

## WEEKLY SPECIALS

Please see separate menu

### FOR THE TABLE

Marinated green olives 3.5

Organic sourdough bread w/ aged balsamic & olive oil 3.5

### STARTERS & SHARERS

#### NK SOUP OF THE DAY

ORGANIC SOURDOUGH BREAD 5.95

#### CRISPY SALT & PEPPER SQUID

PINK GRAPEFRUIT & CHILLI COCONUT YOGHURT

7.75 TO SHARE 12.95

#### BUTTERMILK CHICKEN PIECES

CHILLI & CORIANDER YOGHURT

6.95 TO SHARE 10.95

#### BREADED TIGER PRAWNS

HOMEMADE MANGO SALSA & CORIANDER LEAVES

7.75 TO SHARE 12.95

#### HOMEMADE NACHOS (V)

TANGY TOMATO SALSA, GUACAMOLE, MELTED MATURE

CHEDDAR, SOUR CREAM & JALAPENOS

6.95 TO SHARE 10.5 Add Chicken breast £3

#### CHICKPEA FALAFEL, HUMMUS & FLATBREAD (V)

HARISSA & PLAIN HUMMUS, CUCUMBER YOGHURT,

OLIVES, MINT SALAD, TOASTED FLAT BREAD

6.95 TO SHARE 11.5

#### VEGAN MEZZE (V)

BEETROOT FALAFEL, HUMMUS, SPICY BABA GANOUSH,

OLIVES, MINT SALAD, CUCUMBER & CARROT CRUDITE

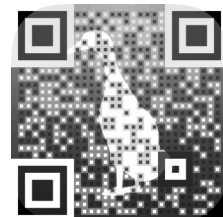
W/ TOASTED FLAT BREAD

6.95 TO SHARE 10.5

#### FEEDING LONDON

Get the Natural Kitchen LOYALTY APP

& receive discounts on your purchases.



\*Scan code here

#### WOULD YOU LIKE TO CONSUME LESS CALORIES?

We at NK already substitute mayonnaise with yoghurt in many of our dishes but another easy way to reduce calorie intake and still enjoy a delicious meal is to go vegetarian or vegan, go skinny on the burger or ask for the salad dressing on the side and add to taste. It quickly adds up. But remember you need a balance of protein, fats, carbohydrates & fibre in your daily diet. And unless you are intolerant to gluten it is not the enemy and can reduce hunger for longer!

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

## 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

#### SEARED WILD LINE CAUGHT TUNA LOIN

SASHIMI GRADE WILD TUNA, CHERRY TOMATO, ROAST SWEET POTATO, GREEN BEANS, BABY GEM LETTUCE,

WILD ROCKET LEAVES, FRESH DILL & LIGHT VINAIGRETTE DRESSING 17.75

#### TURMERIC SPICED CHICKPEA FALAFEL(V)

HOMEMADE TZATZIKI & HUMMUS, COUSCOUS, CHICKPEAS, CUCUMBER,

MIXED LEAVES, FRESH MINT, FLAT LEAF PARSLEY & HARISSA DRESSING 13.95

#### CRUNCHY RAW 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,

OLIVE OIL AND BALSAMIC GLAZE W/ CAVOLO NERO CRISP 14.75

Add - Chicken breast OR crispy Halloumi cheese £3

Add - Super Seed mix OR homemade Falafel £1

## VEGETARIAN & VEGAN

#### COURGETTE SPAGHETTI (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 12.75

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

SOYA PROTEIN, CHICK PEA & BABY SPINACH W/ TURMERIC RICE, TOMATO, RED ONION & CORIANDER SALSA 12.75

## STEAK, FISH & CHICKEN

#### 21 DAY AGED FLAT IRON STEAK

SERVED WITH FRESH 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 14.75

#### SEARED WILD LINE CAUGHT TUNA FILLET

SASHIMI GRADE WILD TUNA STEAK W/ FINE GREEN BEANS & FRESH MANGO SALSA 19.95

#### BREADED CHICKEN BREAST ESCALOPE

& HOMEMADE COLESLAW 14.95

#### CHARGILLED BUTTERFLY CHICKEN BREAST

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

## SIDES

FRESH CUT "SKIN ON" CHIPS 3.95

ADD TRUFFLE OIL .50P

CHUNKY SWEET POTATO & PAPRIKA CHIPS 4.5

MACARONI CHEESE, TRUFFLE OIL, ONION CRUMB 4.95

SEASONAL STEAMED GREENS 4.25

MIXED LEAF & CHERRY TOMATO SALAD 3.5

CARROT, CABBAGE & CHIA SEED KALE SLAW 3.95

ROCKET, PARMESAN & AGED BALSAMIC 3.95

## NK BURGERS

ALL FRESHLY PREPARED BY US RIGHT HERE TODAY

#### NK 8OZ BEEF BURGER 12

AGED BEEF STEAK, CARAMELISED RED

ONIONS, ROSEMARY MAYONNAISE, BABY GEM LETTUCE,

WILD ROCKET LEAVES ON ORGANIC BRIOCHE BUN

#### GREEK STYLE LAMB BURGER 12.95

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 11.25

CHUNKY COLESLAW, FRESH TARRAGON MAYONNAISE,

LETTUCE & TOMATO ON AN ORGANIC CIABATTA BUN

#### VEGAN BURGER LENTIL, SWEET POTATO,

#### HEMP & PUMPKIN SEED 12.5 (VEGAN)

FRESH GUACAMOLE, TOMATO SALSA, BABY GEM BABY

SPINACH, LETTUCE & TOMATO

ON HANDMADE ORGANIC CIABATTA BUN

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

HOMEMADE CHICKPEA & TURMERIC HUMMUS, HARISSA,

SWEETCORN SALSA, LETTUCE & TOMATO

ON TOASTED FLATBREAD

#### SALMON BURGER 12.75

MILD CHILLI, BASIL & LIME MAYONNAISE,

FRESH AVOCADO, SPRING ONION & CORIANDER SALSA,

LETTUCE & TOMATO ON ORGANIC BRIOCHE BUN

REMEMBER: We are happy for you to go 'Skinny'

& replace the bun with a salad

#### TOP YOUR BURGER £1

Mature cheddar / Blue Cheese

OR Smoked Streaky Bacon / Fresh Avocado quarter

Sautéed Mushrooms

#### DOUBLE UP YOUR BURGER £3.5

Extra patty or chicken breast

## PUDDINGS 5.5

#### MELT IN THE MIDDLE CHOCOLATE PUDDING

Natural vanilla ice cream

#### VEGAN BUCKWHEAT, ALMOND MILK & BANANA PANCAKES (GF)

berry compote & vanilla ice cream

#### HOMEMADE FRESH PASSION FRUIT CHEESECAKE

On a buttered Biscuit base

#### APPLE, MIXED BERRY & GRANOLA CRUMBLE

vanilla ice cream

#### HOMEMADE BANOFFEE PIE

w/ chocolate biscuit

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

3 SCOOPS OF YOUR CHOICE

CHOCOLATE - VANILLA - SALTED CARAMEL & MANGO SORBET



# 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.*