

FOR THE TABLE

Homemade parmesan twists & super seed crackers
w/ hummus & Olive tapenade dips 4.25

STARTERS & SHARERS

HOMEMADE SOUP OF THE DAY

ORGANIC SOURDOUGH BREAD 6.75

CRISPY SALT & PEPPER SQUID

BASIL, GARLIC & LEMON AIOLI
8.25 TO SHARE 14.95

SPICY HARISSA CHICKEN

GIANT COUSCOUS & CORIANDER YOGHURT DRIZZLE
6.95 TO SHARE 11.95

BREADED TIGER PRAWNS

W/ OUR SWEET CHILLI YOGHURT DIP
7.95 TO SHARE 13.5

HOMEMADE NACHOS (V)

TANGY TOMATO SALSA, GUACAMOLE, MELTED MATURE
CHEDDAR, SOUR CREAM & JALAPENOS
6.95 TO SHARE 10.95 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 10.5

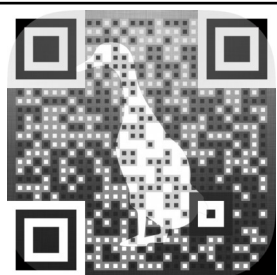
VEGAN MEZZE

BEETROOT FALAFEL, HUMMUS, SPICY BABA GANOUSH,
OLIVES, MINT SALAD, CUCUMBER & CARROT CRUDITÉ
W/ 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 LONDON

HEALTHY SALADS

HERB FED CHICKEN BREAST & CRISPY SMOKED PANCETTA

MORROCAN BLACK OLIVES, CHERRY TOMATOES, BABY GEM LETTUCE, PARMESAN CHEESE,
WILD ROCKET LEAVES, RUSTIC CROUTONS & NK CAESAR DRESSING 14.95

ASIAN BLACKENED TERIYAKI SALMON FILLET

ORGANIC BUCKWHEAT SOBA NOODLES, PAK CHOI, ASIAN CABBAGE, CUCUMBER, RED PEPPER,
SPRING ONION & FRESH CORIANDER W/ A SESAME, LIME AND SOY DRESSING 16.95

TURMERIC SPICED CHICKPEA FALAFEL(V)

HOMEMADE TZATZIKI & HUMMUS, COUSCOUS, CHICKPEAS, CUCUMBER,
MIXED LEAVES, FRESH MINT, FLAT LEAF PARSLEY & HARISSA DRESSING 13.95

CRISPY HALLOUMI CHEESE(V)

RED AND WHITE QUINOA, BROCCOLI, BABY SPINACH LEAVES, PICKLED CABBAGE, FRESH TARRAGON,
ROASTED RED PEPPER, PARSNIP CRISP, OLIVE OIL AND BALSAMIC GLAZE 14.75

ADD TO YOUR SALAD:

Chicken breast OR crispy Halloumi cheese £3

Super Seed mix OR homemade Falafel £1

VEGAN

SUPERFOOD COURGETTI

SUPERFOOD PESTO, ROASTED CHERRY TOMATOES, SUNFLOWER SEEDS & TURMERIC INFUSED TOASTED TOFU 14.5

MUSHROOM BOLOGNAISE

WILD MUSHROOMS, LENTIL, SEASONAL VEGETABLES, A RICH TOMATO RAGU W/ DURUM WHEAT SPAGHETTI 13.95

NATURAL PROTEIN CURRY (NON GMO)

SOYA PROTEIN, CHICK PEA & BABY SPINACH W/ RED RICE, TOMATO, RED ONION & CORIANDER SALSA 13.5

STEAK, FISH & CHICKEN

STEAK & CHIPS 300GMS

S28 DAY DRY AGED SIRLOIN, SKIN ON CHIPS AND GARLIC & HERB BUTTER 24.95

NK FISH & CHIPS

BEER BATTERED SUSTAINABLY SOURCED COD LOIN, SKIN ON CHIPS, MINTED PEAS & HOMEMADE TARTARE SAUCE 15.75

CHARGRILLED BUTTERFLY CHICKEN BREAST OR BREADED CHICKEN BREAST ESCALOPE

BLACK TRUFFLE & MUSHROOM YOGHURT DRIZZLE, WILD ROCKET LEAVES & PARMESAN SHAVINGS 15.75/16.5

SIDES

SKIN ON CHIPS 3.95

ADD TRUFFLE OIL & PARMESAN CRUMB 1

SWEET POTATO & PAPRIKA CHIPS 4.5

ADD A DIP £1 - GREAT WITH THE CHIPS!

MORROCCAN SPICED MAYO/BASIL,LEMON & GARLIC AIOLI/
TARRAGON MAYO/SWEET CHILLI YOGHURT

MACARONI CHEESE, TRUFFLE OIL, ONION CRUMB 4.95

SUMAC DUSTED SEASONAL STEAMED GREENS 4.5

MIXED LEAF & CHERRY TOMATO SALAD 3.95

CARROT, CABBAGE & CHIA SEED KALE SLAW 3.9

ROCKET, PARMESAN & AGED BALSAMIC 3.95

MINTED GARDEN PEAS 3.95

NATURAL KITCHEN BURGERS & CLUBS

ALL FRESHLY PREPARED BY US RIGHT HERE

ADD CHIPS TO ANY BURGER OR CLUB ORDER FOR £2
OR SWEET POTATO & PAPRIKA CHIPS £2.5

NK 8OZ BEEF BURGER 12.75

AGED BEEF STEAK, CARAMELISED RED ONIONS, ROSEMARY
MAYONNAISE, BABY GEM LETTUCE,
WILD ROCKET LEAVES ON BRIOCHE BUN

*OUR BEEF & LAMB BURGERS ARE COOKED WELL DONE BUT MAY
STILL APPEAR PINK INSIDE

HALLOUMI, CARROT & BROCCOLI BURGER 12.75 (V)

MOROCCAN SPICED MAYONNAISE, HARISSA, BABY
SWEETCORN SALSA, LETTUCE & TOMATO
ON TOASTED FLATBREAD

HERB FED CHICKEN CLUB SANDWICH 11.95

FREE RANGE BRITISH CHICKEN, CRISPY PANCETTA, FRESH
TARRAGON MAYONNAISE, BABY GEM LETTUCE, MATURE CHEDDAR
& VINE RIPENED TOMATO ON RUSTIC CIABATTA

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 /
Avocado guacamole / Sautéed Mushrooms

DOUBLE UP YOUR BURGER £4

Any extra patty

PUDDINGS

HOMEMADE CHOCOLATE BROWNIE 6.5

Natural vanilla ice cream

BLUEBERRY & APPLE CRUMBLE 6.25

Natural vanilla ice cream

HOMEMADE FRESH LEMON CHEESECAKE 6

on a buttered Biscuit base

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!

WELCOME BACK



NATURAL KITCHEN

LONDON

www.naturalkitchen.co.uk

ALLERGEN NOTICE

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