

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

SALMON OPTIONS:

ASIAN STYLE TERIYAKI SALMON SUPREME £10.95 each

POACHED LEMON & FRESH SALMON FILLET £10.95 each

CORIANDER & CHILLI SALMON FILLET £10.95 each

- Plain poached or baked also available -

CHICKEN OPTIONS:

BREADED Chicken Breast Escalope £9.50 each

HARISSA Chicken Breast £9.50 each

PESTO Chicken Breast £9.50 each

- Plain poached or baked also available -

VEGETARIAN QUICHE/TORTILLA OPTIONS:

SPINACH, RICOTTA & SUNDRIED TOMATO £8.95 each

GOATS CHEESE, CARAMELISED ONION & ROASTED RED PEPPER £8.95 each

ROASTED MEDITERRANEAN VEGETABLE TORTILLA £8.95 each (Spanish Omelette)

Minimum order 4 of any of the above Fish, Meat

OR Veggie options per box



NATURAL KITCHEN
LONDON

Office, Venue & Private CATERING MENU

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 THE 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 2.75*

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 OR Banana 3.25

SANDWICHES *EACH £6.95*

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

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 *330ml £5.5*

Freshly squeezed Orange Juice, Cloudy Apple, Pineapple OR Cranberry

SUPER SMOOTHIES *330ml £6.5*

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

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

FRESH SALADS

Served in recyclable cardboard box 22.95 each
Selection of three boxes £60.

GREEK - Tomatoes, cucumber, feta, red onion, pitted black olives & oregano with Olive oil

QUINOA (vegan) - Lentil, roasted red pepper, baby spinach, match stick apple,
fresh tarragon & balsamic vinegar

BASIL PESTO PASTA - Cherry tomato, , spring greens

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

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

MIXED LEAF, 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

KALESRAW - Red & white cabbage, carrot, yogurt, red onion, kale & lemon juice

BROCCOLI & EDAMAME - Bean sprouts, soya & fresh red chilli

CURRIED CAULIFLOWER & CARROT - Tahini miso dressing & pomegranate

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

SANDWICHES

Served in a recyclable cardboard box

CLASSIC FILLED SANDWICHES on tinned rye bread 32.95 (4 whole sandwiches cut in half)

Line caught TUNA MAYONNAISE, cucumber, tomato, red onion

Free range EGG MAYONNAISE & watercress (v)

Mature CHEDDAR & PICKLE, wild rocket leaves, vine ripened tomato (v)

British CHICKEN ESCALOPE, crunchy coleslaw & baby gem lettuce

ARTISAN 37.95 (4 whole sandwiches cut in half)

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

Char grilled British CHICKEN, tarragon mayonnaise & mixed leaves on baguette

WRAPS on soft tortilla wraps 37.95 (4 whole wraps cut in half)

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 CEASAR, baby gem lettuce, homemade Caesar dressing on plain tortilla

SUPERFOOD, roasted butternut, guacamole, sugar snaps, pomegranate & mixed leaves on spinach tortilla (v)

All sandwiches are cut in half giving eight pieces 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 MEANT PREDOMINANTLY TO BE SERVED IN OUR VENUES AS THE MAJORITY OF THE DISHES ARE SERVED HOT/WARM.

Please note the below platters are each offered separately meaning one platter is not made up of a selection of the below but rather a platter of each can be ordered. So no mixed platters just a 'mix of platters. The number of items on each platter is shown in brackets to the right of the dish description. Thank you

Vegetarian / Vegan £32.5 per platter

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 - £37.5 per platter

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

Min Chilli SALMON BURGER, basil & lime mayonnaise (8)

COD GOUJONS with homemade tartare sauce (16)

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

TRADITIONAL BREADED SCAMPI & homemade tartar sauce (24)

Meat - £37.5 per platter

CHICKEN BREAST SKEWER, Harissa coconut cream sauce (16)

Mini Wagyu 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 - £32.5 per platter

Mini BANOFFEE TARTS (16)

FRESH STRAWBERRIES dipped in milk Chocolate (24)

MINI CHOCOLATE BROWNIE BITES, creamy soft cheese & Raspberry pips (16)

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