

## 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

9.25 TO SHARE 15.95

### BUTTERMILK CHICKEN GOUJONS

CURRY SPICED MAYONNAISE

7.5 TO SHARE 13.95

### BREADED TIGER PRAWNS

W/ OUR SWEET CHILLI YOGHURT DIP

8.95 TO SHARE 16

### BUTTERMILK HALLOUMI BITES (V)

SPICY TOMATO SALSA DIP

7.5 TO SHARE 12.95

### HOMEMADE NACHOS (V)

CAJUN DUSTED TORTILLAS, TANGY TOMATO SALSA,

GUACAMOLE, MELTED MATURE CHEDDAR, SOUR CREAM

& JALAPENOS

8.25 TO SHARE 15.5 Add Chicken breast £4

### BREADED CAULIFLOWER BITES (V)

CAULIFLOWER FLORETS MARINATED IN BUTTERMILK WITH

FRESH CHILLI AND CORIANDER & TOMATO SALSA DIP

7.25 TO SHARE 13.95

### VEGAN MEZZE

HOMEMADE BEETROOT FALAFEL, HUMMUS,

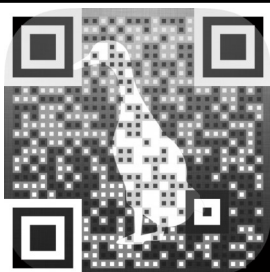
SPICY BABA GANOUSH, OLIVES, MINT SALAD, CUCUMBER

& CARROT CRUDITÉ W/ TOASTED FLAT BREAD

8.5 TO SHARE 15

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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 17.75

### 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 19.5

### TURMERIC SPICED CHICKPEA FALAFEL (V)

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

MIXED LEAVES, FRESH MINT, FLAT LEAF PARSLEY & HARISSA DRESSING 16

### YELLOW FIN TUNA STEAK

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

AND MUNG BEAN SALSA, FRESH CHILLI, SPRING ONION & PUMPKIN SEEDS 21

### CRISPY HALLOUMI CHEESE (V)

RED & WHITE QUINOA, BABY SPINACH, APPLE, CHARGRILLED RED PEPPER, SLOW ROASTED BEETROOT

AND AN AGED BALSAMIC & POMEGRANATE GLAZE 16.25

**ADD TO YOUR SALAD: Free range Chicken £4 OR crispy Halloumi cheese £3**

**Super Seed mix £1 Two homemade Falafels £2.5**

## VEGAN - VEGETARIAN

### SUPERFOOD COURGETTI

SUPERFOOD PESTO, ASPARAGUS SPEARS, ROASTED CHERRY TOMATOES, WILD ROCKET, SUNFLOWER SEEDS & CRISPY HALLOUMI 14.95

### MUSHROOM BOLOGNAISE

WILD MUSHROOMS, LENTIL, SEASONAL VEGETABLES, A RICH TOMATO RAGU W/ DURUM WHEAT SPAGHETTI 15.25

### NATURAL PROTEIN CURRY (NON GMO)

SOYA PROTEIN, CHICK PEA & BABY SPINACH W/ RED RICE, TOMATO, RED ONION, CORIANDER SALSA & FRESH PUPADUMS 15.5

## STEAK, FISH & CHICKEN

### 10OZ STEAK & CHIPS

28 DAY DRY AGED SIRLOIN, SKIN ON CHIPS, BABY WATERCRESS & OUR BRANDY AND PEPPERCORN SAUCE 31.95

### 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 17.95

### SMOKED HADDOCK FISHCAKES

SEASONAL STEAMED GREENS W/ FRESH LEMON & DILL CRÈME FRAICHE 16.95

## SIDES

Lightly salted skin on chips 4.75

ADD black truffle oil & parmesan crumb £1

Hand cut Paprika dusted thick sweet potato chips 5.5

Plain boiled OR Sautéed baby new potatoes 4.5

Macaroni cheese, truffle oil, crispy onions 6

Seasonal greens w/ black truffle oil 4.5

Dressed mixed leaves & cherry tomatoes 4.5

Wild rocket, parmesan & aged balsamic vinegar 5

**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 ABERDEEN ANGUS MINCED STEAK, CARAMELISED RED

ONIONS, BLACK TRUFFLE MAYONNAISE, MATURE CHEDDAR CHEESE,

BABY GEM LETTUCE & WILD ROCKET LEAVES

POTATO BRIOCHE BUN 17.5

### GREEK STYLE LAMB BURGER

ENGLISH MINCED LAMB, TZATZIKI, GREEK FETA, POMEGRANATE,

MANGO & RED PEPPER SALSA, BABY GEM LETTUCE AND

VINE RIPENED TOMATO ON MEDITERRANEAN FLATBREAD 17.95

**\*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 MIDDLE EASTERN FLATBREAD 16

**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 16.95

**We are happy for you to go 'Skinny' & replace the bun with a salad on any burger**

### ADD TO YOUR BURGER

Mature cheddar / Blue Cheese / Greek Feta £1

Smoked Streaky Bacon / Fresh 1/2 Avocado £2

Avocado guacamole / Sautéed Mushrooms £1.5

## 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

[www.naturalkitchen.co.uk](http://www.naturalkitchen.co.uk)

**ALLERGEN NOTICE**

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