

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

WILD LINE CAUGHT TUNA LOIN

ON A BED OF WARM ROASTED CHERRY TOMATOES, ROASTED BEETROOT, SWEET POTATO, AUBERGINE & GREEN BEANS W/ BASIL YOGHURT 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, PARSNIP CRISP, OLIVE OIL AND BALSAMIC GLAZE 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

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

CHARGRILLED BUTTERFLY CHICKEN BREAST

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

SIDES

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

We are CASHLESS

Natural Kitchen accepts card & electronic payments only - Thank you

WEEKLY SPECIALS

Please see separate menu

FOR THE TABLE

Marinated green olives 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

HAND BREADED TIGER PRAWNS

POTATO, VEGETABLE & MUSTARD 'RUSSIAN SALAD' DIP 7.95 TO SHARE 13.5

HOMEMADE NACHOS (V)

TANGY TOMATO SALSA, GUACAMOLE, MELTED MATURE CHEDDAR, SOUR CREAM & JALAPENOS 6.95 TO SHARE 10.5 Add Chicken breast £3

BREADED CAULIFLOWER BITES (V)

CAULIFLOWER FLORETS MARINATED IN BUTTERMILK WITH FRESH CHILLI AND CORIANDER & TOMATO SALSA DIP 6.95 TO SHARE 10.95

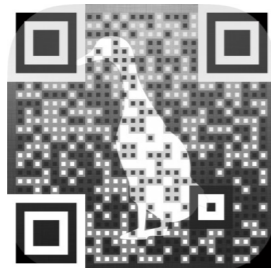
VEGAN MEZZE (V)

BEETROOT FALAFEL, HUMMUS, SPICY BABA GANOUSH, OLIVES, MINT SALAD, CUCUMBER & CARROT CRUDITÉ, TOASTED FLAT BREAD 6.95 TO SHARE 10.5

FEEDING LONDON

Register free with the Natural Kitchen LOYALTY APP & receive discounts on your purchases.

*Scan code here



A TEAM EFFORT!

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

NATURAL KITCHEN 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.

CHARGRILLED 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)

TOMATO SALSA, GRAPEFRUIT & CORIANDER YOGHURT, BABY GEM, BABY SPINACH, LETTUCE ON HANDMADE ORGANIC CIABATTA BUN

HALLOUMI, CARROT & BROCCOLI BURGER 12.5 (V)

HOMEMADE CHICKPEA & TURMERIC HUMMUS, HARISSA, SWEETCORN SALSA, LETTUCE & TOMATO ON TOASTED FLATBREAD

SPICY SALMON BURGER 12.75

MILD CHILLI, BASIL & LIME MAYONNAISE, GUACAMOLE, FRESH LIME, LETTUCE & TOMATO ON ORGANIC BRIOCHE BUN

We are happy for you to go 'Skinny' & replace the bun with a salad on any burger

TOP YOUR BURGER £1

Mature cheddar / Blue Cheese / Greek Feta
Smoked Streaky Bacon
Fresh Avocado / Sautéed Mushrooms

DOUBLE UP YOUR BURGER £4

Any extra patty or chicken breast

PUDDINGS

MELT IN THE MIDDLE CHOCOLATE PUDDING 6

Natural vanilla ice cream

VEGAN BUCKWHEAT, ALMOND MILK & BANANA PANCAKE 6.25

mixed berry compote & vegan coconut ice cream

HOMEMADE FRESH PASSION FRUIT CHEESECAKE 6

On a buttered Biscuit base

APPLE, MIXED BERRY & GRANOLA CRUMBLE 6.25

vanilla ice cream

HOMEMADE BANOFFEE PIE 6.5

w/ chocolate biscuit

JUDE'S 100% NATURAL ICE CREAM 5.75

3 SCOOPS OF YOUR CHOICE

DAIRY CHOCOLATE - VANILLA
VEGAN SALTED CARAMEL, COCONUT & MANGO SORBET

YOU WILL NOT BE ABLE TO TELL THE DIFFERENCE BETWEEN THEM!



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

ALLERGEN NOTICE

*Some dishes may contain nuts or traces of nuts.
Full allergen matrix available on request.*