

ALLERGEN NOTICE

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



NATURAL KITCHEN

BREAKFAST - BRUNCH

FRESHLY BAKED PASTRIES PLEASE ASK YOUR SERVER FOR TODAYS SELECTION 2.95

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 MADE WITH ALMOND MILK

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

GLUTEN FREE GRANOLA WITH GREEK OR COCONUT YOGHURT

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 14.95

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 13.5

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

NK VEGAN BREAKFAST 13.5

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 toasted bread 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

SOUDOUGH 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.

POT OF TEA / INFUSION 3.5

NATURAL KITCHEN ORGANIC TEA

ENGLISH BREAKFAST/ EARL GREY/ GREEN/ CAMOMILE

INFUSIONS - FRESH LEMON & GINGER OR FRESH MINT

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

SUPER SMOOTHIES 6.25

CLEANSE (99KCAL)

Cucumber juice, fresh Lemon, Spinach leaves & Ginger root

GREEN MACHINE

Organic cold press apple juice, Spinach leaves, fresh avocado

ANTIOXI

Organic cold pressed apple juice, mixed Berries & Banana

OMG

freshly squeezed orange juice, ripe Mango & Ginger root

RECHARGE

Organic cold pressed apple juice, freshly squeezed Orange juice, grapefruit & Ginger root

JUICES 4.95

FRESHLY PRESSED ORANGE

ORGANIC COLD PRESSED APPLE

CLEAR CRANBERRY

FRESH TOMATO

FRESHLY SQUEEZED GRAPEFRUIT

