

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

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

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

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

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

SPIRITS

25ML / 50ML

VODKA

JJ WHITLEY FAMILY DISTILLERS VODKA 38.6% ABV	4 / 6
STOLICHNAYA VODKA 40% ABV	5 / 7
STOLICHNAYA VANIL VODKA 40% ABV	5 / 7
ZUBROWKA BISON GRASS VODKA 40% ABV	5 / 7
CHASE ENGLISH POTATO VODKA 40% ABV	5 / 7
REYKA SMALL BATCH ICELAND VODKA 40% ABV	6 / 8

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JJ WHITLEY FAMILY DISTILLERS LONDON DRY GIN 38.6% ABV	4 / 6
TANQUERAY LONDON DRY 41.3% ABV	5 / 7
BEEFEATER LONDON DRY GIN 40% ABV	5 / 7
PLYMOUTH ORIGINAL STRENGTH GIN 41.2% ABV	5 / 7
PLYMOUTH SLOE GIN 26% ABV	5 / 7
WHITLEY NEILL HANDCRAFTED DRY GIN 43% ABV	5 / 7
OPIHR ORIENTAL SPICED GIN 40% ABV	5 / 7
LARIOS ROSE PREMIUM STRAWBERRY GIN 37.5% ABV	5 / 7
BROCKMANS SMOOTH PREMIUM GIN 40% ABV	6 / 8
HENDRICK'S GIN 41.4% ABV	6 / 8
SIPSMITH LONDON DRY GIN 41.6% ABV	6 / 8
THE BOTANIST ISLAY GIN 46% ABV	7 / 9
SILENT POOL GIN 43% ABV	7 / 9
MARYLEBONE LONDON DRY GIN 50.2% ABV	9 / 11

WHISKY

GRANT'S FAMILY RESERVE SCOTCH WHISKY 40% ABV	4 / 6
PEAKY BLINDER IRISH WHISKEY 40% ABV	5 / 7
CHIVAS REGAL 12YO SCOTCH WHISKY 40% ABV	5 / 7
MONKEY SHOULDER MALT SCOTCH WHISKY 40% ABV	6 / 8

BOURBON

JIM BEAM 40% ABV	4 / 6
JACK DANIELS OLD No.7 40% ABV	5 / 7
BULLEIT FRONTIER BOURBON 45% ABV	5 / 7
JIM BEAM DOUBLE OAK 43% ABV	5 / 7
MAKER'S MARK 45% ABV	6 / 8

SINGLE MALT

GLENFIDDICH 12YO 40% ABV	5 / 7
TALISKER 10YO 45.8% ABV	6 / 8
BALVENIE 12YO DOUBLE WOOD 40% ABV	7 / 9

COGNAC/RUM/CALVADOS/TEQUILA

FLOR DE CANA EXTRA DRY RUM 4YO 40% ABV	4 / 6
THE KRAKEN BLACK SPICED CARRIBEAN RUM 40% ABV	5 / 7
COURVOISIER VS COGNAC 40% ABV	4 / 6
BERNEROY FINE CALVADOS 43% ABV	5 / 7
EL JIMADOR BLANCO TEQUILA 38% ABV	4 / 6
OLMECA ALTOS REPOSADO TEQUILA 38% ABV	5 / 7
ANTICA SAMBUCA CLASSIC 38% ABV	3 / 5
BAILEYS IRISH CREAM 17% ABV	3 / 5
KAHLUA COFFEE LIQUEUR 20% ABV	3 / 5

FEVER TREE MIXERS 2

INDIAN TONIC, LIGHT TONIC, MEDITERRANEAN TONIC, AROMATIC TONIC, ELDERFLOWER TONIC, LEMONADE, GINGER ALE, GINGER BEER, COLA

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

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

ASPALL SUFFOLK DRAUGHT CYDER 5.5% ABV 33cl 4.95

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 Cophthall Avenue EC2R 7BH

St. Katharine Docks, 1 Commodity Quay, Tower Bridge
EIW IAZ

www.naturalkitchen.co.uk