

# SUPER SMOOTHIES

6.5

## **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 SQUEEZED ORANGE

ORGANIC COLD PRESSED APPLE

PURE PRESSED CRANBERRY

100% PRESSED TOMATO

ORGANIC COLD PRESSED GRAPEFRUIT

## FRESH HOMEMADE DRINKS

4.75

### Sparkling

Classic Lemonade

Raspberry Pink Lemonade

Limeade with Mint

Elderflower Bubbly

Pink Ginger Cooler

Wild Nettle Fizz

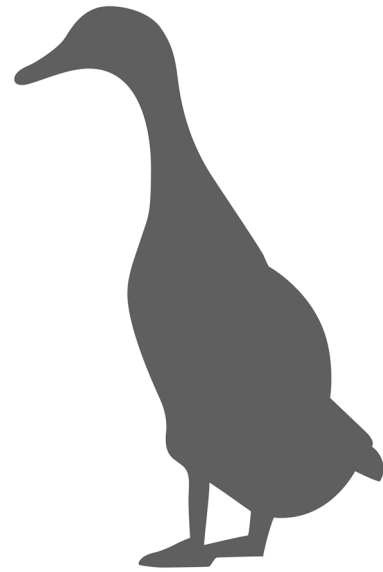
### Ice Teas

Jasmine & Lime

Peach

Passion Fruit & Lemon

Cucumber & Mint Green tea



# NATURAL KITCHEN

## Drinks

### ALLERGEN NOTICE

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

# WINES

## WHITES

### CONVERTIDO Verdejo

ORGANIC - SPAIN

Easy drinking, fresh, aromatic. Enjoy anytime

175ml glass 6.95 / 500ml Carafe 17.5 / Bottle 26

### GRILLO, IL FOLLE

ORGANIC - ITALY

Velvety, floral & smooth with aromas of ripe peach

175ml glass 7.95 / 500ml Carafe 21.5 / Bottle 31

### GRENACHE CHARDONNAY, ROC D'OPALE

FRANCE

Packed with Orange, Raspberry & Plum

175ml glass 8. / 500ml Carafe 23 / Bottle 34.5

### SAUVIGNON TOURAINE, DOM DES VAUBLINS

FRANCE

Classic French style, Dry with fruit

Bottle 34

### PINOT GRIGIO, LA JARA VENETO IGT

ITALY

Fruity bouquet, delicious & balanced. Exquisite Pinot

175ml Glass 10.25 / 500ml Carafe 27 / Bottle 40

### CHABLIS, DOMAINE DU COLOMBIER

FRANCE

Sophisticated, buttery with no oak

Bottle 52

### NUSSBERG, GRUNER VELTLINER

WEINGUT HAJSZAN NEUMANN 2020

Refined, crisp, fresh & floral. A classic varietal

Bottle 55

### SHORT FOR KATE, SAUVIGNON BLANC

GLOVER FAMILY VINEYARDS NEW ZEALAND

Classic NZ sauvignon, crisp, fresh & floral

Bottle 54

### BACCHUS BLOCK, LYME BAY 2020

ENGLAND

Long citrus-dominated finish with great depth & tropical-fruit notes, herbal undertones

Bottle 58

## ROSE

### PINOT GRIGIO, 'ROSE', SENTINA

ITALY

Light, crisp & floral

175ml glass 7.5 / 500ml Carafe 19.75 / Bottle 29.5

### COTES DE PROVENCE, DOMAINE PINCHINAT

FRANCE

Balanced, fresh, dry but sweet, fruity bouquet

Bottle 44

\*125ml glass also available

# CHAMPAGNE & SPARKLING

### PROSECCO DOC BRUT NV MASOTTINA

ITALY

Fruity, fun and very pure with lively bubbles

Glass 8.5 / Bottle 31

£26 a bottle in Happy Hour (everyday 5pm-7pm)

### ROSE PROSECCO, MILLESIMATO MASOTTINA

ITALY

Hints of wild strawberries & raspberries

Bottle 41

### LA MAISON NUEVE CREMANT DE LOIRE NV

FRANCE

Bubbly, fruity with hints of flowers

Bottle 57

### CHAMPAGNE GOSSET GRAND RESERVE BRUT NV

FRANCE

Fruit aromas, soft finish. Super old school champagne

Bottle 110

## REDS

### CONVERTIDO TEMPRANILLO

SPAIN

Easy drinking, soft, light berried red

175ml glass 6.95 / 500ml Carafe 17.5 / Bottle 26

### NERO D'AVOLA. IL FOLLE

ORGANIC - ITALY

Hints of blackberry, medium bodied with savoury notes

175ml glass 7.95 / 500ml Carafe 21.5 / Bottle 31

### MERLOT BELLA STORIA CIELO E TERRE

ORGANIC - ITALY

Dark ruby red, well balanced with fascinating bouquet

175ml glass 9.25 / 500ml Carafe 26. / Bottle 39

### MALBEC FINCA LA LINDA, BODEGA LUIGI BOSCA

ARGENTINA

Balanced, full bodied with hints of vanilla

175ml Glass 10.5 / 500ml Carafe 30. / Bottle 45

### RIOJA LA VENDIMIA, PALACIOS REMONDO

SPAIN

Dark cherries, vanilla & great intensity

175ml Glass 11.75 / 500ml Carafe 33.5 / Bottle 50

### PINOT NOIR, DOMAINE DE CABRILS

FRANCE

Tastes of red fruits, herb spice & soft finish

Bottle 48

### COTE DU RHONE VILLAGES, LES CASSAGNES

FRANCE

Hints of Peach, musk, melon & honey

Bottle 54

### ZINFANDEL, ST GEORGES OLD VINES

CALIFORNIA, BIRICHINO 2018

Red berry fruits with a warm peppery note

Bottle 68

\*125ml glass also available

# DRAUGHT BEER

## PRAVHA BY STAROPRAMEN Lighter Tasting Czech Pilsner

4 % ABV

Pale gold Pilsner with iconic flavour and gentle bitterness  
Clean, light and refreshing

HALF 3.10 PINT 6.20

## STAROPRAMEN Premium Czech Lager

5% ABV

Authentic beer from Prague. Medium bodied lager,  
refreshing, malty with a well-balanced bitterness

HALF 3.25 PINT 6.50

## ATLANTIC PALE ALE SHARP'S Cornish Pale Ale

4.2% ABV

Modern Pale Ale from Sharp's. Stunning citrus notes and juicy tropical fruits  
make it complex, balanced and super refreshing liquid.

HALF 3.20 PINT 6.40

## MADRI EXCEPTIONAL Spanish Premium Lager

4.6% ABV

Super Premium Lager, Crisp and refreshing with bitter sweet finish

HALF 3.30 PINT 6.60

## **BOTTLED BEER, CIDER & HARD SELTZERS**

**PERONI NASTRO AZZURRO** GLUTEN FREE 5.1% ABV 33cl 5.25

**MEANTIME LONDON PALE ALE** 4.3% ABV 33cl 5.25

**PERONI LIBERA 0.0% ABV 33cl 4.95**

**ASPALL SUFFOLK DRAUGHT CYDER** 5.5% ABV 33cl 5.25

**REKORDERLIG STRAWBERRY-LIME CIDER** 4.0% ABV 50cl 6.5

**BODEGA BAY '73 CALORIES'** 4% ABV 250ml 4.5

Fizzy alcoholic water

Elderflower, Lemon & Mint / Apple, Ginger & Acai

## ORGANIC & FAIRTRADE HOT DRINKS

ALWAYS ORGANIC & FAIRTRADE.

NATURAL KITCHEN SUPPORTS THE WORLD LAND TRUST

OUR COFFEE IS 100% ARABICA

Americano	3.2
Latte	3.75
Cappuccino	3.75
Espresso/Macchiato	2.5/2.95
Flat White	3.75
Chai Latte	3.95
Hot Chocolate	3.75
Mocha	3.95

## TEA & INFUSIONS 3.5

NATURAL KITCHEN ORGANIC TEA

ENGLISH BREAKFAST/ EARL GREY/ GREEN/ CAMOMILE

INFUSIONS - FRESH LEMON & GINGER OR FRESH MINT LEAVES

## AFTERWORK DRINKS

# HAPPY HOUR(S)

5-7PM EVERYDAY

## HOUSE RED & WHITE WINE

GLASS £5.95

BOTTLE £20

## BEER

£1 OFF DRAUGHT PINTS  
& BOTTLES

## DOUBLE HOUSE SPIRIT

& MIXER £8.

## PROSECCO

GLASS £7.5

BOTTLE £26

## COCKTAILS

Two for £16\*

IN HAPPY HOUR

\*For the same two cocktails  
made at the same time.