

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

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

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

VODKA

JJ WHITLEY FAMILY DISTILLERS POTATO VODKA 38.6%	4 / 6
STOLICHNAYA VODKA 40% ABV	5 / 7
STOLICHNAYA VANIL VODKA 40% ABV	5 / 7
ZUBROWKA BISON GRASS VODKA 40% ABV	5 / 7
REYKA SMALL BATCH ICELAND VODKA 40% ABV	6 / 8

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JJ WHITLEY FAMILY DISTILLERS LONDON DRY 38.6%	4 / 6
TANQUERAY LONDON DRY 41.3% ABV	5 / 7
BEEFEATER LONDON DRY GIN 40% ABV	5 / 7
PLYMOUTH ORIGINAL STRENGTH GIN 41.2% ABV	5 / 7
PLYMOUTH SLOE GIN 26% ABV	5 / 7
WHITLEY NEILL HANDCRAFTED DRY GIN 43% ABV	5 / 7
OPIHR ORIENTAL SPICED GIN 40% ABV	5 / 7
MARTIN MILLER'S GIN 40% ABV	5 / 7
HAYMAN'S OLD TOM GIN 40% ABV	5 / 7
LARIOS ROSE PREMIUM STRAWBERRY GIN 37.5% ABV	6 / 8
BROCKMANS SMOOTH PREMIUM GIN 40% ABV	6 / 8
HENDRICK'S GIN 41.4% ABV	6 / 8
SIPSMITH LONDON DRY GIN 41.6% ABV	6 / 8
G'VINE FLORAISON GIN 46% ABV	7 / 9
THE BOTANIST ISLAY GIN 46% ABV	7 / 9
SILENT POOL GIN 43% ABV	7 / 9
CITY OF LONDON SQUARE MILE GIN 47.3% ABV	7 / 9
MARYLEBONE LONDON DRY GIN 50.2% ABV	9 / 11

WHISKY

GRANT'S FAMILY RESERVE SCOTCH WHISKY 40% ABV	4 / 6
CHIVAS REGAL 12YO SCOTCH WHISKY 40% ABV	5 / 7
MONKEY SHOULDER MALT SCOTCH WHISKY 40% ABV	6 / 8

BOURBON

JIM BEAM 40% ABV	4 / 6
JACK DANIELS OLD NO.7 40% ABV	5 / 7
BULLEIT FRONTIER BOURBON 45% ABV	5 / 7
JIM BEAM DOUBLE OAK 43% ABV	5 / 7
MAKER'S MARK 45% ABV	6 / 8

SINGLE MALT

GLENFIDDICH 12YO 40% ABV	5 / 7
TALISKER 10YO 45.8% ABV	6 / 8
BALVENIE 12YO DOUBLE WOOD 40% ABV	7 / 9

COGNAC/RUM/CALVADOS/TEQUILA

FLOR DE CANA EXTRA DRY RUM 4YO 40% ABV	4 / 6
THE KRAKEN BLACK SPICED CARRIBEAN RUM 40% ABV	5 / 7
COURVOISIER VS COGNAC 40% ABV	4 / 6
BERNEROY FINE CALVADOS 43% ABV	5 / 7
EL JIMADOR BLANCO TEQUILA 38% ABV	4 / 6
OLMECA ALTOS REPOSADO TEQUILA 38% ABV	5 / 7

FEVER TREE MIXERS

25ML / 50ML

INDIAN TONIC , LIGHT TONIC, MEDITERRANEAN TONIC, AROMATIC TONIC, ELDERFLOWER TONIC, LEMONADE, GINGER ALE, GINGER BEER, COLA

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