

BUBBLES WITH BENEFITS

Whether you’re going sober for October or just want to cut down on your alcohol or calorie intake, these are the no or low alcohol and low-calorie booze brands to know



With the proportion of young people choosing to drink alcohol at its lowest on record and a rise in mindful drinking and concern for wellbeing, there’s also been a rise in NOLO beverages that focus on recipe innovation, quality and distinctive ingredients. Here are the ones you’ll want to stock up on...

Small Beer Brew Co.

Setting out on a mission to reignite the lost art of brewing classic beers with an ABV below 2.8%, James Grundy and Felix James opened the world’s first dedicated small beer brewery in South Bermondsey, London in 2017.

Without cooking off the alcohol or stripping it out via reverse osmosis, their beers are brewed to strength with only the finest ingredients. They also take their time to get the process right, and lager (the maturation period for beer) their beers for a minimum of six weeks, which is three times longer than industry standard, to deliver clean, crisp yet beautifully pronounced flavour profiles.

The result is a range of four core Small Beers that are big on taste. They can also be enjoyed without slowing you down. If you like a beer with your lunch without writing off your afternoon, you can choose from the brand’s Lager, Dark Lager, Steam and newly launched Session Pale, which all have an ABV between 0.5%-2.8%.

For more information visit www.theoriginalsmallbeer.com or www.majestic.co.uk.

Wild Life Botanicals

With a background in luxury food, drink and hospitality, Wild Life Botanicals’ founder Ellie Bradshaw appreciates good wine. Identifying the juggle between work, life and parenting, she was on the lookout for a sparkling wine that appealed to a dry palate and was ultra-low in alcohol. Finding the current crop available lacking, she decided to make her own. Combined with her passion for herbs, art and the slow food movement, Wild Life Botanicals and her ‘bubbles with benefits’ was born.

Ultra-low in alcohol yet packed with goodness, this English bubbly (0.5% ABV) is infused with an uplifting elixir of eight vitamins and minerals and five botanicals each chosen for their health-giving properties. You can expect zinc to support your body’s natural immune system, niacin to reduce tiredness and fatigue, vitamin B6 to boost your mood and thiamine to support your heart. What’s more, it has 60% fewer calories than champagne or prosecco, and drinkers can enjoy up to 20 glasses of Wild Life to imbibe the same amount of alcohol as one glass of traditional 10% ABV wine. If that wasn’t enough, it’s also available in Nude and Blush for £15 per bottle.

For more information visit www.wildlifebotanicals.co.uk.



NINE ELMS No.18

It’s not just the quantity of no-ABV products on the market that has increased over the past six months, more importantly, the quality has too. Identifying a huge gap in the market for high quality alcohol-free alternatives to alcoholic drinks that are traditionally served with food, Simon Rucker and Zoltan Szucs-Farkas co-founded London-based NINE ELMS and its first drink, NINE ELMS No.18.

Originally conceived in the capital’s historic Nine Elms area, this intricately crafted drink has an intriguingly complex yet balanced taste profile that’s derived from the marriage between the botanical infusions of 20 different flowers, herbs and spices, and the juice of four types of berry. The result is an uplifting concoction that first pouts with a full-bodied, berry freshness, before culminating in a lengthy spicy, bitter aftertaste.

Designed to be enjoyed by anyone who enjoys good food, it pairs with a broad range of rich and savoury dishes and can already be found in Isaac McHale’s The Clove Club and London’s newly opened The Standard, as well as other world-class restaurants.

For more information visit www.nineelmsdrinks.com.



Ketel One Botanicals

Summer doesn’t have to be over for spritz lovers with the latest calorie-conscience and lower-ABV release from family-made Ketel One Vodka. Distilled with botanicals and infused with natural fruit essences, the Ketel One Botanical range features a selection of three spirit drinks crafted at 30% ABV and containing no artificial flavours or added sugar.

Choose between the taste of juicy white peaches, fresh cucumber and garden mint or the zesty notes of grapefruit with floral rose, and serve with soda water in a single measure and you’ll only be consuming 82 calories.

Drawing on the Nolet family’s 10 generations of distilling passion and expertise, this new spirit-drink also uses a distinct two-tier production process that’s different from other vodkas. First, it is blended with the Nolet family’s botanical recipe and re-distilled in small-batch copper pot stills at the Nolet Distillery. After a second distillation, the vodka is then infused with the naturally extracted essences of crisp, fragrant botanicals and refreshing fruits without the addition of sugar, artificial sweeteners or artificial flavours.

For more information visit www.ketelone.com