

MEAL PLATTERS

Meat, Fish & Vegetarian Platters

Serves 6

NATURAL SALMON FILLET 51

LEMON & Dill POACHED Salmon fillet Platter

Baked TERIYAKI glazed Salmon fillet Platter

CHILLI & CORIANDER Salmon fillet Platter

BRITISH CHICKEN BREAST 47

CHAR GRILLED Chicken breast Platter

Breaded Chicken ESCALOPE Platter

HARISSA Chicken Breast Platter

VEGETARIAN OPTIONS 45

Hemp, Sweet Potato VEGAN CAKE Platter

Homemade HALLOUMI CAKE Platter

VEGETARIAN MEZZE

Falafel & Hummus, mozzarella & sundried tomatoes, marinated Courgettes & peppers, mixed olives and pitta bread



NATURAL KITCHEN
LONDON

CATERING

Feeding London

At Natural Kitchen we are passionate about great food using only the best ingredients from a handful of providers who like us are committed to provenance & quality.

For Delivery* OR Collection*

*Delivery arranged with 3rd party provider at customers cost

*10% discount on prices shown for collection

Place your order directly at the store or alternatively ring us on:

(020) 7374 8012

For events please e-mail events@thenaturalkitchen.com

***Please place your orders by 10am, the day before the event date.**

For late orders contact the store in person or by phone find your local NK on our website at www.thenaturalkitchen.com and we will try our best to deliver for you!

All prices shown include VAT

If you require information regarding the presence of allergens in any of our food and drink, Natural Kitchen will be more than happy to provide this information.

BREAKFAST

Bakery

for pastries order at least 10am day before delivery

Sweet

- Fresh Artisan PASTRIES 3
- Basket of Assorted Mini PASTRIES (12) 17.95
- Assorted Artisan Muffins 4.2 each
- Basket of assorted mini muffins (20) 29.95
- Choice of individual Yogurts and Granolas 3.9

Savoury

- BAGEL PLATTERS 25.95
- Scottish SMOKED SALMON & dill cream cheese
- British HAM & cream cheese
- Vine ripened TOMATO, basil & cream cheese (v)

You can also add, to the order our regular to - go products , just ask while placing your order

Hot Drinks

FRESH BREWED ORGANIC COFFEE / HOT CHOCOLATE 13.95

SELECTION OF INDIVIDUALLY PACKED ORGANIC TEAS 9.95 (BOILING WATER SUPPLIED)

Recyclable crockery and paper cups on request.

Hot drinks served in 1ltr Stainless steel flasks. Includes organic milk & sugar

FRESH JUICES 7.5 500ml bottles

Plain Orange, Apple or Carrot Juice

SMOOTHIES

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

DETOX

Carrot/Beetroot/Ginger/Celery/Parsley

FRESH SALADS

Our fantastic seasonal salads make a great addition to any event

Small serves 5+

Large serves 8+

Recycled cardboard **27.95**

Recycled cardboard **39.95**

GREEK

Tomatoes, cucumber, feta, red onion, pitted black olives & oregano with Olive oil

QUINOA (vegan)

White & red quinoa, white and red cabbage, red pepper, tarragon, spinach & balsamic vinegar

ORZO PASTA

Roasted mushroom, chives, parsley, dill, spinach leaves, parmesan cheese & truffle oil

BASIL PESTO PASTA

Cherry tomato, , spring greens

ROCKET & PARMESAN SALAD

Wild rocket, parmesan shavings & balsamic glaze

COURGETTE

Feta cheese, sliced peppers, spinach & lemon juice

MIXED LEAF (

Mixed salad leaves (undressed)

GIANT COUSCOUS

Roasted cherry tomato & courgettes fresh mint, turmeric vinaigrette

KALESLAW

Red & white cabbage, carrot, yogurt, red onion, kale & lemon juice

BROCCOLI & EDAMAME

Broccoli Edamame beans

CURRIED CAULIFLOWER & CARROT

Cauliflower, Broccoli, turmeric, cumin, parsley

BROCCOLI, BUCKWHEAT & SWEET POTATO

Parsley & sun-dried tomato pesto

**Please note salad ingredients may vary with season and availability of produce*