



NATURAL KITCHEN

MARYLEBONE, LONDON

DRINKS & PUDDINGS

FRUIT & VEGETABLE JUICES

REGULAR 2.95 LARGE 3.50

Fresh Orange, Apple, Carrot or Cranberry

HEALTHY SMOOTHIES

REGULAR 3.95 LARGE 4.50

Squeezed fresh to order so you get all the good stuff!

VITAMIN BOOST

orange, apple, ginger root

DETOX

ginger root, beetroot, celery & carrot

RECHARGE

carrot, apple, orange & ginger root

ENERGY

orange, banana & pineapple

PURIFY

apple, kiwi & mint

HAIRY DOG

tomato juice, NK hot sauce & celery

BREAKFAST

muesli, honey, banana & milk

DE-STRESS

orange, banana, mango & yoghurt

IMMUNE BUILD

seasonal berries, apple & organic yoghurt

SOFT DRINKS & MINERALS

Coca Cola 330ml Btl 2.85

Diet Coca Cola 330ml btl 2.85

Fentimans Ginger Beer 2.95

Fentimans Dandelion & Burdock 2.95

Traditional Homemade Lemonade - Still or Sparkling 2.95

Belu Mineral water small 1.95 large 3.95

WHITE WINES

Ugni/Colombard Blanc Domaine De Pellehaut 2010

A young, clean, fresh aromatic blend of Ugni-Blanc, Colombard,

Sauvignon Gris, Gros & Petit Manseng grapes - Gascogne

175ml 3.95 / 250ml 5.75 / bottle 15.95

Sauvignon Blanc Sec Chateau Lamothe De Haux Bordeaux 2010

A vibrant young, dry, crisp example of this classic blend. A great all rounder

175ml 5.95 / 250ml 7.95 / Bottle 23.95

Chenin Blanc Stellar Organics 2008 - Organic

With hints of Elderflower & green apples - South Africa

175ml 4.75 / 250ml 5.95 / bottle 18.95

Chardonnay/Pinot Noir Haute Cabriere 2007

A unique blend with intense fruit and gentle acidity - South Africa

175ml 5.95 / 250ml 6.95 / bottle 23.95

Pinot Grigio Giol 2008

A delicious well balanced, crisp & fresh flavour filled example - Italy

175ml 4.85 / 250ml 6.25 / bottle 19.50

Sauvignon Blanc Glenwood 2009

Light floral white with a crisp sweet finish - South Africa

bottle 27.95

ROSE WINE

Pellehaut Domaine De Pellehaut 2010 - Gascogne

Fresh & fruity with great balance & hints of cherries and plums

175ml 3.95 / 250ml 5.75 / bottle 15.95

RED WINES

Tannat/Merlot Domiane De Pellehaut 2010

Dark red in colour, with an expressive bouquet of ripe tannins - Gascogne

175ml 3.95 / 250ml 5.75 / Bottle 15.95

Cabernet Sauvignon 'No Added Sulphur' Stellar Organics 2008

Full, dry with a round fruit finish - South Africa

175ml 4.25 / 250ml 6.25 / bottle 16.95

Merlot 'No Added Sulphur' Stellar Organics 2007 - Vegan

Deep ripe fruit, structured tannins & no wood - South Africa

175ml 4.25 / 250ml 6.25 / bottle 16.95

Shiraz Battle of Bosworth McLaren Vale 2006

Cherry, red currant & pear with a fresh long lasting palate - Languedoc

175ml 6.35 / 250ml 8.50 / bottle 25.50

Cabernet/Merlot Chateau Lamothe De Haux Bordeaux 2008

Mature, plummy & no oak resulting in a fresh fruit wine - France

175ml 5.95 / 250ml 7.95 / Bottle 23.95

Malbec Jean Bousquet 2006 - Organic

Full bodied round blackcurrant flavours, medium dry - Argentina

bottle 24.95

'Pure' Pinot Noir Chateau de Brau 2006 - Organic

A spiced yet light & fruit filled classic Pinot Noir - France

bottle 23.95

Rioja Hermanos Pecina Crianza 2003

A superb, mature well rounded wine with a hint of berries & vanilla - Spain

bottle 29.95

Celebrate with great value

CHAMPAGNE & SPARKLING

NV House Champagne of the month

Glass 8.95 bottle 45.95

Taittinger NV Champagne btl 65.95

Bollinger La Grande Anne 2000 Vintage bottle 125.00

Serre Prosecco Brut or Rose glass 4.95 bottle 22.95

CIDERS, LAGER & ALCOHOLIC GINGER BEER

Samuel Smiths organic Lager 335ml 3.75

Weston's organic Apple or Pear Cider 500ml 3.95

Hollows alcoholic Ginger Beer 500ml 4.25 (4%)

LOCH FYNE ALES 500ml all 3.95

The stronger you go the darker they get...

Pipers Gold 3.8% / Maverick 4.2% / Vital Spark 4.4%

Avalanche 4.5% / Highlander 4.8%

SPIRITS 6.95

Bombay Sapphire Gin

Absolut Blue Vodka

Jack Daniels or J&B Whisky

Havana Club Gold or Bacardi white Rum

Served as doubles with your choice of fresh fruit juice or mixer

PUDDINGS ALL 5.95

Award winning 'gluten free' Sticky Toffee Pudding & fresh cream

Homemade Apple & Blackberry Crumble & proper custard

Joanna's 'gluten free' triple chocolate Brownie served warm with vanilla pod ice cream

Joanna's Carrot, Orange & Pecan cake
OR

Tripe layer Victoria Sponge cake

Selection of Ice Creams

Your combination of vanilla, strawberry, mint-chocolate, chocolate, or coffee with hand made short bread biscuit

City Mess

Meringue, mixed berries & vanilla ice cream
all messed together

Cheeseboard

Keen's Mature Cheddar, Colston Basset Stilton, Brie de Meaux

WINES SUPPLIED BY C.A.ROOKES WINE MERCHANTS - HARD TO FIND WINES - VINTAGE ROOTS

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