilet Roll
Parsnip	Coffee Beans	Horseradish Sauce	Dishwasher Tablets
Avocado	(ground available)	BBQ Sauce	Washing Up Soap
Closed Cup Mushrooms	Chia Seeds	Brown Sauce	block
Flat Mushrooms	Mixed Vine Fruit	Tomato Sauce	Toothpaste Tablets
Sweet Potato	Bombay Mix	Just Oils- Stir Fry	
Jacket Potato	Banana Chips	Just Oils- Chilli	Geoorganics
Potato Sacks	Apple Rings	Sauce Shop-	Mouthwash Tabs
Carrots	Apricots	Every Day Chilli	Toothpste Tabs
Leek	Cranberries	Sriracha	
Cucumber	Dates	Beetroot Ketchup	Bamboo Toothbrush
Courgette	Chilli Powder	Buffalo Hot Sauce	Bamboo Inter-
Red Apples	Cinnamon		dental brushes
Green Apples	Turmeric	Eggs	
Pears	Paprika		Hand Soap Bar
Lemon	Ground Ginger	Plain Flour (by request)	Travel Soap Bar
Orange	Bicarbonate of Soda	Self Raising Flour (by	Cleansing Bar
Clementine	Citric Acid	request)	Shaving Bar
Grapefruit		Bread Flour (by	Shampoo Bar
Plums		request)	Conditioner Bar
Banana		Fresh Yeast (by	
Grapes		request)	
		Bread	

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
Brentingby London Dry
Brentingby Pink
Brentingby Rakki

