

FOR THE TABLE

Homemade super seed crackers & gran Padano crisp hummus, caramelised balsamic onion, feta & pomegranate 5.95

STARTERS & SHARERS

CRISPY SALT & PEPPER SQUID

BASIL, GARLIC & LEMON AIOLI, SPRING ONION, RED CHILLI 9.25 TO SHARE 16.5

BUTTERMILK CHICKEN GOUJONS

CURRY SPICED MAYONNAISE & FRESH PARSLEY 8 TO SHARE 14

THAI SALMON FISHCAKES

PICKLED CUCUMBER PAPPARDELLE, PAK CHOI & SOYA, SWEET CHILLI CORIANDER DIPPING SAUCE 8.5 TO SHARE 15.95

HOMEMADE NACHOS (V)

CAJUN DUSTED TORTILLAS, TANGY TOMATO SALSA, HOMEMADE GUACAMOLE, MELTED MATURE CHEDDAR, SOUR CREAM, JALAPENOS & FRESH CHIVES 8.5 TO SHARE 16. Add Chicken breast £4

BREADED CAULIFLOWER BITES (V)

CAULIFLOWER FLORETS MARINATED IN BUTTERMILK, TAHINI & MISO DRESSING, FRESH POMEGRANATE, MILD GREEN CHILLI 8. TO SHARE 14.

VEGAN MEZZE

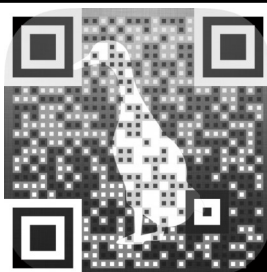
HOMEMADE BEETROOT FALAFEL, HUMMUS, TOASTED CHICKPEAS, BABA GANOUSH, OLIVES, MINT SALAD, CUCUMBER & CARROT CRUDITÉ, FLAT BREAD 8.5 TO SHARE 15

OAK SMOKED SCOTTISH SALMON

PICKLED RADISH, BABY WATERCRESS, LEMON DILL CRÈME FRAICHE & MELBA RYE TOAST 11

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NATURAL KITCHEN LONDON HEALTHY SALADS

CHARGRILLED CAJUN CHICKEN BREAST & CRISPY SMOKED PANCETTA

MOROCCAN BLACK OLIVES, CHERRY TOMATOES, BABY GEM LETTUCE, PARMESAN CHEESE, BABY WATERCRESS, RUSTIC CROUTONS & NK CAESAR DRESSING 20.

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 22.

TURMERIC SPICED CHICKPEA FALAFEL (V)

HOMEMADE TZATZIKI & HUMMUS, COUSCOUS, CHICKPEAS, CUCUMBER, BEETROOT, MIXED LEAVES, FRESH MINT, FLAT LEAF PARSLEY & HARISSA DRESSING 17.9

YELLOW FIN TUNA STEAK

EDAMAME BEAN, CHARRED BROCCOLI & FENNEL, BABY SPINACH & SUPERFOOD PESTO W/ POMEGRANATE MUNG BEAN AND CHARGRILLED RED PEPPER SALSA, FRESH CHILLI, SPRING ONION & PUMPKIN SEEDS 24.

CRISPY HALLOUMI CHEESE (V)

RED & WHITE QUINOA, BABY SPINACH, APPLE MATCHES, CHARGRILLED RED PEPPER, SLOW ROASTED BEETROOT, AGED BALSAMIC & POMEGRANATE GLAZE 17.5

ADD TO YOUR SALAD: British Chicken breast £4 / crispy Halloumi cheese £3 / half avocado £3 Super Seed mix £1 Two homemade Falafels £2.5

VEGAN - VEGETARIAN

SUPERFOOD COURGETTI

SUPERFOOD PESTO, CHARRED ASPARAGUS SPEARS, ROASTED CHERRY TOMATOES, WILD ROCKET, SUNFLOWER SEEDS & CRISPY HALLOUMI 16

MUSHROOM BOLOGNAISE

WILD MUSHROOMS, LENTIL, SEASONAL VEGETABLES, A RICH TOMATO RAGU W/ DURUM WHEAT SPAGHETTI 15.75

NATURAL PROTEIN CURRY (NON GMO)

SOYA PROTEIN, CHICK PEA & BABY SPINACH W/ RED RICE, TOMATO, RED ONION, CORIANDER SALSA & FRESH PUPADUMS 16.

STEAK, FISH & CHICKEN

10oz STEAK & CHIPS

28 DAY DRY AGED SIRLOIN, SKIN ON CHIPS, BABY WATERCRESS & OUR BRANDY AND PEPPERCORN SAUCE 36.95

NK FISH & CHIPS

HAND BEER BATTERED SUSTAINABLY SOURCED COD, CHIPS, CRUSHED MINTED PEAS & HOMEMADE TARTARE 18.95

HARISSA CHICKEN BREAST

MOROCCAN SPICED GIANT COUSCOUS, ROAST MEDITERRANEAN VEGETABLES, HARISSA CREAM SAUCE & TZATZIKI 18.95

SIDES

Lightly salted skin on chips 5.

ADD black truffle oil & parmesan crumb £1

Thick cut Paprika dusted sweet potato chips 6.

Sautéed baby new potatoes w/ rosemary 5.

Macaroni cheese, black truffle oil, crispy onions 6.

Charred Broccoli & Edamame, bean sprouts, soy chilli oil 5.

Mixed salad leaves, pickled red onion & cherry tomatoes 4.5

Wild rocket, Grana Padano & aged balsamic vinegar 5.

ADD A DIP £1 - Great with the chips!
Fresh basil, lemon & garlic / Tarragon Mayo
Truffle mayo / Curry spiced mayo

NATURAL KITCHEN BURGERS & CLUBS

ALL FRESHLY MADE & PREPARED BY US RIGHT HERE

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

NK 8oz BEEF BURGER

AGED ABERDEEN ANGUS MINCED STEAK, BLACK TRUFFLE MAYONNAISE, MATURE CHEDDAR, CARAMELISED RED ONION RELISH, BABY GEM LETTUCE & WILD ROCKET LEAVES ON POTATO BRIOCHE BUN 19.5

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

HALLOUMI, CARROT & BROCCOLI BURGER (V)

BEETROOT HUMMUS, RIBBONS OF CHARRED COURGETTE, TANGY TOMATO & HARISSA SALSA, BABY GEM LETTUCE, WILD ROCKET ON MIDDLE EASTERN FLATBREAD 18.

CHARGRILLED CHICKEN BREAST CLUB SANDWICH

CHARGRILLED BRITISH CHICKEN, CRISPY PANCETTA, FRESH TARRAGON MAYONNAISE, MATURE RED LEICESTER CHEESE, BABY GEM LETTUCE & VINE RIPENED TOMATO ON RUSTIC CIABATTA 18.

SCOTTISH SALMON BURGER

FRESH BASIL, LEMON & GARLIC AIOLI, HOMEMADE AVOCADO GUACAMOLE, BABY GEM LETTUCE & VINE RIPENED TOMATO ON POTATO BRIOCHE BUN 20.

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

DOUBLE UP YOUR BURGER - Any extra patty £5

ADD TO YOUR BURGER

Mature cheddar / Blue Cheese / Greek Feta £2
Smoked Streaky Bacon / Fresh 1/2 Avocado £3

PUDDINGS

SALTED CARAMEL CHOCOLATE BROWNIE 7.

Natural vanilla ice cream

BANOFFEE PIE 7.

layers of caramel, banana & Chantilly cream

HOMEMADE FRESH PASSIONFRUIT CHEESECAKE 7.

on a buttered Biscuit base

BAILEYS CRÈME BRULEE 7.5

Baileys Irish cream

JUDE'S 100% NATURAL ICE CREAM 6.

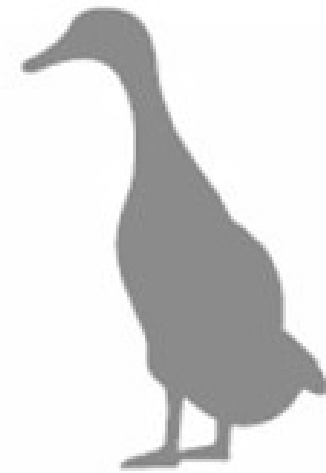
3 SCOOPS OF YOUR CHOICE

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

ALLERGEN NOTICE

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