

## **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

# 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

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

# SPIRITS

25ML / 50ML

## VODKA

JJ WHITLEY FAMILY DISTILLERS POTATO VODKA 38.6%	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

## GIN

JJ WHITLEY FAMILY DISTILLERS LONDON DRY 38.6%	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

## 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

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 Copthall Avenue EC2R 7BH

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

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