

FOR THE TABLE (SERVES 2/3)

Homemade super seed crackers & gran Padano crisp w/ caramelised onion hummus dip, feta & pomegranate 5.95

STARTERS & SHARERS

HOMEMADE SOUP OF THE DAY

ORGANIC SOURDOUGH BREAD 6.75

CRISPY SALT & PEPPER SQUID

BASIL, GARLIC & LEMON AIOLI

8.75 TO SHARE 14.95

BUTTERMILK CHICKEN GOUJONS

CURRY SPICED MAYONNAISE

6.95 TO SHARE 11.95

BREADED TIGER PRAWNS

W/ OUR SWEET CHILLI YOGHURT DIP

7.95 TO SHARE 14

BUTTERMILK HALLOUMI BITES (V)

SPICY TOMATO SALSA DIP 6.95 TO SHARE 12

HOMEMADE NACHOS (V)

CAJUN DUSTED TORTILLAS, TANGY TOMATO SALSA,

GUACAMOLE, MELTED MATURE CHEDDAR, SOUR CREAM

& JALAPENOS 7.95 TO SHARE 14 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 12

VEGAN MEZZE

HOMEMADE BEETROOT FALAFEL, HUMMUS,

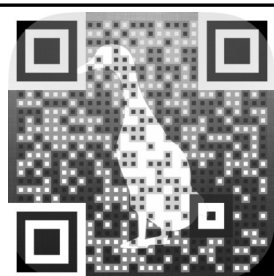
SPICY BABA GANOUSH, OLIVES, MINT SALAD, CUCUMBER

& CARROT CRUDITÉ W/ TOASTED FLAT BREAD

7.95 TO SHARE 14

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NATURAL KITCHEN
LONDON

HEALTHY SALADS

HERB FED FREE RANGE CHICKEN & CRISPY SMOKED PANCETTA

MORROCAN BLACK OLIVES, CHERRY TOMATOES, BABY GEM LETTUCE, PARMESAN CHEESE,

WILD ROCKET LEAVES, RUSTIC CROUTONS & NK CAESAR DRESSING 16.75

ASIAN BLACKENED TERIYAKI SALMON FILLET

ORGANIC BUCKWHEAT SOBA NOODLES, PAK CHOI, ASIAN CABBAGE, CUCUMBER, RED PEPPER, BEANS SPROUTS,

SPRING ONION, MILD CHILLI & FRESH CORIANDER W/ A SESAME, LIME AND SOY DRESSING 17.95

TURMERIC SPICED CHICKPEA FALAFEL (V)

HOMEMADE TZATZIKI & HUMMUS, COUSCOUS, CHICKPEAS, CUCUMBER, BEETROOT,

MIXED LEAVES, FRESH MINT, FLAT LEAF PARSLEY & HARISSA DRESSING 15

YELLOW FIN TUNA STEAK

EDAMAME BEAN, BROCCOLI, BABY SPINACH & SUPERFOOD PESTO W/ POMEGRANATE

AND MUNG BEAN SALSA, FRESH CHILLI, SPRING ONION & PUMPKIN SEEDS 19.5

CRISPY HALLOUMI CHEESE (V)

RED & WHITE QUINOA, BABY SPINACH, APPLE, CHARGRILLED RED PEPPER, SLOW ROASTED BEETROOT AND AN AGED BALSAMIC & POMEGRANATE GLAZE 15.25

ADD TO YOUR SALAD: Free range Chicken breast OR crispy Halloumi cheese

£3 Super Seed mix OR homemade Falafel £1

VEGAN - VEGETARIAN

SUPERFOOD COURGETTI

SUPERFOOD PESTO, ASPARAGUS SPEARS, ROASTED CHERRY TOMATOES, WILD ROCKET, SUNFLOWER SEEDS & CRISPY HALLOUMI 15

MUSHROOM BOLOGNAISE

WILD MUSHROOMS, LENTIL, SEASONAL VEGETABLES, A RICH TOMATO RAGU W/ DURUM WHEAT SPAGHETTI 14.5

NATURAL PROTEIN CURRY (NON GMO)

SOYA PROTEIN, CHICK PEA & BABY SPINACH W/ RED RICE, TOMATO, RED ONION, CORIANDER SALSA & FRESH PUPADUMS 14.75

STEAK, FISH & CHICKEN

10OZ STEAK & CHIPS

28 DAY DRY AGED SIRLOIN, SKIN ON CHIPS, BABY WATERCRESS & OUR BRANDY AND PEPPERCORN SAUCE 28.95

NK FISH & CHIPS

BEER BATTERED SUSTAINABLY SOURCED COD LOIN, SKIN ON CHIPS, MINTED PEAS & HOMEMADE TARTARE SAUCE 16.95

ENGLISH HERB FED BREADED BUTTERMILK CHICKEN BREAST ESCALOPE

TOMATO, ROASTED GARLIC & BLACK OLIVE SAUCE, FRESH ROCKET AND PARSLEY 17.5

SMOKED HADDOCK FISHCAKES

SEASONAL STEAMED GREENS W/ FRESH LEMON & DILL CRÈME FRAICHE 15.95

SIDES

Lightly salted skin on chips 4.5

ADD black truffle oil & parmesan crumb £1

Hand cut Paprika dusted thick sweet potato chips 5

Plain boiled OR Sautéed baby new potatoes 4.25

Creamy mash w/ garlic & parsley butter 4.25

Macaroni cheese, truffle oil, crispy onions 5.5

Seasonal greens w/ black truffle oil 4.25

Dressed mixed leaves & cherry tomatoes 4.25

Wild rocket, parmesan & aged balsamic vinegar 4.45

ADD A DIP £1 - Great with the chips!
Fresh basil, lemon & garlic OR Tarragon Mayo

NATURAL KITCHEN BURGERS & CLUBS

ALL FRESHLY MADE & PREPARED BY US RIGHT HERE

BURGERS & CLUBS SERVED WITH SKIN ON CHIPS, SWEET POTATO CHIPS OR A SIDE SALAD

NK 8OZ BEEF BURGER

AGED MINCED BEEF STEAK, CARAMELISED RED ONIONS, BLACK TRUFFLE MAYONNAISE, MATURE CHEDDAR BABY GEM LETTUCE & WILD ROCKET LEAVES ON POTATO BRIOCHE BUN 16.75

GREEK STYLE LAMB BURGER

TZATZIKI, GREEK FETA, POMEGRANATE, MANGO & RED PEPPER SALSA, BABY GEM LETTUCE AND VINE RIPENED TOMATO ON TOASTED FLATBREAD 16.95

***OUR BURGERS ARE COOKED WELL DONE BUT MAY STILL APPEAR A LITTLE PINK INSIDE**

HALLOUMI, CARROT & BROCCOLI BURGER (V)

BEETROOT HUMMUS, ROASTED COURGETTE & BABY CORN HARISSA SALSA, BABY GEM LETTUCE, WILD ROCKET ON OPEN TOASTED FLATBREAD 15.5

DOUBLE UP YOUR BURGER - Any extra patty £5

HERB FED FREE RANGE CHICKEN CLUB SANDWICH

FREE RANGE BRITISH CHICKEN, CRISPY PANCETTA, FRESH TARRAGON MAYONNAISE, MATURE CHEDDAR, BABY GEM LETTUCE, & VINE RIPENED TOMATO ON RUSTIC CIABATTA 16.5

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

PUDDINGS

HOMEMADE CHOCOLATE BROWNIE 6.75

Natural vanilla ice cream

BLUEBERRY & APPLE CRUMBLE 6.5

Natural vanilla ice cream

HOMEMADE FRESH LEMON CHEESECAKE 6.25

on a buttered Biscuit base

RASPBERRY CRÈME BRULEE 6.75

crispy caramelised sugar top

JUDE'S 100% NATURAL ICE CREAM 5.75

3 SCOOPS OF YOUR CHOICE

DAIRY CHOCOLATE - VANILLA

VEGAN SALTED CARAMEL, COCONUT & MANGO SORBET

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

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ALLERGEN NOTICE

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