

## We are CASHLESS

Natural Kitchen accepts card & electronic payments only - Thank you

## WEEKLY SPECIALS

Please see separate menu

## FOR THE TABLE

Homemade super seed & parmesan crackers  
w/ hummus & Olive tapenade dips 3.95

## STARTERS & SHARERS

### HOMEMADE SOUP OF THE DAY

ORGANIC SOURDOUGH BREAD 6.5

### CRISPY SALT & PEPPER SQUID

CHIPOTLE & LIME COCONUT YOGHURT DIP  
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

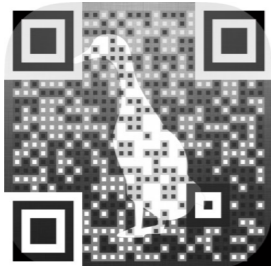
### VEGAN MEZZE (V)

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

## FEEDING LONDON

Register free with the  
Natural Kitchen LOYALTY APP  
& receive discounts on your purchases.

\*Scan code here



### 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  
LONDON

## HEALTHY SALADS

### BRITISH CHICKEN BREAST & CRISPY SMOKED PANCETTA

MORROCAN BLACK OLIVES, CHERRY TOMATOES, BABY GEM LETTUCE, WILD ROCKET LEAVES,  
RUSTIC CROUTONS & NK CAESAR DRESSING 14.75

### ASIAN BLACKENED TERIYAKI SALMON FILLET

ORGANIC BUCKWHEAT SOBA NOODLES, PAK CHOI, SUGAR SNAP PEAS, CUCUMBER, RED PEPPER,  
SPRING ONION & FRESH CORIANDER W/ A SESAME, LIME AND SOY DRESSING 16.95

### WILD LINE CAUGHT TUNA LOIN

BROCCOLI, EDAMAME BEAN, BABY SPINACH & SUPERFOOD PESTO WITH PUMPKIN SEEDS 17.95

### TURMERIC SPICED CHICKPEA FALAFEL(V)

HOMEMADE TZATZIKI & HUMMUS, COUSCOUS, CHICKPEAS, CUCUMBER,  
MIXED LEAVES, FRESH MINT, FLAT LEAF PARSLEY & HARISSA DRESSING 13.95

### CRUNCHY VEGAN DETOX(V)

BEETROOT, SPROUTING PULSES, CARROT, CELERY & GINGER ROOT, RED QUINOA, WATERCRESS,  
FRESH AVOCADO W/ A LEMON & OLIVE OIL DRESSING 12.75

### CRISPY HALLOUMI CHEESE(V)

RED AND WHITE QUINOA, BROCCOLI, BABY SPINACH LEAVES, CABBAGE, FRESH TARRAGON, RED PEPPER,  
PARSNIP CRISP, OLIVE OIL AND BALSAMIC GLAZE 14.75

### ADD TO YOUR SALAD:

Chicken breast OR crispy Halloumi cheese £3

Super Seed mix OR homemade Falafel £1

## 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

## 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 & HAND CUT CHIPS W/ HOMEMADE PEA TARTARE YOGHURT 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

### CHARGRILLED BUTTERFLY CHICKEN BREAST OR BREADED CHICKEN BREAST ESCALOPE

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

## SIDES

SKIN ON CHIPS 4

ADD TRUFFLE OIL .50P

CHUNKY SWEET POTATO & PAPRIKA CHIPS 4.5

ADD A DIP £1 - GREAT WITH THE CHIPS!

MORROCCAN 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

STICKY RED RICE 3.95

## NATURAL KITCHEN BURGERS

ALL FRESHLY PREPARED BY US RIGHT HERE

### 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 & RED PEPPER 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

### CHARGRILLED BRITISH CHICKEN BREAST BURGER 12

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

### VEGAN BURGER LENTIL, SWEET POTATO, HEMP & PUMPKIN SEED 12.5 (VEGAN)

TOMATO SALSA, BABA GANOUSH,  
BABY GEM, BABY SPINACH, LETTUCE  
ON HANDMADE ORGANIC CIABATTA BUN

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

MORROCCAN 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

## PUDDINGS

### FLOURLESS CHOCOLATE TORTE 6.5

Natural vanilla ice cream

VEGAN BUCKWHEAT, ALMOND MILK & BANANA PANCAKE 6.25  
mixed berry compote & vegan coconut ice cream

### HOMEMADE FRESH LEMON CHEESECAKE 6

on a buttered Biscuit base

### GOOSEBERRY, PEAR & RHUBARB CRUMBLE 6.25

Natural vanilla ice cream

### RASPBERRY CRÈME BRULEE 6.5

crispy caramelised sugar top

### JUDE'S 100% NATURAL ICE CREAM 5.75

3 SCOOPS OF YOUR CHOICE

### DAIRY CHOCOLATE - VANILLA

VEGAN SALTED CARAMEL, COCONUT & MANGO SORBET

YOU WILL NOT BE ABLE TO TELL THE DIFFERENCE BETWEEN THEM!



# NATURAL KITCHEN

## LONDON

MARYLEBONE HIGH STREET - FETTER LANE - TRINITY SQUARE - BAKER STREET - WATERLOO STATION - TUDOR STREET - ALDERSGATE - ANGEL COURT/BANK - ST. KATHARINE DOCKS

[www.naturalkitchen.co.uk](http://www.naturalkitchen.co.uk)

#### ALLERGEN NOTICE

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