

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

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.