

FRESH OLIVES

Green Nocellara Olives 3.95

STARTERS & SHARERS

HOMEMADE SOUP OF THE DAY

7.5

TEMPURA SALT & PEPPER SQUID

TOASTED CHIPOTLE CHILLI, FRESH LIME & CORIANDER
MAYONNAISE, BASIL AIOLI, FRESH CHIVES

9.75 TO SHARE 17.5

SWEET & SPICY KOREAN FRIED CHICKEN

BREADED CHICKEN BREAST COATED IN GOCHUJANG CHILLI,
SPRING ONION, RED CHILLI & SESAME SEEDS

8.75 TO SHARE 16

HOMEMADE CORN NACHOS (V)

CAJUN DUSTED HERITAGE PURPLE & WHITE CORN TORTILLA,
MEXICAN TOASTED CHIPOTLE MORITA CHILLI & TOMATILLO
SALSA, HOMEMADE AVOCADO GUACAMOLE, MELTED MATURE
CHEDDAR, MINTED SOUR CREAM,
PICKLED JALAPENOS & FRESH CHIVES

8.95 TO SHARE 16.95

Add: red chilli chicken breast £2.5/£4

BREADED CAULIFLOWER BITES (V)

CAULIFLOWER FLORETS MARINATED IN BUTTERMILK, TAHINI
& MISO DRESSING, FRESH POMEGRANATE, MILD GREEN CHILLI

8.75 TO SHARE 16

MIDDLE EASTERN MEZZE

HOMEMADE CHICKPEA FALAFEL, TABBOULEH W/ FETA,
SUNDRIED TOMATO HUMMUS, TZATZIKI, PICKLED FIGS,
TOASTED SPLIT PEAS, PICKLED CUCUMBER
& CHARRED SPICED CARROT & FLAT BREAD

8.95 TO SHARE 16.5

BAKED HALLOUMI, PEPPER & APPLE STACK

RED PEPPER, GREEN APPLE, BABY WATERCRESS,
POMEGRANATE, SUPERSEEDS, AGED BALSAMIC GLAZE

8.75 TO SHARE 16

DON'T MISS
OUR DELICIOUS
SPECIALS MENU!

CATERING MENU

PLEASE ASK A MEMBER OF THE
TEAM, LOOK ONLINE AT
WWW.NATURALKITCHEN.CO.UK
OR E-MAIL
INFO@NATURALKITCHEN.CO.UK
FOR A BROCHURE



NATURAL KITCHEN

LONDON

SALADS

BREADED BUTTERMILK CHICKEN BREAST & CRISPY SMOKED PANCETTA

MORROCAN BLACK OLIVES, CHERRY TOMATOES, FRESH AVOCADO, BABY GEM LETTUCE, PARMESAN CHEESE,
BABY WATERCRESS, WILD ROCKET LEAVES, RUSTIC HERB CROUTONS & NK CAESAR DRESSING 23.5

ASIAN BLACKENED TERIYAKI SALMON FILLET

ORGANIC BUCKWHEAT SOBA NOODLES, CHICORY, RADICCHIO, PAK CHOI, BLACK DAIKON & RED RADISH,
EDAMAME BEANS, RED PEPPER, SPRING ONION, MILD RED CHILLI & FRESH CORIANDER

W/ MISO, OYSTER, SESAME, LIME & SOY DRESSING 24.5

CHICKPEA FALAFEL & CHARGRILLED HALLOUMI (V)

HOMEMADE CHICKPEA FALAFELS, LEMON VERBENA HARISSA HUMMUS, GIANT COUSCOUS, SALAD LEAVES,
PICKLED CUCUMBER, FRESH LEMON & MINT YOGHURT, FLAT LEAF PARSLEY, DRIED AND FRESH POMEGRANATE SEEDS,
PAPRIKA TOASTED SPLIT PEAS, TOMATO, MINT & RED ONION, GOJI BERRIES 19.5

SUPERFOOD DETOX

TRIO OF ORGANIC QUINOAS, FRESH AVOCADO, LENTILS, BAKED SWEET POTATO, CHARRED BROCCOLI,
FRESH BEETROOT, CARROT & CELERY, BABY WATERCRESS AND SPINACH, SPROUTING PULSES,
TOASTED SUPERSEEDS, GOJI BERRIES AND A LIGHT VINEAGRETTE DRESSING 18

ADD TO YOUR SALAD: *Chicken breast £4 / crispy Halloumi cheese £3 / half avocado £3*

MEAT, FISH & PLANTS

GREEN SUPERFOOD COURGETTI

SUPERFOOD PESTO, ALMOND MILK, CHARRED ASPARAGUS SPEARS & BROCCOLI, FINE GREEN & EDAMAME BEANS,
ROASTED CHERRY TOMATOES AND RED PEPPER, WILD ROCKET LEAVES, POMEGRANATE, SUNFLOWER
& PUMPKIN SEEDS W/ CRISPY HALLOUMI (V) OR TURMERIC INFUSED TOFU (VEGAN) 19.75

10OZ STEAK & CHIPS

28 DAY DRY AGED BRITISH SIRLOIN STEAK, SKIN ON CHIPS & OUR HOMEMADE BRANDY AND PEPPERCORN SAUCE 41

FISH & CHIPS

BEER BATTERED FRESH SUSTAINABLE COD, SKIN ON CHIPS, MINTED GREEN PEAS & HOMEMADE TARTARE 22.95

HARISSA CHICKEN BREAST

MOROCCAN SPICED GIANT COUSCOUS, ROAST MEDITERRANEAN VEGETABLES, CHARRED TENDERSTEM BROCCOLI,
PEAS, EDAMAME, ROSE HARISSA COCONUT CREAM & FRESH LEMON, MINT YOGHURT 22.5

KING PRAWN & SESAME CHICKEN UDON

THICK UDON NOODLES, KING PRAWNS, SESAME CHICKEN, ASIAN VEGETABLES, FRESH CHILLI, SPRING ONION,
CORIANDER AND STICKY TERYAKI, SOY & SWEET CHILLI 23.75

VEGAN PROTEIN CURRY

CHICK PEAS, SOYA PIECES & BABY SPINACH IN A MASALA SAUCE, COCONUT YOGHURT RAITA,
MIXED RICE & PAPADUM TOPPED WITH FRESH MINT, TOMATO, RED ONION, CORIANDER SALSA 19.5

THE POTATOES

Lightly salted skin on chips 5.75

Cajun cheesy spiced chips 7.95

Thick cut Paprika dusted sweet potato chips 6

A MIX of sweet & skin on chips 5.95

Sautéed baby new potatoes 5.5

ADD A MAYO DIP £1 - Great with the chips!

Sriracha Chilli

Fresh Coriander & Lime

Fresh Tarragon

Black Truffle & Grape mustard

THE OTHERS

Macaroni cheese, black truffle oil, crispy pancetta & onions 6.95

Charred Broccoli & Edamame, bean sprouts, soy chilli oil 5.5

Mixed salad leaves, pickled red onion & cherry tomatoes 4.75

Wild rocket & Parmesan w/ balsamic 5.95

Caesar salad, leaves, black olives, croutons, parmesan 5.5

Chunky homemade coleslaw 5

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.

BURGERS & CLUBS

BURGERS & CLUBS SERVED WITH YOUR CHOICE OF
SKIN ON CHIPS, SWEET POTATO CHIPS OR A SIDE SALAD

OLIVE FED YORKSHIRE WAGYU BEEF BURGER

CRISPY STREAKY BACON, MATURE CHEDDAR & RED LEICESTER
CHEESES, CARAMELISED RED ONION RELISH, BLACK TRUFFLE
& GRAPE MUSTARD MAYONNAISE, GHERKIN, VINE RIPENED
TOMATO, GEM LETTUCE & WILD ROCKET LEAVES
ON POTATO BRIOCHE BUN 26.5

DOUBLE UP YOUR WAGYU BURGER - £8.5

ASIAN STYLE SALMON BURGER

STICKY TERIYAKI, SESAME, SOYA & SWEET CHILLI ASIAN
SLAW, SRIRACHA & FRESH CORIANDER MAYONNAISE,
ROCKET LEAVES & GEM LETTUCE ON POTATO BRIOCHE BUN 23.5

CRISPY HALLOUMI CLUB (V)

AVOCADO GAUCAMOLE, TOASTED CHIPOTLE MORITA CHILLI SALSA,
BABY GEM & VINE RIPENED TOMATO, GHERKIN
& SAFFRON ONION MAYONNAISE ON RUSTIC CIABATTA 19.5

CHARGRILLED CHICKEN BREAST CLUB

BUTTERMILK CHICKEN BREAST, CRISPY BACON,
FRESH TARRAGON MAYONNAISE, MATURE CHEDDAR, CHUNKY SLAW,
GEM LETTUCE ON RYE & WHITE SOURDOUGH 20.95

LOAD UP YOUR BURGER OR CLUB SOME MORE!

Blue Cheese OR Crispy Pancetta OR guacamole £2
Fresh half Avocado £3

WE ARE HAPPY FOR YOU TO
'GO SKINNY' WITH YOUR BURGER OR CLUB
& REPLACE THE BREAD WITH SALAD

PUDS

SALTED CARAMEL CHOCOLATE BROWNIE 8.5
milk chocolate drizzle
& natural vanilla ice cream

BANOFFEE PIE 7.5
milk chocolate, caramel, banana,
Chantilly cream & banana chips

HOMEMADE FRESH PASSIONFRUIT CHEESECAKE 7.5
butter Biscuit base

RASPBERRY & CHOCOLATE CRÈME BRULEE 8.5
fresh raspberry & chocolate

NATURAL ICE CREAMS
1-SCOOP 3.95 / 2-SCOOPS 5.5 / 3-SCOOPS 7.5

Your choice of:

CHOCOLATE, VANILLA, SALTED CARAMEL,
COCONUT OR MANGO SORBET

ALLERGEN NOTICE

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

DRAUGHT BEERS

PRAVHA 4% Czech Pilsner

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

HALF 3.5 PINT 6.75

STAROPRAMEN 5% Premium Czech Lager

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

HALF 3.65 PINT 7.1

ATLANTIC PALE ALE SHARP'S 4.2% Cornish Pale Ale

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

HALF 3.5 PINT 6.9

DOOM BAR 4.3% Amber Ale

Classic smooth British amber ale with hints of dried fruits and roasted malt.

HALF 3.5 PINT 6.9

MADRI EXCEPTIONAL 4.6% Spanish Premium Lager

Super Premium Lager, Crisp and refreshing with bitter sweet finish

HALF 3.75 PINT 7.25

BOTTLED BEER, CIDER

PERONI NASTRO AZZURRO GLUTEN FREE 5.1% ABV 33cl 5.5

PERONI LIBERA 0.0% ABV 33cl 4.95

ASPALL SUFFOLK DRAUGHT CYDER 5.5% ABV 33cl 5.5

REKORDERLIG STRAWBERRY-LIME CIDER 4.0% ABV 50cl 6.5

HOUSE SPIRITS

	SINGLE 25ML	DOUBLE 50ML
SOUTHBANK GIN	7.5	9.5
STOLICHNAYA VODKA	7.5	9.5
BACARDI WHITE RUM	7.5	9.5
HOUSE SCOTCH OR BOURBON	7.5	9.5

PRICE INCLUDES YOUR CHOICE OF MIXER

MANY MORE SPIRITS AVAILABLE AT THE BAR

COCKTAILS

PLEASE ASK IF YOU WOULD LIKE TO SEE
OUR COCKTAIL MENU



Two for £18*

All day Everyday

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

See cocktail list on other page

WINE

WHITE

CONVERTIDO Verdejo ORGANIC - SPAIN

Easy drinking, fresh, aromatic. Enjoy anytime

175ml glass 7.5 / Half Bottle 13.5 / Bottle 26

GRILLO, IL FOLLE ORGANIC - ITALY

Velvety, floral & smooth with aromas of ripe peach

175ml glass 7.95 / Half Bottle 16.5 / Bottle 32

GRENACHE CHARDONNAY, ROC D'OPALE FRANCE

Packed with Orange, Raspberry & Plum

175ml glass 8.5 / Half Bottle 18 / Bottle 35

SAUVIGNON TOURAINE, DOM DES VAUBLINS FRANCE

Classic French style, Dry with fruit

175ml glass 8.95 / Half Bottle 18 / Bottle 36

PINOT GRIGIO, LA JARA VENETO IGT ITALY

Fruity bouquet, delicious & balanced. Exquisite Pinot

175ml Glass 9.95 / Half Bottle 21.5 / Bottle 42

CHABLIS, DOMAINE DU COLOMBIER FRANCE

Sophisticated, buttery with no oak

175ml glass 13.5 / Half Bottle 28 / Bottle 55

NUSSBERG, GRUNER VELTLINER

WEINGUT HAJSZAN NEUMANN 2020

Refined, crisp, fresh & floral. A classic varietal

Bottle 69

SHORT FOR KATE, SAUVIGNON BLANC N.Z

Classic NZ sauvignon, crisp, fresh & floral

Bottle 58

BACCHUS BLOCK, LYME BAY 2020 ENGLAND

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

Bottle 65

ROSE

PINOT GRIGIO, 'ROSE', SENTINA ITALY

Light, crisp & floral

175ml glass 8.5 / Half Bottle 16.5 / Bottle 32

COTES DE PROVENCE, DOMAINE PINCHIN FRANCE

Balanced, fresh, dry but sweet, fruity bouquet

175ml glass / 11.5 Half Bottle 23.5 / Bottle 46

CHAMPAGNE & SPARKLING

PROSECCO DOC BRUT NV MASOTTINA ITALY

Fruity, fun and very pure with lively bubbles

Glass 8.5 / Bottle 31.95

ROSE PROSECCO, MILLESIMATO MASOTTINA ITALY

Hints of wild strawberries & raspberries

Bottle 32.5

LA MAISON NUEVE CREMANT DE LOIRE NV

FRANCE

Bubbly, fruity with hints of flowers

Bottle 65

CHAMPAGNE GOSSET GRAND RESERVE BRUT NV

FRANCE

Fruit aromas, soft finish. Super old school champagne

Bottle 130

RED

MALBEC FINCA LA LINDA, BODEGA LUIGI BOSCA

ARGENTINA

Balanced, full bodied with hints of vanilla

175ml Glass 11.75 / Half Bottle 24.5 / Bottle 48

CONVERTIDO TEMPRANILLO

SPAIN

Easy drinking, soft, light berried red

175ml glass 7.5 / Half Bottle 13.5 / Bottle 26

NERO D'AVOLA. IL FOLLE

ORGANIC - ITALY

Hints of blackberry, medium bodied with savoury notes

175ml glass 7.95 / Half Bottle 16.5 / Bottle 32

MERLOT BELLA STORIA CIELO ORGANIC - ITALY

Dark ruby red, well balanced with fascinating bouquet

175ml glass 10.25 / Half Bottle 21.5 / Bottle 42

RIOJA LA VENDIMIA, PALACIOS REMONDO SPAIN

Dark cherries, vanilla & great intensity

175ml Glass 14 / Half Bottle 28 / Bottle 55

PINOT NOIR, DOMAINE DE CABRILS FRANCE

Tastes of red fruits, herb spice & soft finish

Bottle 52

COTE DU RHONE VILLAGES,

BOUQUET DES GARRIGUES ORGANIC - FRANCE

Hints of Peach, musk, melon & honey

Bottle 60

ZINFANDEL, ST GEORGES OLD VINES CALIFORNIA,

BIRICHINO 2018

Red berry fruits with a warm peppery note

Bottle 68

SUPER SMOOTHIES 6.95

GREEN MACHINE

Fresh avocado spinach leaves,
curly kale, pure pineapple juice

BANANABERRY

Cloudy pressed apple juice,
banana, raspberries & strawberries

OMG

Freshly squeezed orange juice,
ripe mango, root ginger juice

FRUIT BOOST

pure unsweetened cranberry juice, red
& black currants, blueberries, blackberries,
raspberries & sour cherries

JUICES 5.5

FRESHLY SQUEEZED ORANGE

CLOUDY PRESSED APPLE

PURE UNSWEETENED CRANBERRY

100% PRESSED TOMATO

FRESH PURE PINEAPPLE

FRESH HOMEMADE DRINKS 4.95

Classic Lemonade

Raspberry Pink Lemonade

Elderflower Bubbly

Pink Ginger Cooler

Homemade Ice Teas 4.95

Plain / Lemon / Passion Fruit / Raspberry

MOCKTAILS '0% alcohol' 7.95

CRODINO SPRITZ

bitter sweet Orange & Grapefruit
w/ herbal extracts.

VIRGIN MOJITO

Fresh apple juice, brown sugar,
muddled mint, lime & soda

SEEDLIP PINK GIN

Angostura bitters, tonic & lime wedge

VIRGIN MARY

A100% fresh pressed Tomato Juice,
Worcestershire sauce, Tabasco & lemon wedge

*125ml glass also available **Wine vintages subject to change