

MEAL PLATTERS

Meat, Fish & Vegetarian Platters

Serves 6

VEGETARIAN PLATTER OPTIONS 45

Homemade HALLOUMI CAKES w/ turmeric infused hummus

VEGETARIAN MEZZE 45

Falafel & Hummus, mozzarella & sundried tomatoes, marinated Courgettes & peppers, mixed olives and pitta bread

SALMON FILLET PLATTER OPTIONS 51

Poached LEMON & DILL

Blackened TERIYAKI

Baked CHILLI & CORIANDER

BRITISH CHICKEN PLATTER OPTIONS 47

CHAR-GRILLED Chicken breast

BREADED Chicken breast strips

PESTO Chicken Breast

If you require information regarding the presence of allergens in any of our food and drink, Natural Kitchen will be more than happy to provide this information.



NATURAL KITCHEN
LONDON

CATERING

Feeding London

At Natural Kitchen we are passionate about great food using only the best ingredients from a handful of providers who like us are committed to provenance & quality.

For Delivery* OR Collection

*Delivery arranged with 3rd party provider at additional cost

To place your order please call:

020 3026 1168 or e-mail:

info@thenaturalkitchen.com

**PLEASE PLACE YOUR ORDERS BY 10AM,*

THE DAY BEFORE THE EVENT DATE.

For late orders contact the store in person or by phone find your local NK on our website at www.thenaturalkitchen.com and we will try our best to deliver for you.

ALL ORDERS TO BE PAID IN FULL PRIOR TO SUPPLY/DELIVERY/COLLECTION

All prices shown include VAT where applicable

BREAKFAST

PASTRIES

Fresh Artisan PASTRIES from 1.95/2.25
Croissant / Pain au Chocolate / Assorted Fruit Danish / Cinnamon Danish
Greek Yogurt, mixed berry & Granola 2.95
Greek Yoghurt & Honey 2.95
Bircher with mixed berries OR Banana 2.75

RUSTIC CIABATTA SANDWICHES

Scottish SMOKED SALMON & dill cream cheese 2.95 each
Crispy PANCETTA & EGG mayonnaise, wild rocket 2.75 each
Egg MAYONNAISE & WATERCRSS (v) 2.75 each
Vine ripened TOMATO, basil & cream cheese (v) OR VEGAN with guacamole 2.75 each

HOT DRINKS (1LITRE)

FRESH BREWED ORGANIC COFFEE / HOT CHOCOLATE 13.95
SELECTION OF INDIVIDUALLY PACKED ORGANIC TEAS 9.95 (BOILING WATER SUPPLIED)
100% recyclable paper cups on request.
Hot drinks served in 1ltr Stainless steel flasks. Includes organic milk & sugar

FRESH JUICES 4 (250ml)

Plain Orange, Apple or Carrot Juice

SMOOTHIES 4.95 (250ml)

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

DETOX - Carrot/Beetroot/Ginger/Celery/Parsley

FRESH FRUITS & SWEETS

Fruit Platter 29.95
Individual fruit skewers x6 16.95

SWEET BITES

Mini Brownie bites x12 16.95
Mini Flapjack bites x12 19.95

You can also add, to the order our regular Deli to - go items, just ask while placing your order

FRESH SALADS

Recycled cardboard box 27.95

GREEK - Tomatoes, cucumber, feta, red onion, pitted black olives & oregano with Olive oil
QUINOA (vegan) - White & red quinoa, cabbage, red pepper, tarragon, spinach & balsamic vinegar
ORZO PASTA - Roasted mushroom, chives, parsley, dill, spinach leaves, parmesan cheese & truffle oil
BASIL PESTO PASTA - Cherry tomato, , spring greens
ROCKET & PARMESAN SALAD - Wild rocket, parmesan shavings & balsamic glaze
COURGETTE - Feta cheese, sliced peppers, spinach & lemon juice
MIXED LEAF - Mixed salad leaves (undressed)
GIANT COUSCOUS - Roasted cherry tomato, courgette & fresh mint, turmeric vinaigrette
KALESLAW - Red & white cabbage, carrot, yogurt, red onion, kale & lemon juice
BROCCOLI & EDAMAME - Broccoli Edamame beans
CURRIED CAULIFLOWER & CARROT - Cauliflower, Broccoli, turmeric, cumin, parsley
BROCCOLI, BUCKWHEAT & SWEET POTATO - Parsley & sun-dried tomato pesto

SANDWICH PLATTERS

CLASSIC PLATTER on organic granary bread 29.95

Line caught skipjack TUNA, cucumber, tomato, red onion, sliced cucumber & mayonnaise
Free range EGG & watercress (v)

FREE RANGE HAM, vine tomato, wholegrain mustard, butter & mixed leaves

Char grilled British CHICKEN, tarragon mayonnaise & mixed leaves

ARTISAN BREAD PLATTER on rustic ciabatta 35.95

Crispy PANCETTA, vine ripened tomato, mixed leaves, whole grain mustard mayonnaise

MOZZARELLA & BASIL PESTO, vine ripened tomato & rocket leaves

SMOKED SALMON, cream cheese & fresh dill, watercress and lemon

Char grilled British CHICKEN, tarragon mayonnaise & mixed leaves

WRAP PLATTER on soft tortilla wraps 35.95

Homemade chickpea HUMMUS, falafel, tzatziki, carrot & baby spinach (v)

Mature CHEDDAR CHEESE, chilli & tomato relish & wild rocket (v)

BRITISH CHICKEN CEASAR, baby gem lettuce, homemade Caesar dressing

SUPERFOOD, roasted butternut, guacamole, sugar snaps, pomegranate & mixed leaves

VEGGIE SANDWICH PLATTER (v) on assorted organic breads & wraps 32.95

Mature CHEDDAR CHEESE, chilli & tomato relish & wild rocket (v)

Homemade CHICKPEA HUMMUS, carrot & baby spinach leaves

GRILLED HALLOUMI with sundried tomato, basil pesto mayonnaise and wild rocket

Vine ripened TOMATO & MOZZARELLA & fresh basil pesto