

## SUPER SMOOTHIES 5.75

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### 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

## JUICES

FRESHLY PRESSED ORANGE 4.5

FRESH CLOUDY APPLE 4

ORGANIC CRANBERRY 4.5

ISLE OF WIGHT TOMATO 4

Spicy

## HOMEMADE DRINKS 4.5

### Fizzy

Classic Lemonade

Raspberry Pink Lemonade

Limeade with Mint

Elderflower Bubbly

### Still

Lemon & Ginger Iced Tea

Peach & Lime Iced Tea

Passion Fruit & Mint Iced Tea

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## ORGANIC NON ALCOHOLIC BUBBLES 4

### CRANBERRY CRUSH

Delicate with a dry balanced sweetness.

### PASSION FRUIT GINGER BEER

With fresh passion fruit & root ginger.



## NATURAL KITCHEN

## Drinks

### ALLERGEN NOTICE

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

# ORGANIC WINE

At Natural Kitchen we believe there are many good reasons to drink organic & biodynamic wines.

Wine made using organic methods is a labour of love, requiring enormous effort. It is a real challenge to produce a healthy grape and only a drastic sorting of the best grapes will guarantee a good wine. Farmers work with nature, rather than against it, by boosting their vineyard's biodiversity.

An organic vineyard is a self-regulating ecosystem, which is able to combat problems naturally and eliminates the need for artificial & potentially toxic, chemicals.

## ROSE 175 / 500 / 750 ml

### GARNACHA ROSADO PALIDO 'AMPHORVM' MUREDA

SPAIN  
Vegan

Balanced, fresh and fruity rose wine.

6 / 17 / 23

## WHITE 175 / 500 / 750 ml

### SAUVIGNON - VERDEJO 'AMPHORVM' MUREDA

SPAIN  
Vegan

Easy drinking, fresh, aromatic. Enjoy anytime.

6 / 17 / 23

### CHARDONNAY 'EKUO' CIELO E TERRE

Murialdo World Charity Project  
ITALY  
Vegan

Velvety and smooth. Aromas of ripe peach and flowers.

7.5 / 21 / 28

### PINOT GRIGIO LA JARA VENETO IGT

ITALY  
Vegan

Fruity bouquet, delicious & balanced. Exquisite Pinot

8.75 / 25 / 32

### PECORINO D'ABRUZZO TORRI CANTINE

ITALY  
Vegan

35

### PICPOUL DE PINET Domaine de Camp Aucels

FRANCE  
Vegan

38.5

Gold Medal - New World Wine Awards 2015

### SAUVIGNON BLANC 'BRIGHTSIDE' NELSON

NEW ZEALAND  
Vegan

45

# SPARKLING 125 / 750 ml

### 'EKUO' SPUMANTE BIO ORGANIC BUBBLES

Murialdo World Charity Project  
ITALY  
Vegan

Fruity, fun and very pure with lively bubbles.

6.5 / 29.5

### LA JARA PROSECCO SPUMANTE 'EXTRA DRY'

ITALY  
Vegan

39.5

### CHAMPAGNE BRUT BRUNO MICHEL

FRANCE  
Vegan

69.5

## RED 175 / 500 / 750 ml

### TEMPRANILLO - SYRAH 'AMPHORVM' MUREDA

SPAIN  
Vegan

Easy drinking, soft, light berried red.

6 / 17 / 23

### MERLOT 'EKUO' CIELO E TERRE

Murialdo World Charity Project  
ITALY  
Vegan

Dark ruby red, well balanced with fascinating bouquet

7.5 / 21 / 28

### RIOJA TINTO 'QUINTO ARRIO' NAVARRSOTILLO

SPAIN  
Vegan

Intense ripe black cherry with spicy fruit. Moreish!

8.75 / 25 / 32

### MONTEPULCIANO D'ABRUZZO TORRI CANTINE

ITALY  
Vegan

35

### MALBEC 'CHINCHERO' MENDOZA

ARGENTINA  
Vegan

38.5

### PINOT NOIR MOULIN BLANC J. MOURAT

FRANCE  
Vegan

45

<u>GIN</u>	50ml
JJ WHITLEY FAMILY DISTILLERS LONDON DRY GIN 38.6% ABV	6
TANQUERAY LONDON DRY 41.3% ABV	7
BEEFEATER LONDON DRY 40% ABV	7
PLYMOUTH GIN 41.2% ABV	7
MARTIN MILLER'S GIN 40% ABV	7
PEAKY BLINDER SPICED DRY GIN 40% ABV	7
OPIHR ORIENTAL SPICED 40% ABV	7
WHITLEY NEILL HANDCRAFTED DRY GIN 43% ABV	7
TANQUERAY RANGPUR GIN 41.3% ABV	7
LARIOS ROSE PREMIUM 'STRAWBERRY' GIN 37.5% ABV	8
HENDRICK'S GIN 41.4% ABV	8
BROCKMANS INTENSELY SMOOTH PREMIUM GIN 40% ABV	8
SIPSMITH LONDON DRY 41.6% ABV	8
TANQUERAY NO. TEN 47.3% ABV	9
CITY OF LONDON No.3 OLD TOM GIN 43.3% ABV	9
CITY OF LONDON No.5 SQUARE MILE GIN 47.3% ABV	9
G'VINE FLORAISON GIN 46% ABV	9
SILENT POOL GIN 43% ABV	9
THE BOTANIST ISLAY GIN 46% ABV	9
MARYLEBONE LONDON DRY GIN 50.2% ABV	11
MONKEY 47 SCHWARZWALD DRY GIN 47% ABV	11
SPITFIRE HERITAGE 1930S SINGLE ESTATE GIN 40% ABV	12
PLYMOUTH SLOE GIN 26% ABV	7
SEEDLIP GARDEN 108 'NO ALCOHOL' FAUX GIN 0% ABV	6

<u>VODKA</u>	
JJ WHITLEY FAMILY DISTILLERS ENGLISH POTATO VODKA 38.6% ABV	6
STOLICHNAYA 40% ABV	7
STOLICHNAYA CITROS 37.5% ABV	7
STOLICHNAYA VANIL 37.5% ABV	7
ZUBROWKA BISON GRASS 40% ABV	7
REYKA SMALL BATCH HANDCRAFTED 40% ABV	8
BELUGA NOBLE RUSSIAN VODKA 40% ABV	10

<u>BOURBON / RYE</u>	
JIM BEAM 40% ABV	6
JACK DANIELS OLD No.7 40% ABV	7
BULLEIT BOURBON FRONTIER 45% ABV	7
BULLEIT 95 RYE 45% ABV	7.5
JIM BEAM DOUBLE OAK - TWICE BARRELLED 45% ABV	7.5
MAKERS MARK 45% ABV	8
KNOB CREEK SMALL BATCH PATIENTLY AGED 50% ABV	8.5
RITTENHOUSE STRAIGHT RYE WHISKY 100 PROOF 50% ABV	9
GENTLEMAN JACK 40% ABV	9
WILD TURKEY RARE BREED BARREL 112 PROOF 56.4% ABV	10
MAKER'S 46 47% ABV	10
WOODFORD RESERVE DOUBLE OAK 43.2% ABV	11
KOVAL SINGLE BARREL RYE 40% ABV	12
HUDSON FOUR GRAIN BOURBON 46% ABV	15

<u>WHISKY</u>	
GRANT'S FAMILY RESERVE SCOTCH WHISKY 40% ABV	6
PEAKY BLINDER IRISH BLENDED WHISKY 40% ABV	7
CHIVAS REGAL 12YO 40% ABV	7
MONKEY SHOULDER 40% ABV	8
ROE & Co. DUBLIN 45% ABV	8
NIKKA FROM THE BARREL 51.4% ABV	11

<u>SINGLE MALT</u>	
GLENFIDDICH 12 YO 40% ABV	7
TALISKER 10YO 45.8% ABV	8
BALVENIE 12YO 40% ABV	9
LAPHROIG 10YO 40% ABV	9
OBAN 14YO 43% ABV	10
GLENFIDDICH 15 YO SOLERA RESERVE	11
LAGAVULIN 16YO 43% ABV	11
DALMORE 15YO 40% ABV	11
SUNTORY THE HAKUSHU DISTILLERS RESERVE SINGLE MALT 43% ABV	11
AILSA BAY LOWLAND RARE PEATY WHISKY 48.9% ABV	11
MACALLAN 12YO FINE OAK 40% ABV	15
ARBERG CORRYVRECKAN 57% ABV	18
SUNTORY THE YAMAZAKI 12YO SINGLE MALT 43% ABV	20

<u>RUM</u>	
FLOR DE CANA EXTRA SECO 4YO NICARAGUA 40% ABV	6
PEAKY BLINDER BLACK SPICED RUM CARRIBEAN 40% ABV	7
THE KRAKEN BLACK SPICED CARRIBEAN 40% ABV	7
STROH INLANDER 40 AUSTRIA 40% ABV	8
THE DUPPY SHARE GOLDEN CARRIBEAN RUM 40% ABV	8
RUM SIXTY SIX 12YO EXTRA OLD BARBADOS 40% ABV	9

<u>COGNAC / CALVADOS</u>	
COURVOISIER VS COGNAC 40% ABV	6
BERNEROY FINE CALVADOS 40% ABV	7
MARTELL VSOP MEDAILLON COGNAC 40% ABV	10

<u>TEQUILA / MEZCAL / PISCO / GRAPPA / SAMBUCA</u>	
EL JIMADOR BLANCO 38% ABV	6
OLMECA ALTOS REPOSADO 38% ABV	7
PATRON SILVER TEQUILA 40% ABV	10
MONTE ALBAN MEZCAL CON GUSANO 40% ABV	7
MEZCAL LOS DANZANTES JOVEN ESPADIN 43% ABV	10
BERSOL PRIMERO QUEBRANTA PISCO 41.3% ABV	7.5
ANTICA SAMBUCA CLASSIC 38% ABV	5

<u>PORT</u>	
TAYLOR'S CHIP DRY WHITE PORT 20% ABV	5
FONSECA TERRA PRIMA ORGANIC RESERVE 20% ABV	6

## DRAUGHT BEER

### PRAVHA BY STAROPRAMEN Lighter Tasting Czech Pilsner

4 % ABV

Pale gold Pilsner with iconic flavour and gentle bitterness.

Clean, light and refreshing.

HALF 2.65 PINT 4.95

### STAROPRAMEN Premium Czech Lager

5% ABV

Authentic beer from Prague. Medium bodied lager, refreshing, malty with a well-balanced bitterness.

HALF 2.85 PINT 5.5

### CHIEFTAIN IPA FRANCISCAN WELL Irish IPA

5.5% ABV

Amazing IPA from Cork, Ireland. A bridge between New World IPA and more traditional pale ales. Big, bold and beautiful.

HALF 3 PINT 5.85

### PERONI NASTRO AZZURRO Italian Premium Lager

5.1% ABV

Super Premium Lager , very crisp and refreshing with distinctive hoppy aroma.

HALF 3.25 PINT 6.15

## BOTTLED BEER & CIDER

**PILSNER URQUELL 4.4% ABV 33cl 4.95**

**PERONI NASTRO AZZURRO GLUTEN FREE 5.1% ABV 33cl 4.95**

**MEANTIME LONDON PALE ALE 4.3% ABV 33cl 4.95**

**BREWDOG NANNY STATE (ONLY 26KCAL) 0.5% ABV 33cl 4.95**

**ASPALL SUFFOLK DRAUGHT CYDER 5.5% ABV 33cl 4.95**

**REKORDERLIG STRAWBERRY-LIME CIDER 4.0% ABV 50cl 6**

## ORGANIC & FAIRTRADE

### COFFEE

NATURAL KITCHEN SUPPORTS THE WORLD LAND TRUST

AMERICANO	2.95
LATTE/CAPPUCCINO	3.25
ESPRESSO/MACCHIATO sgl 1.95 dbl	2.25
FLAT WHITE	3
HOT CHOCOLATE/CHAI or MATCHA LATTE	3.50

### TEA 3.25

ENGLISH BREAKFAST / EARL GREY / GREEN

CAMOMILE / RED FRUIT TEA / ROIOIBOS

### INFUSIONS 3.25

FRESH LEMON & GINGER OR FRESH MINT