

## MEAL PLATTERS

### Meat, Fish & Vegetarian Platters

Serves 6

#### SALMON FILLET PLATTER OPTIONS 51

Poached LEMON & DILL

Blackened TERIYAKI

Baked CHILLI & CORIANDER

#### BRITISH CHICKEN PLATTER OPTIONS 47

CHAR-GRILLED Chicken breast

BREADED Chicken breast strips

PESTO Chicken Breast

#### VEGETARIAN PLATTER OPTIONS 45

Hemp, Sweet Potato VEGAN CAKE w/ homemade tomato salsa

Homemade HALLOUMI CAKE w/ turmeric infused hummus

VEGETARIAN MEZZE

Falafel & Hummus, mozzarella & sundried tomatoes, marinated Courgettes  
& peppers, mixed olives and pitta bread

*If you require information regarding the presence of allergens in any of our food and drink, Natural Kitchen will be more than happy to provide this information.*



NATURAL KITCHEN  
LONDON

# CATERING

### Feeding London

At Natural Kitchen we are passionate about great food using only the best ingredients from a handful of providers who like us are committed to provenance & quality.

### For Delivery\* OR Collection

\*Delivery arranged with 3rd party provider at customers cost

To place your order please call:

**07734 922 765**

or e-mail:

**events@thenaturalkitchen.com**

*\*PLEASE PLACE YOUR ORDERS BY 10AM,*

*THE DAY BEFORE THE EVENT DATE.*

For late orders contact the store in person or by phone find your local NK on our website at [www.thenaturalkitchen.com](http://www.thenaturalkitchen.com) and we will try our best to deliver for you.

All prices shown include VAT when applicable

## BREAKFAST

*BAKERY for pastries order at least 10am day before delivery*

### **PASTRIES**

Fresh Artisan PASTRIES 3 / Basket of Assorted Mini PASTRIES (12) 21.95

Assorted Artisan Muffins 4.2 each / Basket of assorted mini muffins (12) 27

Choice of individual Yogurts and Granolas 3.9

### **SEEDED SOURDOUGH ROLL PLATTERS**

Scottish SMOKED SALMON & dill cream cheese (9) 25.95

British HAM & cream cheese (9) 22.95

Egg MAYONNAISE, AVOCADO & WATERCRSS 22.95

Vine ripened TOMATO, basil & cream cheese (v) (9) - OR VEGAN with guacamole (v) (9) 22.95

HUMMUS, BABY SPINACH & VINE RIPENED TOMATO 22.95

### **HOT DRINKS (1LITRE)**

*FRESH BREWED ORGANIC COFFEE / HOT CHOCOLATE 13.95*

*SELECTION OF INDIVIDUALLY PACKED ORGANIC TEAS 9.95 (BOILING WATER SUPPLIED)*

*Recyclable crockery and paper cups on request.*

*Hot drinks served in 1ltr Stainless steel flasks. Includes organic milk & sugar*

**Fresh Juices 7.5 (500ml)**

Plain Orange, Apple or Carrot Juice

### **SMOOTHIES**

**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

**DETOX** - Carrot/Beetroot/Ginger/Celery/Parsley

### **FRESH FRUITS & SWEETS**

Fruit Platter 29.95

Individual fruit skewers x6 16.95

### **SWEET BITES**

Mini Brownie bites x12 16.95

Mini Flapjack bites x12 19.95

**You can also add, to the order our regular to - go products , just ask while placing your order**

## FRESH SALADS

**Recycled cardboard 27.95**

GREEK - Tomatoes, cucumber, feta, red onion, pitted black olives & oregano with Olive oil

QUINOA (vegan) - White & red quinoa, cabbage, red pepper, tarragon, spinach & balsamic vinegar

ORZO PASTA - Roasted mushroom, chives, parsley, dill, spinach leaves, parmesan cheese & truffle oil

BASIL PESTO PASTA - Cherry tomato, , spring greens

ROCKET & PARMESAN SALAD - Wild rocket, parmesan shavings & balsamic glaze

COURGETTE - Feta cheese, sliced peppers, spinach & lemon juice

MIXED LEAF - Mixed salad leaves (undressed)

GIANT COUSCOUS - Roasted cherry tomato, courgette & fresh mint, turmeric vinaigrette

KALESLAW - Red & white cabbage, carrot, yogurt, red onion, kale & lemon juice

BROCCOLI & EDAMAME - Broccoli Edamame beans

CURRIED CAULIFLOWER & CARROT - Cauliflower, Broccoli, turmeric, cumin, parsley

BROCCOLI, BUCKWHEAT & SWEET POTATO - Parsley & sun-dried tomato pesto

## SANDWICH PLATTERS

**CLASSIC PLATTER on organic granary bread 29.95**

Line caught skipjack TUNA, cucumber, tomato, red onion, sliced cucumber & mayonnaise

Free range EGG, fresh avocado, mixed leaves & chive (v)

FREE RANGE HAM, vine tomato, wholegrain mustard, butter & mixed leaves

Char grilled British CHICKEN, tarragon mayonnaise & mixed leaves

**ARTISAN BREAD PLATTER on assorted organic artisan breads 35.95**

ITALIAN PROSCIUTO, vine ripened tomato, mixed leaves, whole grain mustard mayonnaise

MOZZARELLA & BASIL PESTO, vine ripened tomato & rocket leaves

SMOKED SALMON, cream cheese & fresh dill, watercress and lemon

Char grilled British CHICKEN, tarragon mayonnaise & mixed leaves

**WRAP PLATTER on soft tortilla wraps 35.95**

Homemade chickpea HUMMUS, falafel, tzatziki, carrot & baby spinach (v)

CHESHIRE GOATS CHEESE, chilli & tomato relish & wild rocket (v)

BRITISH CHICKEN CEASAR, baby gem lettuce, homemade Caesar dressing

SUPERFOOD, roasted butternut, sprouts, guacamole & baby spinach leaves

**VEGGIE SANDWICH PLATTER (v) on assorted organic breads & wraps 32.95**

Cheshire GOATS CHEESE, chilli & tomato relish & wild rocket (v)

Homemade CHICKPEA HUMMUS, carrot & baby spinach leaves

GRILLED HALLOUMI with sundried tomato, basil pesto mayonnaise and wild rocket

Vine ripened TOMATO & MOZZARELLA & fresh basil pesto