

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

JUICES

FRESHLY PRESSED ORANGE 4.5

FRESH CLOUDY APPLE 4

ORGANIC CRANBERRY 4.5

ISLE OF WIGHT TOMATO 4

Plain or Spicy

HOMEMADE DRINKS 4.5

Fizzy

Traditional Lemonade

Raspberry Pink Lemonade

Limeade with Mint

Still

Lemon & Ginger Iced Tea

Peach & Lime Iced Tea

Passion Fruit & Mint Iced Tea

NONALCOHOLIC BUBBLES 4

ORGANIC CRANBERRY CRUSH

Delicate with a dry balanced sweetness.

WILD ELDERFLOWER

Delicate elderflower with a gentle sparkle.

ORGANIC PASSION FRUIT GINGER BEER

With fresh passion fruit & root ginger.



NATURAL KITCHEN

Drinks

ORGANIC WINE

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.

ROSE 175 / 500 / 750 ml

GARNACHA ROSADO PALIDO 'AMPHORVM' MUREDA

SPAIN
Vegan

Balanced, fresh and fruity rose wine.

6 / 17 / 23

WHITE 175 / 500 / 750 ml

SAUVIGNON - VERDEJO 'AMPHORVM' MUREDA

SPAIN
Vegan

Easy drinking, fresh, aromatic. Enjoy anytime.

6 / 17 / 23

CHARDONNAY 'EKUO' CIELO E TERRE

Murialdo World Charity Project
ITALY
Vegan

Velvety and smooth. Aromas of ripe peach and flowers.

7.5 / 21 / 28

PINOT GRIGIO LA JARA VENETO IGT

ITALY
Vegan

Fruity bouquet, delicious & balanced. Exquisite Pinot

8.75 / 25 / 32

GARNATXA BLANCA HERENCIA ALTES TERRA ALTA

SPAIN
Vegetarian

33

PECORINO D'ABRUZZO TORRI CANTINE

ITALY
Vegan

35

PICPOUL DE PINET Domaine de Camp Aucels

FRANCE
Vegan

38.5

Gold Medal - New World Wine Awards 2015

SAUVIGNON BLANC 'BRIGHTSIDE' NELSON

NEW ZEALAND
Vegan

42.5

SPARKLING 125 / 750 ml

'EKUO' SPUMANTE BIO ORGANIC BUBBLES

Murialdo World Charity Project
ITALY
Vegan

Fruity, fun and very pure with lively bubbles.

6.5 / 29.5

LA JARA PROSECCO SPUMANTE 'EXTRA DRY'

ITALY
Vegan

39.5

CHAMPAGNE BRUT BRUNO MICHEL

FRANCE
Vegan

69.5

RED 175 / 500 / 750 ml

TEMPRANILLO - SYRAH 'AMPHORVM' MUREDA

SPAIN
Vegan

Easy drinking, soft, light berried red.

6 / 17 / 23

MERLOT 'EKUO' CIELO E TERRE

Murialdo World Charity Project
ITALY
Vegan

Dark ruby red, well balanced with fascinating bouquet

7.5 / 21 / 28

RIOJA TINTO 'QUINTO ARRIO' NAVARRSOTILLO

SPAIN
Vegan

Intense ripe black cherry with spicy fruit. Moreish!

8.75 / 25 / 32

CUPATGE HERENCIA ALTES TERRA ALTA

SPAIN
Vegan

33

MONTEPULCIANO D'ABRUZZO TORRI CANTINE

ITALY
Vegan

35

MALBEC 'TIZAC' CATAMARCA

ARGENTINA
Vegetarian

38.5

PINOT NOIR CRAI NOU DEALU MARE DOC

DENIS THOMAS

ROMANIA
Vegan

42.5

*Vintages may vary upon availability. 125ml glass also available

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50ML

JJ WHITLEY FAMILY DISTILLERS LONDON DRY GIN 38.6% ABV	6
TANQUERAY LONDON DRY 41.3% ABV	7
BEEFEATER LONDON DRY 40% ABV	7
PLYMOUTH GIN 41.2% ABV	7
MARTIN MILLER'S GIN 40% ABV	7
PEAKY BLINDER SPICED DRY GIN 40% ABV	7
OPIHR ORIENTAL SPICED 40% ABV	7
WHITLEY NEILL HANDCRAFTED DRY GIN 43% ABV	7
LARIOS ROSE PREMIUM 'STRAWBERRY' GIN 37.5% ABV	7
TANQUERAY RANGPUR GIN 41.3% ABV	7
CHILGROVE DRY 44% ABV	7
HENDRICK'S GIN 41.4% ABV	8
BROCKMANS INTENSELY SMOOTH PREMIUM GIN 40% ABV	8
SIPSMITH LONDON DRY 41.6% ABV	8
TANQUERAY NO. TEN 47.3% ABV	9
CITY OF LONDON NO.3 OLD TOM GIN 43.3% ABV	9
G'VINE FLORAISON GIN 46% ABV	9
SILENT POOL GIN 43% ABV	9
THE BOTANIST ISLAY GIN 46% ABV	9
MARYLEBONE LONDON DRY GIN 50.2% ABV	11
MONKEY 47 SCHWARZWALD DRY GIN 47% ABV	11
SPITFIRE HERITAGE 1930s SINGLE ESTATE GIN 40% ABV	12
PLYMOUTH SLOE GIN 26% ABV	7
SEEDLIP GARDEN 108 'NO ALCOHOL' FAUX GIN 0% ABV	6

VODKA

JJ WHITLEY FAMILY DISTILLERS ENGLISH POTATO VODKA 38.6% ABV	6
STOLICHNAYA 40% ABV	7
STOLICHNAYA CITROS 37.5% ABV	7
STOLICHNAYA VANIL 37.5% ABV	7
ZUBROWKA BISON GRASS 40% ABV	7
CHASE ENGLISH POTATO VODKA 40% ABV	7
REYKA SMALL BATCH HANDCRAFTED 40% ABV	8

BOURBON / RYE

JIM BEAM 40% ABV	6
JACK DANIELS OLD NO.7 40% ABV	7
BULLEIT BOURBON FRONTIER 45% ABV	7
BULLEIT 95 RYE 45% ABV	7.5
JIM BEAM DOUBLE OAK - TWICE BARRELLED 45% ABV	7.5
MAKERS MARK 45% ABV	8
GENTLEMAN JACK 40% ABV	8
KNOB CREEK SMALL BATCH PATIENTLY AGED 50% ABV	8.5
RITTENHOUSE STRAIGHT RYE WHISKY 100 PROOF 50% ABV	9
WILD TURKEY RARE BREED BARREL 112 PROOF 56.4% ABV	10
MAKER'S 46 47% ABV	10
WOODFORD RESERVE DOUBLE OAK 43.2% ABV	11
KOVAL SINGLE BARREL RYE 40% ABV	12
HUDSON FOUR GRAIN BOURBON 46% ABV	15

WHISKY

GRANT'S FAMILY RESERVE SCOTCH WHISKY 40% ABV	6
PEAKY BLINDER IRISH BLENDED WHISKY 40% ABV	7
CHIVAS REGAL 12YO 40% ABV	7
MONKEY SHOULDER 40% ABV	8
ROE & Co. DUBLIN 45% ABV	8
NIKKA FROM THE BARREL 51.4% ABV	11

SINGLE MALT

GLENFIDDICH 12 YO 40% ABV	7
TALISKER 10YO 45.8% ABV	8
BALVENIE 12YO 40% ABV	9
LAPHROIG 10YO 40% ABV	9
OBAN 14YO 43% ABV	10
GLENFIDDICH 15 YO SOLERA RESERVE	11
LAGAVULIN 16YO 43% ABV	11
DALMORE 15YO 40% ABV	11
SUNTORY THE HAKUSHU DISTILLERS RESERVE SINGLE MALT 43% ABV	11
AILSA BAY LOWLAND RARE PEATY WHISKY 48.9% ABV	11
MACALLAN 12YO FINE OAK 40% ABV	15
ARBERG CORRYVRECKAN 57% ABV	18
SUNTORY THE YAMAZAKI 12YO SINGLE MALT 43% ABV	20

RUM

FLOR DE CANA EXTRA SECO 4YO NICARAGUA 40% ABV	6
PEAKY BLINDER BLACK SPICED RUM CARRIBEAN 40% ABV	7
THE KRAKEN BLACK SPICED CARRIBEAN 40% ABV	7
STROH INLANDER 40 AUSTRIA 40% ABV	8
THE DUPPY SHARE GOLDEN CARRIBEAN RUM 40% ABV	8
RUM SIXTY SIX 12YO EXTRA OLD BARBADOS 40% ABV	9
MOUNT GAY XO RESERVE CASK BARBADOS 43% ABV	10

COGNAC / BRANDY/ CALVADOS

COURVOISIER VS COGNAC 40% ABV	6
GODET SPECIAL VSOP COGNAC 40% ABV	9
MAXIME TRIJOL XO COGNAC 40% ABV	12
BERNEROY FINE CALVADOS 40% ABV	7

TEQUILA / MEZCAL / PISCO / GRAPPA / SAMBUCA

EL JIMADOR BLANCO 38% ABV	6
OLMECA ALTOS REPOSADO 38% ABV	7
PATRON SILVER TEQUILA 40% ABV	10
MONTE ALBAN MEZCAL CON GUSANO 40% ABV	7
MEZCAL LOS DANZANTES JOVEN ESPADIN 43% ABV	10
1615 QUEBRANTA PISCO PERU 40% ABV	7.5
TOSOLINI GRAPPA DI PINOT GRIGIO 40% ABV	7.5
ANTICA SAMBUCA CLASSIC 38% ABV	5

PORT

TAYLOR'S CHIP DRY WHITE PORT 20% ABV	5
FONSECA TERRA PRIMA ORGANIC RESERVE 20% ABV	6

DRAUGHT BEER**PRAVHA BY STAROPRAMEN Lighter Tasting Czech Pilsner**

4 % ABV

Pale gold Pilsner with iconic flavour and gentle bitterness.

Clean, light and refreshing.

HALF 2.50 PINT 4.75

STAROPRAMEN Premium Czech Lager

5% ABV

Authentic beer from Prague. Medium bodied lager, refreshing, malty with a well-balanced bitterness.

HALF 2.75 PINT 5.25

CHIEFTAIN IPA FRANCISCAN WELL Irish IPA

5.5% ABV

Amazing IPA from Cork, Ireland. A bridge between New World IPA and more traditional pale ales. Big, bold and beautiful.

HALF 3 PINT 5.75

PERONI NASTRO AZZURRO Italian Premium Lager

5.1% ABV

Super Premium Lager , very crisp and refreshing with distinctive hoppy aroma.

HALF 3.25 PINT 5.95

BOTTLED BEER & CIDER**PILSNER URQUELL 4.4% ABV 33cl 4.95****PERONI NASTRO AZZURRO GLUTEN FREE 5.1% ABV 33cl 4.95****MEANTIME LONDON PALE ALE 4.3% ABV 33cl 4.95****BREWDOG NANNY STATE (ONLY 26KCAL) 0.5% ABV 33cl 4.95****LUSCOMBE ORGANIC DRY CIDER 4.9% ABV 32cl 4.75****REKORDERLIG STRAWBERRY-LIME CIDER 4.0% ABV 50cl 6****NATURAL KITCHEN LOCATIONS**

77-78 Marylebone High Street WIU 5JX

New Street Square, Fetter Lane EC4A 3AP

Trinity Square, 7 Pepys Street, Tower Hill EC3N 4AF

55 Baker Street WIU 8EW

26 Tudor Street, nr Blackfriars EC4Y 0AY

Unit 14a & 14b The Balcony, Waterloo Station SE1 8SW

Barbican, 176 Aldersgate Street EC1A 4HR

Angel Court, 1 Copthall Avenue EC2R 7BH

St. Katharine Docks, 1 Commodity Quay, Tower Bridge
EIW IAZ**www.naturalkitchen.co.uk**