

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 SQUEEZED APPLE 4

ORGANIC CRANBERRY 4.5

ISLE OF WIGHT TOMATO 4

Spicy

HOMEMADE DRINKS 4.5

Sparkling

Classic Lemonade

Raspberry Pink Lemonade

Limeade with Mint

Elderflower Bubbly

Pink Ginger Cooler

Wild Nettle Fizz

Still

Lemon & Ginger Iced Tea

Peach & Lime Iced Tea

Passion Fruit & Mint Iced Tea



NATURAL KITCHEN Drinks

ALLERGEN NOTICE

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

WINES

WHITES

CONVERTIDO Verdejo

2020

SPAIN

Easy drinking, fresh, aromatic. Enjoy anytime

175ml glass 6 / 500ml Carafe 16.75 / Bottle 25

GRILLO. IL FOLLE

2019

ITALY

Velvety, floral & smooth with aromas of ripe peach

175ml glass 6.75 / 500ml Carafe 18 / Bottle 27

CHABLIS, DOMAINE DU COLOMBIER

2018

FRANCE

Sophisticated, buttery with no oak

Bottle 45

GRENACHE CHARDONNAY, ROC D'OPALE

2019

FRANCE

Packed with Orange, Raspberry & Plum

175ml glass 7.5 / 500ml Carafe 20 / Bottle 30

PUZZLE BAY MARLBOROUGH SAUVIGNON BLANC

2018

NEW ZEALAND

Classic NZ sauvignon, crisp, fresh & floral

Bottle 42

PINOT GRIGIO LA JARA VENETO IGT

ITALY

Fruity bouquet, delicious & balanced. Exquisite Pinot

175ml Glass 8.5 / 500ml Carafe 23.35 / Bottle 35

ROSE

PINOT GRIGIO 'ROSE', SENTINA

2019

ITALY

Light, crisp & floral

175ml glass 6 / 500ml Carafe 17 / Bottle 25

COTES DE PROVENCE, DOMAINE PINCHINAT

2020

FRANCE

Balanced, fresh, dry but sweet, fruity bouquet

Bottle 39.5

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

CHAMPAGNE & SPARKLING

PROSECCO, CA'DEGLI ERMELLINI NV

ITALY

Fruity, fun and very pure with lively bubbles

Glass 6.5 / Bottle 25

£20 a bottle in Happy Hour (5pm-7pm)

ROSE PROSECCO, MILLESIMATO MASOTTINA

2019

ITALY

Hints of wild strawberries & raspberries

Bottle 35

LA MAISON NUEVE CREMANT DE LOIRE NV

FRANCE

Bubbly, fruity with hints of flowers

Bottle 45

CHAMPAGNE GOSSET GRAND RESERVE BRUT NV

FRANCE

Fruit aromas, soft finish. Super old school champagne

Bottle 75

REDS

CONVERTIDO TEMPRANILLO

2019

SPAIN

Easy drinking, soft, light berried red

175ml glass 6 / 500ml Carafe 16.5 / Bottle 25

NERO D'AVOLA. IL FOLLE

2019

ITALY

Hints of blackberry, medium bodied with savoury notes

175ml glass 6.75 / 500ml Carafe 18 / Bottle 27

MERLOT BELLA STORIA CIELO E TERRE

2019

ITALY

Dark ruby red, well balanced with fascinating bouquet

175ml glass 7.5 / 500ml Carafe 20 / Bottle 30

PINOT NOIR, DOMAINE DE CABRILS

2019

FRANCE

Tastes of red fruits, herb spice & soft finish

175ml Glass 8.5 / 500ml Carafe 23.35 / Bottle 35

RIOJA LA VENDIMIA, ALVARO PALACIOS

2019

SPAIN

Dark cherries, vanilla & great intensity

Bottle 45

MALBEC FINCA LA LINDA, BODEGA LUIGI BOSCA

2019

ARGENTINA

Balanced, full bodied with hints of vanilla

Bottle 40

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

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 2.75 PINT 5.25

STAROPRAMEN Premium Czech Lager

5% ABV

Authentic beer from Prague. Medium bodied lager,
refreshing, malty with a well-balanced bitterness

HALF 2.95 PINT 5.75

ATLANTIC PALE ALE SHARP'S Cornish Pale Ale

4.2% ABV (AVAILABLE IN BARBICAN AND WATERLOO ONLY)

Modern Pale Ale from Sharp's . Stunning citrus notes and juicy tropical fruits
make it complex, balanced and super refreshing liquid.

HALF 3.25 PINT 5.95

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 3.25 PINT 5.95

MADRI EXCEPTIONAL Spanish Premium Lager

4.6% ABV (NOT AVAILABLE IN ST. KATHARINE DOCKS)

Super Premium Lager , Crisp and refreshing with bitter sweet finish

HALF 3.25 PINT 5.95

BEER, CIDER & HARD SELTZERS

PERONI NASTRO AZZURRO GLUTEN FREE 5.1% ABV 33cl 4.95

MEANTIME LONDON PALE ALE 4.3% ABV 33cl 4.95

PERONI LIBERA 0.0% ABV 33cl 4.95

ASPALL SUFFOLK DRAUGHT CYDER 5.5% ABV 33cl 4.95

REKORDERLIG STRAWBERRY-LIME CIDER 4.0% ABV 50cl 6

BODEGA BAY '73 CALORIES' 4% ABV 25Oml 4.5

Elderflower, Lemon & Mint / Apple, Ginger & Acai

ORGANIC & FAIRTRADE

COFFEE

NATURAL KITCHEN SUPPORTS THE WORLD LAND TRUST

AMERICANO 2.95

LATTE/CAPPUCCINO 3.25

ESPRESSO/MACCHIATO sgl 1.95 dbl 2.25

FLAT WHITE 3

HOT CHOCOLATE/CHAI or MATCHA LATTE 3.50

TEA 3.25

ENGLISH BREAKFAST / EARL GREY / GREEN

CAMOMILE

INFUSIONS 3.25

FRESH LEMON & GINGER OR FRESH MINT

AFTERWORK DRINKS

HAPPY HOUR(S)

5-7PM*

HOUSE WINE GLASS £4

BOTTLES £20

BEER £1 OFF PINTS
& BOTTLES

DOUBLE HOUSE SPIRIT
& MIXER £6

ITALIAN PROSECCO
GLASS £5 BOTTLE £20

Cocktails

Two for £14*

IN HAPPY HOUR

*For the same two cocktails
made at the same time.