

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

JUICES

FRESHLY PRESSED ORANGE 4.5

FRESH CLOUDY APPLE 4

ORGANIC CRANBERRY 4.5

ISLE OF WIGHT TOMATO 4

Spicy

HOMEMADE DRINKS 4.5

Sparkling

Classic Lemonade

Raspberry Pink Lemonade

Limeade with Mint

Elderflower Bubbly

Pink Ginger Cooler

Wild Nettle Fizz

Still

Lemon & Ginger Iced Tea

Peach & Lime Iced Tea

Passion Fruit & Mint Iced Tea



NATURAL KITCHEN Drinks

ALLERGEN NOTICE

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

VEGAN 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. All our wines are certified organic and produced using animal-friendly fining agents.

ROSE 175 / 500 / 750 ml

GARNACHA ROSADO PALIDO 'AMPHORVM' MUREDA

SPAIN Vegan

Balanced, fresh and fruity rose wine.

6.5 / 18 / 24

CERASUOLO D'ABRUZZO TORRI CANTINE

ITALY Vegan

Very fruity and complex. Delicious.

35

WHITE 175 / 500 / 750 ml

SAUVIGNON - VERDEJO 'AMPHORVM' MUREDA

SPAIN
Vegan

Easy drinking, fresh, aromatic. Enjoy anytime.

6.5 / 18 / 24

CHARDONNAY 'EKUO' CIELO E TERRE

Murialdo World Charity Project

ITALY
Vegan

Velvety and smooth. Aromas of ripe peach and flowers.

7.75 / 22 / 29

PINOT GRIGIO LA JARA VENETO IGT

ITALY
Vegan

Fruity bouquet, delicious & balanced. Exquisite Pinot

9 / 26 / 33

PECORINO D'ABRUZZO TORRI CANTINE

ITALY
Vegan

35

PICPOUL DE PINET Domaine de Camp Aucels

FRANCE
Vegan

40

Gold Medal - New World Wine Awards 2015

SAUVIGNON BLANC 'BRIGHTSIDE' NELSON

NEW ZEALAND
Vegan

45

*Vintages may vary upon availability. 125ml glass also available

SPARKLING 125 / 750 ml

'EKUO' SPUMANTE BIO ORGANIC BUBBLES

Murialdo World Charity Project

ITALY
Vegan

Fruity, fun and very pure with lively bubbles.

6.95 / 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.

6.5 / 18 / 24

MERLOT 'EKUO' CIELO E TERRE

Murialdo World Charity Project

ITALY
Vegan

Dark ruby red, well balanced with fascinating bouquet

7.75 / 22 / 29

RIOJA TINTO 'QUINTO ARRIO' NAVARRSOTILLO

SPAIN
Vegan

Intense ripe black cherry with spicy fruit. Moreish!

9 / 26 / 33

MONTEPULCIANO D'ABRUZZO TORRI CANTINE

ITALY
Vegan

35

MALBEC 'CHINCHERO' MENDOZA

ARGENTINA
Vegan

40

PINOT NOIR MOULIN BLANC J. MOURAT

FRANCE
Vegan

45

*Vintages may vary upon availability. 125ml glass also available

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50ML

JJ WHITLEY FAMILY DISTILLERS LONDON DRY GIN 38.6% ABV	6
JJ WHITLEY 'PINK CHERRY' GIN 38.6% ABV	7
WHITLEY NEILL HANDCRAFTED DRY GIN 43% ABV	7
WHITLEY NEILL RHUBARB & GINGER GIN 43% ABV	7
TANQUERAY LONDON DRY 41.3% ABV	7
BEEFEATER LONDON DRY 40% ABV	7
PLYMOUTH GIN 41.2% ABV	7
HENDRICK'S GIN 41.4% ABV	8
BROCKMANS INTENSELY SMOOTH PREMIUM GIN 40% ABV	8
SIPSMITH LONDON DRY 41.6% ABV	8
CITY OF LONDON No.1 LONDON DRY GIN 41.3% ABV	8
CITY OF LONDON ROSE & RHUBARB GIN 41.3% ABV	8
CITY OF LONDON SLOE GIN 28% ABV	8
AGNES ARBER GIN 41.6% ABV	8
LONDON No.1 BLUE GIN 47% ABV	8
WILDCAT LONDON DRY GIN 41.5% ABV	8
CROSS KEYS BALTIC GIN 41% ABV	9
SILENT POOL GIN 43% ABV	9
MARYLEBONE LONDON DRY GIN 50.2% ABV	11
MARYLEBONE ORANGE & GERANIUM GIN 46.2% ABV	11
MONKEY 47 SCHWARZWALD DRY GIN 47% ABV	11
SEEDLIP GROVE 42 CITRUS 'NO ALCOHOL' FAUX GIN 0% ABV	6
ORGANIC EIGHT LANDS SPEYSIDE GIN 46% ABV	9

VODKA

STOLICHNAYA 40% ABV	6
STOLICHNAYA CITROS / VANIL / CUCUMBER 37.5% ABV	7
ZUBROWKA BISON GRASS 40% ABV	8
VESTAL POLISH PREMIUM POTATO VODKA 40% ABV	10
ELIT BY STOLI ULTRA PREMIUM VODKA 40% ABV	11
ORGANIC EIGHT LANDS SPEYSIDE VODKA 42% ABV	9

BOURBON / RYE

JIM BEAM BOURBON 40% ABV	6
REBEL YELL KENTUCKY STRAIGHT BOURBON 40% ABV	7
REBEL YELL SMALL BATCH RYE 45% ABV	8
JACK DANIELS OLD No.7 40% ABV	8
MAKERS MARK 45% ABV	8
KNOB CREEK SMALL BATCH PATIENTLY AGED 50% ABV	9
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
AMERICAN EAGLE 12YO TENNESSEE 43% ABV	15

WHISKY

GRANT'S FAMILY RESERVE SCOTCH WHISKY 40% ABV	6
CHIVAS REGAL 12YO 40% ABV	8
MONKEY SHOULDER 40% ABV	8
ROE & Co. DUBLIN 45% ABV	9
NIKKA FROM THE BARREL 51.4% ABV	12

SINGLE MALT

CRABBIE'S YARDHEAD SINGLE MALT	7
GLENFIDDICH 12 YO 40% ABV	8
TALISKER 10YO 45.8% ABV	9
BALVENIE 12YO 40% ABV	9
LAPHROIG 10YO 40% ABV	9
ISLE OF JURA 10YO	9
OBAN 14YO 43% ABV	10
LAGAVULIN 16YO 43% ABV	11
SUNTORY THE HAKUSHU DISTILLERS RESERVE SINGLE MALT 43% ABV	11
AILSA BAY LOWLAND RARE PEATY WHISKY 48.9% ABV	11
SUNTORY THE YAMAZAKI 12YO SINGLE MALT 43% ABV	20

RUM

FLOR DE CANA EXTRA SECO 4YO NICARAGUA 40% ABV	6
FLOR DE CANA 7YO NICARAGUA 40% ABV	7
FLOR DE CANA 12YO NICARAGUA 40% ABV	9
THE KRAKEN BLACK SPICED CARRIBEAN 40% ABV	7
RUM SIXTY SIX 12YO EXTRA OLD BARBADOS 40% ABV	9

COGNAC / CALVADOS

COURVOISIER VS COGNAC 40% ABV	7
BERNEROY FINE CALVADOS 40% ABV	7
MARTELL VSOP MEDAILLON COGNAC 40% ABV	10

TEQUILA / MEZCAL / PISCO / SAMBUCA

ROOSTER ROJO BLANCO 38% ABV	6
ROOSTER ROJO REPOSADO 38% ABV	7
CENOTE PREMIUM TEQUILA BLANCO 40% ABV	10
PATRON SILVER TEQUILA 40% ABV	12
MEZCAL LOS DANZANTES JOVEN ESPADIN 43% ABV	12
BERSOL PRIMERO QUEBRANTA PISCO 41.3% ABV	7.5
LUXARDO SAMBUCA DEI CESARI 38% ABV	5

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 2.75 PINT 5.25

STAROPRAMEN Premium Czech Lager

5% ABV

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

HALF 2.95 PINT 5.75

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 3.25 PINT 5.95

PERONI NASTRO AZZURRO Italian Premium Lager

5.1% ABV

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

HALF 3.45 PINT 6.45

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

PERONI LIBERA 0.0% 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

INFUSIONS 3.25

FRESH LEMON & GINGER OR FRESH MINT