

**ALLERGEN NOTICE**

*Some dishes may contain nuts or traces of nuts.  
Full allergen matrix available on request.*



**NATURAL KITCHEN**  
LONDON  
**SPECIALS**

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**STARTER:**

**COD GOUJONS**

7.5 / 12.75

Spicy breaded fingers of cod w/ homemade tartar sauce

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**DETOX RISOTTO (VEGAN) 13.5**

butternut squash, organic bean sprouts, mung beans, carrot, courgette & turmeric infused coconut milk w/ wild rocket and parsnip crisp

**Less vegan - Add Chicken Breast to your Risotto £3**

**THAI RED SEAFOOD CURRY 15.95**

tiger prawns, salmon, mussels, Asian vegetables in coconut milk w/ brown rice and coriander lime yoghurt

**SMOKED TROUT SALAD 14.5**

roasted beetroot, organic amaranth, pomegranate, red radish, baby salad leaves & horseradish crème fraiche

**PORTOBELLO MUSHROOM, BROCCOLI & ALMOND BURGER (VEGAN) 13**

Roasted lentil & rocket hummus, roasted red peppers, baby gem & vine ripened tomato

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**FOR THE CARNIVORES**

**ALL OUR STEAKS ARE FROM BRITISH FARMS, GRASS FED & DRY AGED FOR 21 DAYS.**

**FLAT IRON (9oz) 24.95**

**RIBEYE (10oz) 35.95**

**SIRLOIN (10oz) 34.95**

all served with our fresh hand cut chips and homemade brandy & peppercorn sauce

**\*Steak offer varies dependent on location**

**STEAK NIGHT(S) SPECIAL**

**\*£10 OFF ALL BEEF STEAKS MONDAY & TUESDAY NIGHTS \*<sub>FROM 5PM</sub>**

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