

# BOTANICAL BREWS, MOJITOS & BUBBLES

*Refreshing Non-alcoholic Drinks for Any Day of the Week*

We asked Wayne Blake, Cluster General Manager at ANEW Hotels & Resorts, for his top suggestions to bring a little fizz, flair, and freshness to your glass – minus the hangover.

One are the days when non-alcoholic drinks felt like a compromise. Today's alcohol-free options offer complexity, sophistication, and a surprising hit of flavour – whether you're cutting back, cutting out, or just keen on a midweek refresher that won't leave you worse for wear the next day.

## 1. BOTANICAL BREWS

*Herbal coolers that soothe and refresh*

Botanical brews are trending, and for good reason. Think cold-brewed infusions with lavender, chamomile, or rosemary – calming, fragrant, and anything but boring. Ideal for hot days, lazy brunches, or a mindful moment on your own.

**Try it this way:**

- Brew your herbal tea of choice
- Let it cool, then pour over ice
- Add lemon wedges or cucumber slices
- Garnish with a mint or rosemary sprig
- Optional: sweeten with a drizzle of honey

## 2. ALL THE FLAVOUR, NONE OF THE HANGOVER

*Your go-to for sophisticated sipping*

Non-alcoholic spirits have come a long way. Whether it's an alcohol-free gin or botanical blend, you can still enjoy the ritual of cocktail hour without the consequences.

**Mix it like this:**

- Combine a non-alcoholic gin with tonic water
- Add a splash of grapefruit juice
- Serve over normal or crushed ice
- Garnish with lemon peel or cucumber ribbon

## 3. HEALTHY BUBBLES

*Fruit-forward and fizz-filled, without the sugar crash*

Love bubbles but not the sugar that comes with them? Try a DIY sparkling infusion. Fresh fruit meets sparkling water in a glass that feels indulgent but is not.

**Here's how:**

- Gently crush your choice of fruit – berries, citrus, or kiwi work well
- Add to a glass with ice
- Top up with sparkling or soda water
- Stir gently and finish with mint or basil



*1. Botanical Brews*



2. *Non-alcoholic Gin*



3. *Fruit-infused Sparkling Water*



#### 4. THE ULTIMATE MOCKTAIL MOJITO

##### *All the zing, none of the rum*

Lime, mint, and a touch of sweetness – the classic mojito gets a clean refresh with this alcohol-free version that still delivers maximum satisfaction.

##### **Make it like this:**

- In a glass, muddle fresh mint with a teaspoon of sugar and a dash of lime juice
- Add ice and top with soda water
- Stir well
- Garnish with a lime wedge and a few mint leaves

#### 5. THE TURMERIC TONIC

##### *Wellness meets refreshment in a glass*

Turmeric's anti-inflammatory reputation is well known, but it also brings a warm, earthy kick that plays surprisingly well in a summer cooler. Think golden spice meets citrus fizz.

##### **Shake it up:**

- Add 1 tsp turmeric powder, a splash of fresh orange juice, and a pinch of black pepper to a shaker

- Shake and pour over ice
- Top with sparkling water
- Add lime juice and a touch of honey to taste
- Garnish with an orange wheel and fresh mint

Whether you're hosting, unwinding, or just rethinking what you pour into your glass, these drinks prove you don't need alcohol to raise the bar. 🍹

LEFT: 4. Mocktail Mojito  
ABOVE: 5. Turmeric & Orange Juice

by *anew hotels & resorts*