

# STAY AT HOME LIKE AN ALL STAR

## 🍷 Mocha Martini 🍷

Banish the quarantine blues and finish the day with a well-deserved tippie you can make at home... cocktail shakers at the ready!



### ◆ Recipe ◆

40ml vodka

(our choice is Finlandia)

20ml creme de cacao white

If you don't have white chocolate liqueur, you can use Baileys Chocolat Luxe

Double shot of Espresso

15ml vanilla syrup

If you don't have it you can make your own – see below!

Chocolate dusting

Hot chocolate or cacao powder sieved

### How to make your own sugar syrup:

In a saucepan combine 2 cups of sugar with 1 cup of water. Dissolve on a low heat, leave to cool and store in a sterilised glass jar. Add a few drops of vanilla essence to the syrup to flavour

### ◆ STEP 1 ◆

Pour all ingredients into a shaker (if you haven't got a shaker, a protein shaker will do)

### ◆ STEP 2 ◆

Add a scoop of ice cubes and shake hard for 20 seconds (until shaker feels ice cold)

### ◆ STEP 3 ◆

Pour through a strainer (or small sieve) and garnish with chocolate dusting



## Kingpin Challenge

It's time to get creative, flex those wrists and take on the All Star Kingpin Challenge!



### ◆ The challenge ◆

1. Build your lane with 10 x items, go on get creative!
2. Knock as many 'pins' down as you can
3. Upload to Instagram, tag @allstarlanes and #kingpinchallenge

The best entry will win an All Star Lanes bowl, drink & dine gift voucher for four guests!



### Get chatting

Don't underestimate the importance of casual conversation. During this time, it's important to stay connected. Make an effort to call people to just say hello and find out what's going on or schedule a few extra minutes before or after conference calls to catch up with each other.

## LIL' STRIKER

Keep the lil' ones entertained at home with our downloadable colouring sheet available at [www.allstarlanes.co.uk/littlestrikers](http://www.allstarlanes.co.uk/littlestrikers)



## 🍷 The B4 Six 🍷

Here's an easy drinking mocktail recipe to keep you refreshed



### ◆ Recipe ◆

25ml pineapple juice

25ml orange juice

25ml lemon juice

20ml grenadine (or pomegranate juice)

Top with ginger ale

### ◆ STEP 1 ◆

Add all ingredients into a wine glass (except ginger ale) and stir until combined

### ◆ STEP 2 ◆

Add ice cubes, top with ginger ale and garnish with a lemon wheel



## Self-care ideas

Some ideas to relax and unwind:

Take a hot bath

Listen to a podcast

Rewatch your fave TV show

Learn a new recipe

Try some home exercise

Listen to a Podcast

We recommend:

Happy Place

How I built this

Sh\*\*gged, Married, Annoyed

Try some meditation & mindfulness

We recommend:

Headspace

Sanvello

Simple Habit



### Take scheduled breaks

Even though you're at home it doesn't mean that you shouldn't stop for lunch or a break; leave your work area and eat in another part of your house, get some fresh air or do some stretch exercises.