

**We are CASHLESS**

Natural Kitchen  
accepts card & electronic  
payments only - Thank you



NATURAL KITCHEN  
**BREAKFAST - BRUNCH**

SERVED UNTIL 11:30AM

**ALLERGEN NOTICE**

*Some dishes may contain  
nuts or traces of nuts.*

*Full allergen matrix  
available on request.*

**GLUTEN & DAIRY FREE JUMBO OAT & QUINOA PORRIDGE (v,GF)**

with a choice of 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, POACHED FREE RANGE EGGS

HOLLANDAISE SAUCE ON TOASTED MUFFIN 9.5

**EGGS FLORENTINE (v)**

FRESH SPINACH LEAVES, SAUTEED MUSHROOMS, FRESH THYME, POACHED

FREE RANGE EGGS, HOLLANDAISE ON TOASTED MUFFIN 8.5

**EGGS ROYALE**

SMOKED SALMON, FRESH DILL, 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**

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

**NK VEGAN SWEET POTATO CAKE w/ HEMP, LENTIL, OAT & PUMPKIN SEED 8.95**

topped w/homemade guacamole, baby spinach leaves & fresh chilli

**FRESH AVOCADO ON TOAST 7.95**

organic sourdough toast topped w/ mixed super seeds & fresh chilli

**MANUKA SMOKED SALMON & FREE RANGE SCRAMBLED EGGS**

organic sourdough toast 9.75

**OMEGA 3 BREAKFAST (GF)**

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 OMELETTE** w/ British ham & mature cheddar cheese 8.5

**EGG WHITE OMELETTE** w/ baby spinach & field mushrooms 9.5

**ORGANIC SOURDOUGH TOAST**

w/ jam, marmalade, Peanut butter or Marmite 3.75

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.

# TEA & INFUSIONS

## NATURAL KITCHEN ORGANIC TEA

ENGLISH BREAKFAST/ EARL GREY/ GREEN/ CAMOMILE/ ROOIBOS (DECAF)

INFUSIONS - FRESH LEMON & GINGER OR FRESH MINT

POT 3.25

## COFFEE

### ORGANIC & FAIRTRADE

NATURAL KITCHEN SUPPORTS THE WORLD LAND TRUST

OUR COFFEE IS 100% ARABICA

Americano	2.95
Latte	3.25
Cappuccino	3.25
Espresso/Macchiato	1.95/2.25
Flat White	3
Chai Latte	3.5
Hot Chocolate	3.5
Mocha	3.5

WE OFFER ORGANIC SKIMMED, HALF & HALF, FULL COWS, SOYA & ALMOND MILKS

## JUICES

FRESHLY PRESSED ORANGE 4.5

FRESH CLOUDY APPLE 4

ORGANIC CRANBERRY 4.5

ISLE OF WIGHT TOMATO 4

Plain or Spicy

**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

