

We are CASHLESS

Natural Kitchen
accepts card & electronic
payments only - Thank you



NATURAL KITCHEN
BREAKFAST - BRUNCH

SERVED UNTIL 11:30AM

ALLERGEN NOTICE

*Some dishes may contain
nuts or traces of nuts.*

*Full allergen matrix
available on request.*

RASPBERRY CHIA POT (VEGAN,GF)

almond milk & raspberry infused chia seeds
w/ fresh strawberries, blueberries and bananas 6.95

GLUTEN & DAIRY FREE JUMBO OAT & QUINOA PORRIDGE (V,GF)

w/ banana, fruit compote OR super seeds with Maple syrup 5.75

GLUTEN FREE GRANOLA WITH GREEK OR COCONUT YOGHURT (GF)

fruit compote, maple syrup, organic gluten free granola 6.75/7.75

HOMEMADE VEGAN BUCKWHEAT, ALMOND MILK & BANANA PANCAKES

topped w/ fruit compote & coconut yoghurt 7.95

EGGS BENEDICT WILTSHIRE GAMMON HAM, CRISPY PANCETTA, BABY SPINACH,

POACHED FREE RANGE EGGS & HOLLANDAISE SAUCE ON TOASTED MUFFIN 9.5

EGGS CYPRUS (V) HOMEMADE GUACAMOLE, CRISPY CYPRIOT HALLOUMI CHEESE, SUPER SEEDS,

FREE RANGE POACHED EGGS & HOLLANDAISE ON TOASTED MUFFIN 10

EGGS ROYALE SMOKED SALMON, FRESH DILL, BABY SPINACH,

POACHED FREE RANGE EGGS & HOLLANDAISE SAUCE ON TOASTED MUFFIN 10.95

NK ENGLISH BREAKFAST 12

Free range Pork sausage, smoked bacon rashers, free range fried eggs,
giant baked beans, mushrooms, slow roasted tomato & sourdough toast

NK VEGETARIAN BREAKFAST 11

Grilled Halloumi cheese, guacamole, scrambled free range eggs,
giant baked beans, mushrooms, slow roast tomato & sourdough toast

NK VEGAN BREAKFAST 11

Sweet potato, vegetable and super seed hash, giant baked beans,
tofu & sun-dried tomato scrambled 'not eggs' slow roast tomato
& guacamole on sourdough toast

AVOCADO GUACAMOLE ON TOAST 7.95

w/ baby spinach, super seeds & fresh chilli on organic sourdough toast

MUSHROOMS & BLACK TRUFFLE 7.95

pan-fried mushrooms & black truffle oil w/ garlic
& fresh thyme on sourdough toast

OMEGA 3 BREAKFAST (GF) smoked salmon, guacamole, free range eggs & super seeds 9.95

ADD SOURDOUGH TOAST £1

FREE RANGE POACHED EGGS & HOMEMADE GUACAMOLE (V)

vine ripened tomato, baby spinach leaves, fresh chilli,
organic rye toast 9.75 ADD SMOKED SALMON £3

BLT SANDWICH smoked Bacon, vine ripened Tomato & baby gem Lettuce

on white or brown buttered toast 6.5 ADD FRIED EGG .50p

FARMHOUSE OMELETTE 8.5 EGG WHITE OMELETTE 9.5

smoked salmon & dill/Chorizo & cheddar/mushroom & baby spinach

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.

TEA & INFUSIONS

NATURAL KITCHEN ORGANIC TEA

ENGLISH BREAKFAST/ EARL GREY/ GREEN/ CAMOMILE

INFUSIONS - FRESH LEMON & GINGER OR FRESH MINT

POT 3.25

COFFEE

ORGANIC & FAIRTRADE

NATURAL KITCHEN SUPPORTS THE WORLD LAND TRUST

OUR COFFEE IS 100% ARABICA

Americano	2.95
Latte	3.25
Cappuccino	3.25
Espresso/Macchiato	1.95/2.25
Flat White	3
Chai Latte	3.5
Hot Chocolate	3.5
Mocha	3.5

WE OFFER ORGANIC SKIMMED, HALF & HALF, FULL COWS, SOYA & ALMOND MILKS

JUICES

FRESHLY PRESSED ORANGE 4.5

FRESH CLOUDY APPLE 4

ORGANIC CRANBERRY 4.5

ISLE OF WIGHT SPICY TOMATO 4

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

