



NATURAL KITCHEN

BREAKFAST - BRUNCH

RASPBERRY CHIA POT (VEGAN,GF)

almond milk & raspberry infused chia seeds
w/ fresh strawberries, blueberries and bananas 6.95

GLUTEN & DAIRY FREE JUMBO OAT & QUINOA PORRIDGE (V,GF)

w/ banana, fruit compote OR super seeds with Maple syrup 5.75

GLUTEN FREE GRANOLA WITH GREEK OR COCONUT YOGHURT (GF)

fruit compote, maple syrup, organic gluten free granola 6.75/7.75

HOMEMADE VEGAN BUCKWHEAT, ALMOND MILK & BANANA PANCAKES

topped w/ fruit compote & coconut yoghurt 7.95

EGGS BENEDICT WILTSHIRE GAMMON HAM, CRISPY PANCETTA, BABY SPINACH,

POACHED FREE RANGE EGGS & HOLLANDAISE SAUCE ON TOASTED MUFFIN 11.95

EGGS CYPRUS (V) HOMEMADE GUACAMOLE, CRISPY CYPRIOT HALLOUMI CHEESE, SUPER SEEDS,

FREE RANGE POACHED EGGS & HOLLANDAISE ON TOASTED MUFFIN 10.95

EGGS ROYALE SMOKED SALMON, FRESH DILL, BABY SPINACH,

POACHED FREE RANGE EGGS & HOLLANDAISE SAUCE ON TOASTED MUFFIN 12.95

NK ENGLISH BREAKFAST 13.5

Butchers Pork sausage, dry cure smoked bacon, black pudding, free range fried eggs, baked beans, mushrooms, hash brown, slow roasted tomato w/ sourdough toast

NK VEGETARIAN BREAKFAST 12.95

Grilled Halloumi cheese, homemade guacamole, scrambled free range eggs, baked beans, mushrooms, slow roast tomato w/ sourdough toast

NK VEGAN BREAKFAST 12.50

Sweet potato, vegetable and super seed hash, baked beans, mushrooms, tofu & sun-dried tomato scrambled 'not eggs' slow roast tomato, homemade guacamole w/ sourdough toast

AVOCADO GUACAMOLE ON TOAST 8.95

w/ baby spinach, cherry tomatoes, super seeds & fresh chilli on sourdough toast

FRENCH TOAST & CRISPY PANCETTA 9.75

'Eggy brioche' topped w/ Crispy Pancetta & Maple syrup

OMEGA 3 BREAKFAST

smoked salmon, guacamole, free range scrambled eggs & super seeds and toast 10.95

FREE RANGE POACHED EGGS & HOMEMADE GUACAMOLE (V)

vine ripened tomato, baby spinach leaves, fresh chilli,
organic rye toast 9.75 ADD SMOKED SALMON £3.5

BLT SANDWICH

smoked dry cure Bacon, baby gem Lettuce & vine ripened Tomato
on rustic ciabatta 7.95 ADD FREE RANGE FRIED EGG .95P

FARMHOUSE OMELETTE 9.5 EGG WHITE OMELETTE 9.75

smoked salmon & dill/Chorizo & cheddar/mushroom & baby spinach

SOURDOUGH TOAST

w/ your choice of jam, marmalade, Peanut butter or Marmite 3.95

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.

TEA & INFUSIONS

NATURAL KITCHEN ORGANIC TEA

ENGLISH BREAKFAST/ EARL GREY/ GREEN/ CAMOMILE

INFUSIONS - FRESH LEMON & GINGER OR FRESH MINT POT 3.5

COFFEE

ORGANIC & FAIRTRADE

NATURAL KITCHEN SUPPORTS THE WORLD LAND TRUST
OUR COFFEE IS 100% ARABICA

Americano	3.10
Latte	3.5
Cappuccino	3.5
Espresso/Macchiato	2.25/2.75
Flat White	3.5
Chai Latte	3.75
Hot Chocolate	3.75
Mocha	3.95

WE OFFER ORGANIC SKIMMED, HALF & HALF, FULL COWS, SOYA & ALMOND MILKS

JUICES 4.5

FRESHLY SQUEEZED ORANGE

ORGANIC COLD PRESSED APPLE

CLEAR CRANBERRY

FRESH TOMATO

COLD PRESSED GRAPEFRUIT

SUPER SMOOTHIES 5.95

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

ALLERGEN NOTICE

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

