

We are CASHLESS

Natural Kitchen
accepts card & electronic
payments only - Thank you



NATURAL KITCHEN
BREAKFAST - BRUNCH

SERVED UNTIL 11:30AM

ALLERGEN NOTICE

*Some dishes may contain
nuts or traces of nuts.*

*Full allergen matrix
available on request.*

RASPBERRY CHIA POT (VEGAN,GF)

almond milk & raspberry infused chia seeds
w/ fresh strawberries, blueberries and bananas 7.95

GLUTEN & DAIRY FREE JUMBO OAT & QUINOA PORRIDGE (VEGAN,GF)

with a choice of banana, fruit compote OR super seeds with maple syrup 5.75

GLUTEN FREE GRANOLA AND COCONUT YOGHURT (VEGAN, GF)

fruit compote, maple syrup, organic gluten free granola 6.75

HOMEMADE VEGAN BUCKWHEAT, ALMOND MILK & BANANA PANCAKES

topped w/ fruit compote & coconut yoghurt 7.95

EGGS BENEDICT BRITISH HAM, CRISPY PANCETTA, BABY SPINACH, POACHED FREE RANGE EGGS
& HOLLANDAISE SAUCE ON TOASTED MUFFIN 9.5

EGGS CYPRUS (v) HOMEMADE GUACAMOLE, CRISPY CYPRIOT HALLOUMI CHEESE, SUPER SEEDS,
FREE RANGE POACHED EGGS & HOLLANDAISE SAUCE ON TOASTED MUFFIN 10

EGGS ROYALE SMOKED SALMON, FRESH DILL, BABY SPINACH, POACHED FREE RANGE EGGS
& HOLLANDAISE SAUCE ON TOASTED MUFFIN 10.5

NK ENGLISH BREAKFAST 11.95

Butchers Pork sausage, smoked dry cured bacon, free range fried
eggs, grilled tomato, mushrooms & organic sourdough toast

NK VEGETARIAN BREAKFAST 10.95

Grilled Halloumi cheese, half an avocado, scrambled free range
eggs, grilled tomato, mushrooms & organic sourdough toast

NK VEGAN BREAKFAST 10.95

Grilled tomato, half an avocado, giant baked beans, tofu & sun-dried tomato
scrambled 'not eggs' & organic sourdough toast

FRESH AVOCADO ON TOAST 7.95

organic sourdough toast topped w/ mixed super seeds & fresh chilli

SMOKED KIPPERS & FREE RANGE SCRAMBLED EGGS

organic sourdough toast 9.75

OMEGA 3 BREAKFAST (GF)

smoked salmon, fresh avocado, free range eggs & super seeds 9.75

ADD SOURDOUGH TOAST £1

FREE RANGE POACHED EGGS & HOMEMADE GUACAMOLE (v)

vine ripened tomato, baby spinach leaves, fresh chilli,
organic rye toast 9.75 ADD SMOKED SALMON £3

DRY CURED STREAKY BACON & FREE RANGE FRIED EGGS organic sourdough toast 8.75

FARMHOUSE OMELETTE w/ British ham & mature cheddar cheese 8.5

EGG WHITE OMELETTE w/ baby spinach & field mushrooms 9.5

ORGANIC SOURDOUGH TOAST w/ jam, marmalade, Peanut butter or Marmite 3.75

A TEAM EFFORT!

A discretionary 12.5% **service charge** is added to all bills which
is distributed to all team members in addition to their normal pay.

TEA & INFUSIONS

NATURAL KITCHEN ORGANIC TEA

ENGLISH BREAKFAST/ EARL GREY/ GREEN/ CAMOMILE

INFUSIONS - FRESH LEMON & GINGER OR FRESH MINT

POT 3.25

COFFEE

ORGANIC & FAIRTRADE

NATURAL KITCHEN SUPPORTS THE WORLD LAND TRUST

OUR COFFEE IS 100% ARABICA

Americano	2.95
Latte	3.25
Cappuccino	3.25
Espresso/Macchiato	1.95/2.25
Flat White	3
Chai Latte	3.5
Hot Chocolate	3.5
Mocha	3.5

WE OFFER ORGANIC SKIMMED, HALF & HALF, FULL COWS, SOYA & ALMOND MILKS

JUICES

FRESHLY PRESSED ORANGE 4.5

FRESH CLOUDY APPLE 4

ORGANIC CRANBERRY 4.5

ISLE OF WIGHT SPICY TOMATO 4

SUPER SMOOTHIES 5.75

CLEANSE (99KCAL)

Cucumber/Mint/Lemon/Spinach/Ginger

GREEN MACHINE

Apple/Spinach/Kale

ANTIOXI

Apple/Berries/Currants/Banana

OMG

Orange/Mango/Ginger

RECHARGE

Apple/Carrot/Orange/Ginger

