

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

Balanced, fresh and fruity rose wine.

6.5 / 18 / 24

WHITE 175 / 500 / 750 ml

SAUVIGNON - VERDEJO 'AMPHORVM' MUREDA SPAIN

Easy drinking, fresh, aromatic. Enjoy anytime.

6.5 / 18 / 24

CHARDONNAY 'EKUO' CIELO E TERRE Murialdo World Charity Project ITALY

Velvety and smooth. Aromas of ripe peach and flowers.

7.75 / 22 / 29

PINOT GRIGIO LA JARA VENETO IGT ITALY

Fruity bouquet, delicious & balanced. Exquisite Pinot

9 / 26 / 33

PECORINO D'ABRUZZO TORRI CANTINE ITALY

35

GAVI DOCG Cascina Del Melo ITALY

40

Gold Medal - New World Wine Awards 2015

SAUVIGNON BLANC 'BRIGHTSIDE' NELSON NEW ZEALAND

45

SPARKLING 125 / 750 ml

'EKUO' SPUMANTE BIO ORGANIC BUBBLES Murialdo World Charity Project ITALY

Fruity, fun and very pure with lively bubbles.

6.95 / 29.5

LA JARA PROSECCO SPUMANTE 'EXTRA DRY' ITALY

39.5

CHAMPAGNE BRUT BRUNO MICHEL FRANCE

69.5

RED 175 / 500 / 750 ml

TEMPRANILLO - SYRAH 'AMPHORVM' MUREDA SPAIN

Easy drinking, soft, light berried red.

6.5 / 18 / 24

MERLOT 'EKUO' CIELO E TERRE Murialdo World Charity Project ITALY

Dark ruby red, well balanced with fascinating bouquet

7.75 / 22 / 29

RIOJA TINTO 'QUINTO ARRIO' NAVARRSOTILLO SPAIN

Intense ripe black cherry with spicy fruit. Moreish!

9 / 26 / 33

MONTEPULCIANO D'ABRUZZO TORRI CANTINE ITALY

35

MALBEC 'CHINCHERO' MENDOZA ARGENTINA

40

PINOT NOIR MOULIN BLANC J. MOURAT FRANCE

45

VODKA

STOLICHNAYA VODKA 40% ABV	4 / 6
STOLICHNAYA VANIL / CITROS VODKA 37.5% ABV	5 / 7
ZUBROWKA BISON GRASS VODKA 40% ABV	6 / 8
ELIT BY STOLI ULTRA PREMIUM VODKA 40% ABV	9 / 11

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JJ WHITLEY FAMILY DISTILLERS LONDON DRY 38.6%	4 / 6
JJ WHITLEY PINK CHERRY GIN 38.6%	5 / 7
TANQUERAY LONDON DRY 41.3% ABV	5 / 7
BEEFEATER LONDON DRY GIN 40% ABV	5 / 7
PLYMOUTH GIN 41.2% ABV	5 / 7
WHITLEY NEILL HANDCRAFTED DRY GIN 43% ABV	5 / 7
WHITLEY NEILL RHUBARB & GINGER GIN 43% ABV	5 / 7
CITY OF LONDON SLOE GIN 28% ABV	6 / 8
CITY OF LONDON No.1 DRY GIN 41.3% ABV	6 / 8
CITY OF LONDON ROSE & RHUBARB GIN 41.3% ABV	6 / 8
LONDON No.1 BLUE GIN 47% ABV	6 / 8
AGNES ARBER GIN 41.6% 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
WILDCAT GIN 41.5% ABV	7 / 9
CROSS KEYS BALTIC GIN 41% ABV	7 / 9
SILENT POOL GIN 43% ABV	7 / 9

WHISKY

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

BOURBON

JIM BEAM 40% ABV	4 / 6
REBEL YELL KENTUCKY STRAIGHT BOURBON 40% ABV	5 / 7
JACK DANIELS OLD No.7 40% ABV	6 / 8
MAKER'S MARK 45% ABV	6 / 8

SINGLE MALT

CRABBIE'S YARDHEAD SINGLE MALT 40% ABV	5 / 7
GLENFIDDICH 12YO 40% ABV	6 / 8
TALISKER 10YO 45.8% ABV	7 / 9
JURA 10YO 40% ABV	7 / 9

COGNAC/RUM//TEQUILA

FLOR DE CANA EXTRA DRY RUM 4YO 40% ABV	4 / 6
FLOR DE CANA RUM 7YO 40% ABV	5 / 7
FLOR DE CANA RUM 12YO 40% ABV	7 / 9
THE KRAKEN BLACK SPICED CARRIBEAN RUM 40% ABV	6 / 8
COURVOISIER VS COGNAC 40% ABV	5 / 7
ROOSTER ROJO BLANCO TEQUILA 38% ABV	4 / 6
ROOSTER ROJO REPOSADO TEQUILA 38% ABV	5 / 7
CENOTE PREMIUM BLANCO TEQUILA 40% ABV	8 / 10

FRANKLIN & SONS MIXERS

25ML / 50ML

4 / 6

5 / 7

6 / 8

9 / 11

4 / 6

5 / 7

5 / 7

5 / 7

5 / 7

5 / 7

5 / 7

6 / 8

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4 / 6

5 / 7

8 / 10

2

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

ATLANTIC PALE ALE SHARP'S Cornish Pale Ale

4.2% ABV (available in Barbican and Waterloo only)

Modern Pale Ale from Sharp's. Stunning citrus notes and juicy tropical fruits make it complex, balanced and super refreshing liquid.

HALF 3.25 PINT 5.95

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 (not available in St. Katharine Docks)

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