

**ALLERGEN NOTICE**

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



**NATURAL KITCHEN**  
LONDON  
**SPECIALS**

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**STARTER:**

**TOASTED QUESADILLAS**

6.95 TO SHARE 11

chicken breast, spicy salsa, jalapenos & melted cheddar  
OR  
warm goat's cheese & caramelised onion

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**MAINS:**

**RISOTTO (VEGAN) 13.5**

chargrilled red pepper, courgette, cherry tomato  
w/ wild rocket leaves & parsnip crisps

**Less vegan - Add Chicken Breast to your Risotto £3**

**THAI RED PRAWN CURRY 14.95**

tiger prawns, Asian vegetables in coconut milk, brown rice  
and a fresh tomato, coriander, red onion salsa

**BAKED GOAT'S CHEESE SALAD 13.25**

caramelised apple, roasted beetroot, lentils, cherry tomato  
& apple cider vinegar dressing

**GAMMON & EGGS 14.5**

Gammon steak, two free range fried eggs & skin on chips

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**FOR THE CARNIVORES**

**ALL OUR STEAKS ARE FROM BRITISH FARMS, GRASS FED & DRY AGED FOR 28 DAYS.**

**FLAT IRON (9oz) 24.95**

**RUMP (8oz) 24.95**

**RIBEYE (10oz) 35.95**

**SIRLOIN (10oz) 34.95**

all served with our fresh hand cut chips  
and homemade brandy & peppercorn sauce

**\*Steak offer varies dependent on location**

**STEAK NIGHT(S) SPECIAL**

**\*£10 OFF ALL BEEF STEAKS MONDAY & TUESDAY NIGHTS \*<sub>FROM 5PM</sub>**

*A discretionary 12.5% service charge is added to all bills  
which is distributed to all team members  
in addition to their normal pay.*