

**MENU NOT AVAILABLE AT OUR  
MARYLEBONE & TUDOR STREET BRANCHES**  
\*MENU MAY VARY SLIGHTLY ACROSS OUR OTHER BRANCHES

## STARTERS & SHARERS

### NK SOUP OF THE DAY

ORGANIC SOURDOUGH BREAD 6.5

### CRISPY SALT & PEPPER SQUID

PINK GRAPEFRUIT & CHILLI COCONUT YOGHURT  
7.75 TO SHARE 14.95

### SPICY HARISSA CHICKEN SKEWERS

COUSCOUS SALAD & CORIANDER YOGHURT DRIZZLE  
6.95 TO SHARE 11.95

### BREADED TIGER PRAWNS

w/ OUR SWEET CHILLI YOGHURT DIP  
7.95 TO SHARE 13.5

### HOMEMADE NACHOS (V)

TANGY TOMATO SALSA, GUACAMOLE, MELTED MATURE CHEDDAR,  
SOUR CREAM & JALAPENOS

6.95 TO SHARE 10.95 Add Chicken breast £3

### BREADED CAULIFLOWER BITES (V)

CAULIFLOWER FLORETS MARINATED IN BUTTERMILK WITH FRESH CHILLI  
AND CORIANDER & TOMATO SALSA DIP  
6.95 TO SHARE 10.95

### VEGAN MEZZE (V)

BEETROOT FALAFEL, HUMMUS, SPICY BABA GANOUSH, OLIVES, MINT SALAD,  
CUCUMBER & CARROT CRUDITÉ w/ TOASTED FLAT BREAD  
6.95 TO SHARE 10.5

## HEALTHY SALADS

### BRITISH CHICKEN BREAST & CRISPY SMOKED PANCETTA 14.75

MORROCAN BLACK OLIVES, CHERRY TOMATOES, BABY GEM LETTUCE, PARMESAN  
CHEESE, WILD ROCKET LEAVES, RUSTIC CROUTONS & NK CAESAR DRESSING

### ASIAN BLACKENED TERIYAKI SALMON FILLET 16.95

ORGANIC BUCKWHEAT SOBA NOODLES, PAK CHOI, SUGAR SNAP PEAS, CUCUMBER,  
RED PEPPER, SPRING ONION & FRESH CORIANDER  
w/ A SESAME, LIME AND SOY DRESSING

### WILD LINE CAUGHT TUNA LOIN 17.95

BROCCOLI, EDAMAME BEAN, BABY SPINACH AND SUPERFOOD PESTO  
w/ POMEGRANATE AND MUNG BEANS SALSA, FRESH CHILLI & PUMPKIN SEEDS

### TURMERIC SPICED CHICKPEA FALAFEL (V) 13.95

HOMEMADE TZATZIKI & HUMMUS, COUSCOUS, CHICKPEAS, CUCUMBER,  
MIXED LEAVES, FRESH MINT, FLAT LEAF PARSLEY & HARISSA DRESSING

### CRUNCHY VEGAN DETOX (V) 12.75

BEETROOT, SPROUTING PULSES, CARROT, CELERY & GINGER ROOT,  
RED QUINOA, WATERCRESS, FRESH AVOCADO w/ A LEMON & OLIVE OIL DRESSING

### CRISPY HALLOUMI CHEESE (V) 14.75

RED AND WHITE QUINOA, BROCCOLI, BABY SPINACH, CABBAGE, FRESH TARRAGON,  
ROASTED RED PEPPER, PARSNIP CRISP, OLIVE OIL & BALSAMIC GLAZE

Add - Chicken breast OR crispy Halloumi cheese £3

Add - Super Seed mix OR homemade Falafel £1

## NATURAL KITCHEN BURGERS

### NK 8oz BEEF BURGER 12.5

AGED BEEF STEAK, CARAMELISED RED  
ONIONS, ROSEMARY MAYONNAISE, BABY GEM LETTUCE, WILD ROCKET  
LEAVES ON ORGANIC BRIOCHE BUN

### GREEK STYLE LAMB BURGER 13.25

MANGO, RED ONION & TOMATO SALSA, HOMEMADE  
TZATZIKI, CRUMBLED FETA CHEESE, LETTUCE & TOMATO  
ON TOASTED FLAT BREAD

\*OUR BEEF & LAMB BURGERS ARE COOKED WELL DONE BUT MAY STILL APPEAR PINK INSIDE.

### CHARGILLED BRITISH CHICKEN BREAST BURGER 12

CHUNKY COLESLAW, FRESH TARRAGON MAYONNAISE, LETTUCE & TOMATO  
ON AN ORGANIC CIABATTA BUN

### VEGAN JACK FRUIT BURGER 12.5

SPICY JACK FRUIT, ALMOND & CHILLI PATTIE,  
OYSTER MUSHROOM w/ BABAGANOUSH, CARAMELISED  
& SPRING ONIONS w/ FRESH CORIANDER

### HALLOUMI, CARROT & BROCCOLI BURGER 12.5 (V)

MORROCAN SPICED MAYONNAISE, HARISSA, BABY SWEETCORN SALSA,  
LETTUCE & TOMATO ON TOASTED FLATBREAD

### SPICY SALMON BURGER 12.75

MILD CHILLI, BASIL & LIME MAYONNAISE,  
GUACAMOLE, FRESH LIME, LETTUCE & TOMATO  
ON ORGANIC BRIOCHE BUN

We are happy for you to go 'Skinny' & replace the bun with a salad on any burger

### TOP YOUR BURGER £1

Mature cheddar / Blue Cheese / Greek Feta  
Smoked Streaky Bacon / Fresh Avocado  
Sautéed Mushrooms

### DOUBLE UP YOUR BURGER £4

Any extra patty or chicken breast

## STEAK, FISH & CHICKEN

### 21 DAY AGED FLAT IRON STEAK

SKIN ON CHIPS AND OUR BRANDY & PEPPERCORN SAUCE 24.95

### NK FISH & CHIPS

BEER BATTERED SUSTAINABLY SOURCED COD & SKIN ON CHIPS  
w/ HOMEMADE TARTARE SAUCE 14.95

### SMOKED HADDOCK FISHCAKES

SEASONAL STEAMED GREENS w/ FRESH LEMON & DILL CRÈME FRAICHE 15

### SEARED WILD LINE CAUGHT TUNA FILLET

SASHIMI GRADE WILD TUNA STEAK w/ SUMAC DUSTED EDAMAME  
AND RED KIDNEY BEANS & FRESH MANGO SALSA 21

### CHARGILLED BUTTERFLY CHICKEN BREAST OR BREADED CHICKEN BREAST ESCALOPE

BLACK TRUFFLE & MUSHROOM YOGHURT DRIZZLE, WILD ROCKET LEAVES  
& PARMESAN SHAVINGS 15.75

A TEAM EFFORT!

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



## NATURAL KITCHEN

### BREAKFAST - BRUNCH

SERVED UNTIL 11:30AM

#### RASPBERRY CHIA POT (VEGAN, GF)

almond milk & raspberry infused chia seeds  
w/ fresh strawberries, blueberries and bananas 7.95

#### GLUTEN & DAIRY FREE JUMBO OAT & QUINOA PORRIDGE (V, GF)

w/ banana, fruit compote OR super seeds with honey 5.75

#### GLUTEN FREE GRANOLA AND COCONUT YOGHURT (V, GF)

fruit compote, honey, organic gluten free granola 6.75

#### HOMEMADE VEGAN BUCKWHEAT, ALMOND MILK & BANANA PANCAKES

topped w/ fruit compote & coconut yoghurt 7.95

#### EGGS BENEDICT BRITISH HAM, CRISPY PANCETTA, BABY SPINACH,

POACHED FREE RANGE EGGS & HOLLANDAISE SAUCE ON TOASTED MUFFIN 9.5

#### EGGS CYPRUS (V) HOMEMADE GUACAMOLE, CRISPY CYPRIOT HALLOUMI CHEESE,

SUPER SEEDS, FREE RANGE POACHED EGGS & HOLLANDAISE ON TOASTED MUFFIN 10

#### EGGS ROYALE SMOKED SALMON, FRESH DILL, BABY SPINACH,

POACHED FREE RANGE EGGS & HOLLANDAISE ON TOASTED MUFFIN 10.5

### NK ENGLISH BREAKFAST 11.95

Butchers Pork sausage, smoked dry cured bacon,  
free range fried eggs, grilled tomato,  
mushrooms & organic sourdough toast

### NK VEGETARIAN BREAKFAST 10.95 (V)

Grilled Halloumi cheese, half an avocado,  
scrambled free range eggs, grilled tomato,  
mushrooms & organic sourdough toast

### NK VEGAN BREAKFAST 10.95

Grilled tomato, half an avocado, giant baked beans,  
tofu & sun-dried tomato scrambled 'not eggs'  
& organic sour dough toast

### FRESH AVOCADO ON TOAST 7.95

organic sourdough toast topped

w/ mixed super seeds & fresh chilli

### SMOKED KIPPERS & FREE RANGE SCRAMBLED EGGS

organic sourdough toast 9.75

### OMEGA 3 BREAKFAST (GF)

Manuka smoked salmon, fresh avocado, free range eggs  
& super seeds 9.25 ADD SOURDOUGH TOAST £1

### FREE RANGE POACHED EGGS & HOMEMADE GUACAMOLE (V)

vine ripened tomato, baby spinach leaves, fresh chilli,  
organic rye toast 9.75 ADD SMOKED SALMON £3

### DRY CURED STREAKY BACON & FREE RANGE FRIED EGGS organic

sourdough toast 8.75

### FARMHOUSE 'WHOLE EGG' OMELETTE w/British ham

& mature cheddar cheese 8.5

### EGG 'WHITE ONLY' OMELETTE w/baby spinach & field mushrooms 9.5

### ORGANIC SOURDOUGH TOAST

w/ a choice jam, marmalade, Peanut butter or Marmite 3.75

### JUICES

FRESHLY PRESSED ORANGE 4.5

FRESH CLOUDY APPLE 4

ORGANIC CRANBERRY 4.5

SPICY ENGLISH TOMATO 4

### 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

## VEGETARIAN & VEGAN

### SUPERFOOD COURGETTI (V)

SUPERFOOD PESTO, ROASTED CHERRY TOMATOES, TOASTED PINE NUTS  
& GRILLED HALLOUMI CHEESE 13.75

### VEGAN MUSHROOM BOLOGNAISE (VEGAN)

WILD MUSHROOMS, LENTIL, SEASONAL VEGETABLES, A RICH TOMATO  
RAGU w/ DURUM WHEAT SPAGHETTI 13.5

### NATURAL PROTEIN CURRY (VEGAN) (NON GMO)

SOYA PROTEIN, CHICK PEA & BABY SPINACH w/ RED RICE, TOMATO,  
RED ONION & CORIANDER SALSA 12.95

### SIDES

SKIN ON CHIPS 4

PARMESAN & TRUFFLE CHIPS 5.25

CHUNKY SWEET POTATO & PAPRIKA CHIPS 4.5

ADD A DIP £1 - GREAT WITH THE CHIPS!

*MORROCAN SPICED MAYO/HARISSA MAYO/CHIPOTLE YOGHURT/SWEET CHILLI YOGHURT*

MACARONI CHEESE, TRUFFLE OIL, ONION CRUMB 4.95

SUMAC DUSTED SEASONAL STEAMED GREENS 4.5

MIXED LEAF & CHERRY TOMATO SALAD 3.5

CARROT, CABBAGE & CHIA SEED KALE SLAW 3.95

ROCKET, PARMESAN & AGED BALSAMIC 3.95

MINTED GARDEN PEAS 3.95

Or visit our Food To Go Deli takeaway for:

- ORGANIC TEA/COFFEE -

- FRESH JUICES & SMOOTHIES -

- BREAKFAST/BRUNCH -

- LUNCH -

- FRESH BAKERY/SNACKS -

\*CHILDREN'S MENU AVAILABLE

WE ARE CASHLESS / CARD ONLY

## ORGANIC WINES

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.

DRAUGHT & BOTTLED BEERS AND CIDER ALSO AVAILABLE

175ml glass / 500ml Carafe / 750ml Bottle

## RED

### TEMPRANILLO - SYRAH 'AMPHORVM' MUREDA

SPAIN Vegan

Easy drinking, soft, light berried red.  
6.5 / 18 / 24

### MERLOT 'EKUO' CIELO E TERRE

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

## ROSE

### GARNACHA ROSADO PALIDO 'AMPHORVM' MUREDA

SPAIN Vegan

Balanced, fresh and fruity rose wine.  
6.5 / 18 / 24

## WHITE

### SAUVIGNON - VERDEJO 'AMPHORVM' MUREDA

SPAIN Vegan

Easy drinking, fresh, aromatic. Enjoy anytime.  
6.5 / 18 / 24

### CHARDONNAY 'EKUO' CIELO E TERRE

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

### SAUVIGNON BLANC 'BRIGHTSIDE' NELSON

NEW ZEALAND Vegan

45

## SPARKLING

### SPUMANTE 'EKUO' BIO ORGANIC BUBBLES ITALY Organic - Vegan

Fruity, fun and very pure with lively bubbles.  
Glass 6.95 / Bottle 29.5