

## 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

BUTTERMILK Chicken breast strips

HARISSA 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:

**(020) 7374 8012**

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

### MINI BAGEL PLATTERS

Scottish SMOKED SALMON & dill cream cheese (9) 32.95

British HAM & cream cheese (9) 25.95

Vine ripened TOMATO, basil & cream cheese (v) (9) - OR VEGAN with guacamole (v) (9) 24.95

### BREAKFAST ROLLS

All our breads and pastries are organic and handmade.

Dry cure Bacon on ciabatta Roll 4.5

Dry cure Bacon & Egg on ciabatta Roll 5.5

Sausage on ciabatta Roll 5.45

Sausage & Egg on ciabatta 6.45

Bacon & Sausage on ciabatta Roll 6.95

Mushroom & Egg on ciabatta Roll 4.5

Tomato & Mozzarella on ciabatta Roll 4.95

Ham & Cream Cheese on ciabatta Roll 4.95

### 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

Buckwheat & almond milk Pancakes w/ berry compote & coconut yoghurt (GF) (6) 16.95

### HOT DRINKS

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

**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

KALESRAW - 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