



NATURAL KITCHEN
LONDON

Office, Venue & Private CATERING

At Natural Kitchen we are passionate about great food using only the best ingredients from a handful of providers who like us are committed to provenance & quality.

For Delivery* OR Collection

*Delivery arranged with 3rd party provider for an additional cost

If you any questions or wish to place an order please e-mail:

info@naturalkitchen.co.uk

***ORDERS MUST BE PLACED THE LATEST BY 10AM
THE DAY BEFORE YOUR EVENT.**

*For orders placed after 10am the day before or for urgent late orders please contact your nearest NK by telephone. You will find contact details on our website www.thenaturalkitchen.com.

ALL ORDERS TO BE PAID IN FULL PRIOR TO SUPPLY/DELIVERY/COLLECTION

All prices shown include VAT where applicable

ALLERGIES & FOOD INTOLERANCES

If you require information regarding the presence of allergens in any of our food and drink, Natural Kitchen will be more than happy to provide this information.

BREAKFAST

FRESH PASTRIES from 2.25

Croissant / Pain au Chocolate / Assorted Fruit Danish / Cinnamon Danish
Greek Yogurt, mixed berry & Granola 3.5
Greek Yoghurt & Honey 3.5
Bircher with mixed berries 3.25

RUSTIC CIABATTA SANDWICHES EACH £6.95

Scottish SMOKED SALMON & dill cream cheese
Crispy PANCETTA & EGG mayonnaise, wild rocket
Free range EGG MAYONNAISE & WATERCRESS (v)
Vine ripened TOMATO, basil & cream cheese (v) OR VEGAN with guacamole

HOT DRINKS (1 LITRE)

FRESH BREWED ORGANIC COFFEE / HOT CHOCOLATE 15.95
SELECTION OF INDIVIDUALLY PACKED ORGANIC TEAS 9.95 (BOILING WATER SUPPLIED)
100% recyclable paper cups on request.
Hot drinks served in 1ltr Stainless steel flasks. Includes organic milk & sugar

FRESH JUICES £5 (250ml)

Freshly squeezed Orange Juice, Cloudy Apple & Cranberry

SMOOTHIES £6 (250ml)

GREEN MACHINE

Organic cold press apple juice, spinach leaves, curly kale & pineapple

PINK TONIC

Organic cold pressed apple juice, strawberries, banana & peach

OMG+PP

Freshly squeezed orange juice, mango, ginger, pear & pineapple

BERRY BOOST

Organic cold pressed apple juice, blueberry, mango, papaya & raspberry

FRESH FRUIT

Fruit Platter 29.95

Individual fruits (Apple/Banana/Orange) £1 each

SWEET BITES 16.95

Mini Brownie bites x16

Mini Flapjack bites x16

SANDWICHES

Served in a recyclable cardboard box

CLASSIC FILLED SANDWICHES on tinned rye bread 32.95 (4 rounds)

Line caught TUNA MAYONNAISE, cucumber, tomato, red & spring onion
Free range EGG MAYONNAISE & watercress (v)
Mature CHEDDAR & PICKLE, wild rocket leaves, vine ripened tomato (v)
British CHICKEN ESCALOPE, crunchy coleslaw & mixed leaves

ARTISAN 37.95 (4 rounds)

Wiltshire pulled HAM, vine ripened tomato, mixed leaves, whole grain mustard mayonnaise on ciabatta
MOZZARELLA & BASIL PESTO, vine ripened tomato & rocket leaves on brioche (v)
SMOKED SALMON, cream cheese & fresh dill, watercress and lemon on tinned rye
Chargrilled British CHICKEN, tarragon mayonnaise & mixed leaves on baguette

WRAPS on soft tortilla wraps 37.95 (4 rounds)

Homemade CHICKPEA HUMMUS, falafel, tzatziki, carrot & baby spinach on corn tortilla (v)
GOATS CHEESE, chilli & tomato relish, roasted red pepper & wild rocket on sundried tomato tortilla (v)
BRITISH CHICKEN CAESAR, baby gem lettuce, homemade Caesar dressing on plain tortilla
SUPERFOOD, roasted butternut, guacamole, sugar snaps, pomegranate & mixed leaves on spinach tortilla (v)

We cut the sandwiches in half giving eight pieces per box.

FRESH SALADS

Served in recyclable cardboard box
32.95 each

GREEK - Tomatoes, cucumber, feta, red onion, black olives, oregano & Olive oil
QUINOA (vegan) - Lentil, roasted red pepper, baby spinach, match stick apple,
fresh tarragon, olive oil & balsamic vinegar

BASIL PESTO PASTA - Fresh basil pesto, roasted red pepper, shredded seasonal green leaves

ROCKET & PARMESAN SALAD - Wild rocket, parmesan shavings & balsamic glaze

COURGETTE & BABY SPINACH - Feta cheese, sliced peppers, spinach & lemon juice

MIXED LEAF SALAD, cherry tomato, pickled red onion & fresh mint
(Vinaigrette dressing on the side to be added when served)

HARISSA COUSCOUS - Giant & small couscous, roasted Mediterranean vegetables, harissa dressing

KALESRAW - Finely sliced red & white cabbage, carrot, Greek yogurt, red onion, kale & lemon juice

BROCCOLI & EDAMAME - charred broccoli florets, edamame beans, bean sprouts, soya & fresh red chilli

CURRIED CAULIFLOWER & CARROT - Tahini miso dressing & pomegranate

BROCCOLI, BUCKWHEAT & SWEET POTATO - Parsley & sun-dried tomato pesto

VEGETARIAN, FISH & MEAT SHARE MEAL BOXES

Served in a recyclable cardboard box

VEGETARIAN MEZZE 45 - Serves 6

homemade falafels, hummus, golden brown halloumi, mint salad, sundried tomato, roasted red pepper, toasted split peas, cucumber, charred courgette, tzatziki & flat breads

VEGAN MEZZE 45 - SERVES 6

homemade beetroot falafels, hummus, baba ganoush, pickled figs, mint salad, toasted split peas pickled cucumber
charred spiced carrot & flat breads

FISH OPTIONS:

TUNA NICOISE 12.95PP

tuna with spring onion, red pepper, chilli, fine green beans, cherry tomatoes, cucumber, red onion, black olives, soft poached free range egg, fresh chives, mixed leaves, olive oil & lemon vinaigrette

ASIAN STYLE TERIYAKI SALMON 16.50PP

organic wild red, black & brown rice, pak choi, Asian cabbage, radish, cucumber, red pepper, beans sprouts, spring onion, mild red chilli, fresh coriander & sesame, lime & soy dressing

MEAT OPTIONS:

BREADED CHICKEN BREAST & CRISPY SMOKED PANCETTA 14.95PP

black olives, cherry tomatoes, baby gem lettuce, parmesan cheese, baby watercress, wild rocket leaves, rustic croutons & NK Caesar dressing

HARISSA CHICKEN BREAST 12.95PP

harissa coconut cream, tzatziki, turmeric infused vegetable rice, spring onion & fresh mild red chilli

LAMB KOFTA 15.95pp

tabbouleh salad of feta, pomegranate, tomato, cucumber, fresh mint and flat leaf parsley, olive oil & lemon juice and mint yoghurt drizzle

Minimum order of 4 of the above Fish or Meat options per box

EVENTS WITH US

@NATURAL KITCHEN

Natural Kitchen is happy to host your event at one of its venues. We can tailor everything we normally offer as well as anything you had in mind to ensure your event is a success. So whether it is a sit down meal, finger food buffet or just drinks and nibbles we have it covered working to your budget leaving you to enjoy your event knowing we have the food & drink covered.

So whether it is a breakfast/brunch meeting, a lunch or evening meal, drinks, or anything else Natural Kitchen is the perfect choice.

As well as reserved areas we also offer exclusive hire of whole venues with the cost based on a *minimum spend with no room hire fees.

**Entertainment such as a DJ can be arranged to give your event that little something extra.

* Subject to licences. Cost covered by you.

** Minimum spend based on venue & date selected

FINGER FOOD BUFFET

THE FINGER FOOD BUFFET CAN BE EATEN WITH FINGERS, A NAPKIN AND/OR SMALL PLATE.

PLEASE NOTE THE FINGER FOOD BUFFET IS OFFERED EXCLUSIVELY IN OUR VENUES AS THE MAJORITY OF THE DISHES ARE SERVED HOT.

Vegetarian / Vegan - each platter £32.5

HOMEMADE CHICKPEA HUMMUS, FALAFEL, tzatziki, carrot & baby tomato mini wraps (16)

BOCCONCINI MOZZARELLA & CHERRY TOMATO SKEWERS with aged balsamic (16)

SPINACH, MUSHROOM & FETA Cheese crumbed Risotto balls (16)

TOASTED QUESADILLAS filled with Goats Cheese, fresh chilli, parsley & caramelised red onion, chive sour cream dip (16)

BREADED BUTTERMILK HALLOUMI CHIPS with homemade tomato salsa (24)

CAULIFLOWER BITES, mild green chilli, tahini & miso drizzle, pomegranate (24)

HOMEMADE BEETROOT FALAFEL, Hummus, fresh mint coconut yoghurt, baby spinach mini wraps (16)

Fish - each platter £37.5

Mini Smoked HADDOCK FISHCAKE with home made tartar dip (16)

Spiced SALMON BURGER, basil & lime mayonnaise (8)

COD GOUJONS with homemade tartare sauce (16)

BREADED TIGER PRAWNS with sweet chilli mayonnaise & spring onion (24)

TRADITIONAL BREADED SCAMPI & homemade tartar sauce (24)

Meat - each platter £37.5

CHICKEN BREAST SKEWER, Harissa coconut cream sauce (16)

Mini BEEF CHEESE BURGERS, truffle mayo, baby gem, tomato salsa & caramelised red onion (8)

GREEK STYLE LAMB KOFTA, mint yoghurt & Mango and chilli puree (8)

BUTTERMILK CHICKEN GOUJONS with curry spiced mayonnaise (16)

CHORIZO SAUSAGE ON STICKS, fresh chives & lemon, sour cream drizzle (16)

Sweet - each platter £32.5

Mini BANOFFEE TARTS (16)

FRESH STRAWBERRIES dipped in milk Chocolate (24)

MINI CHOCOLATE BROWNIE BITES, white chocolate & Raspberry puree (16)

Mini LEMON TARTS, meringue, raspberry & fresh mint (16)

SORRY NO MIXED PLATTERS.