



NATURAL KITCHEN

MARYLEBONE, LONDON

SERVING ETHICAL FOODS FROM SUSTAINABLE SOURCES 7AM - 9PM MONDAY THRU FRIDAY

For the table Artisan breads with Olive oil & aged Balsamic - Marinated Olives 2.95

TAPAS - Great to share or enjoy as a starter, individually priced **OR CHOOSE 3** for 16.95 or 5 for 27.95

VEGETARIAN - 5.95 each

Halloumi Brochettes
roast peppers & cherry tomatoes
Buffalo Mozzarella Bruschetta
with tomato salsa & fresh basil pesto
Handmade Chickpea Falafels
marinated olives, hummus & warm flat bread

FISH - 6.95 each

Thai Salmon Fishcakes
pickled cucumber & toasted cashews
Tempura Tiger Prawns
drizzled with homemade harissa
Deep fried battered Calamari
garlic mayonnaise & lemon wedge

MEAT - 6.75 each

Char-grilled Merguez Sausages
with artisan focaccia & Dijon mustard
Lamb Koftas
with a fresh mint Greek yoghurt
Tandoori Spiced Chicken Skewers
& cucumber yoghurt dip

MEAT & GRILL

All the meats we serve are from our Natural Kitchen Marylebone High Street butchers sourced from British farms & suppliers who share our belief for well bred, great tasting, free range meats. All of our steaks are dry aged 25 days if not longer...

Steak Baguette

Aged sirloin with NK's onion marmalade, parmesan shavings, mayonnaise, rocket, mixed salad & hand cut chips 6oz 14.95

Sirloin Steak

Aged Scottish Sirloin with brandy and peppercorn sauce, tomato & hand cut chips 9oz 18.95

Ham & Eggs

Free range Gammon ham & eggs, slow roast cherry tomatoes & hand cut chips 14.25

HOT SANDWICHES & BURGERS

Croque Monsieur / Madame creamy béchamel, free range ham, melted cheddar & gruyere cheeses on rustic toast with a mixed salad 10.25/10.75
Croque Garçon / Mademoiselle creamy béchamel, heritage tomato, melted cheddar & gruyere cheeses on rustic toast with a mixed salad 9.25/9.75(v)
Salt Marsh Lamb Burger with a fresh redcurrant & mango salsa & homemade roasted paprika sweet potato wedges 15.50
Portabella Mushroom & Baked Goats cheese burger with crunchy basil pesto, pea shoot leaves & our hand cut chips 13.50(v)
Aged Scottish Steak Beef Burger mature cheddar, gherkin, vine tomato, rocket leaves, onion rings, chunky coleslaw & our hand cut chips 15.50
Chicken Fillet Burger dry cure smoked bacon, carrot slaw, melted brie & tarragon mayonnaise, leaves & homemade potato wedges 13.95
Wild Boar Burger with a spiced apple fritter, smoked apple wood cheese, fresh thyme mayonnaise, mixed leaves & our hand cut chips 15.50
Haddock Fish Finger sandwich, fresh tartar sauce, vine ripened tomatoes & mixed leaves on white toast with crunchy sweet potato fries 13.95

BIG SALADS

Seared line caught **Tuna Steak**, served rare with baby gem lettuce, new potatoes, sun-blush tomatoes & citrus dressing 15.25
Grilled **Halloumi Cheese & Avocado**, toasted cashew nuts, rocket, baby spinach & balsamic glaze dressing 13.25(v) *ADD crispy Parma ham 1.95*
Crispy Smoked Pancetta & Chicken Breast, guacamole, tomato & parmesan with rustic croutons and homemade Caesar dressing 14.25
Tempura Chilli Salt Squid spring onion, tomato & red onion salsa on mixed leaves with capers and a lime coriander dressing 14.95

FRESH FISH

Trio of Smoked Haddock Fishcakes
on a herb leaf & cherry tomato salad with homemade tartar sauce 14.25
Marinated Teriyaki Salmon fillet with stir-fry egg noodles & Asian vegetables 14.50
Pan fried Line Caught Sea Bass green beans, savoy cabbage & toasted pine nuts with a chunky tomato sauce 15.95
Rustic Seafood Stew of tiger prawns, squid, sea bass & mussels in a provençale sauce with a hunk of bread 14.95

ON THE SIDE FOR 3.75

Potatoes
hand cut chips, sweet potato wedges, mashed potatoes
Vegetables
steamed seasonal greens, roasted Mediterranean vegetables,
Salads
tomato & red onion salad, mixed leaf salad, rocket & parmesan w aged balsamic

PASTA, GNOCCHI & RISOTTO

Fresh **Pappardelle** pasta with char-grilled chicken, fresh basil pesto, olives, peppers, rocket & parmesan shavings 14.50
Handmade **Gnocchi** filled with mozzarella & sun blush tomatoes served with a vegetable & tomato sauce topped with Parmesan cheese 14.25(v)
Risotto of wilted spinach, peas, courgette, crunchy basil pesto, rocket with pecorino shavings 13.95(v)

***JOIN US AFTER WORK FROM 5PM AND ENJOY A BOTTLE OF HOUSE WINE ABSOLUTELY FREE WHEN YOU SPEND £30 ON FOOD IN OUR RESTAURANT**
***NO LIMIT ON NUMBER OF BOTTLES THAT CAN BE REDEEMED WITH THIS OFFER. GROUPS WELCOME. OFFER AVAILABLE WITH THIS MENU ONLY**

"DON'T FORGET TO CHECK OUT OUR GREAT WEEKLY SPECIALS"

BREAKFAST - BRUNCH (Served 7:30am - 11:30am)

Organic **PORRIDGE** with honey, granola or fruit jam 3.75
Organic NK **MUESLI** with cold milk or yoghurt 2.95
Mixed **RED BERRIES** with vanilla or plain yoghurt & granola 4.95
BACON SANDWICH WITH 3 RASHERS OF dry cured bacon on white bread 4.50
Two free range **BOILED EGGS** & artisan toast soldiers 4.50
EGGS BENEDICT - Hand cut free range British ham 7.75
EGGS FLORENTINE - Wilted baby Spinach (v) 7.50
EGGS ROYALE - Scottish smoked salmon 7.95
TOASTED CROISSANT WITH Free range ham & melted cheddar 4.25
Or Buffalo mozzarella, vine tomatoes & fresh basil (v) 4.25
Free range **SCRAMBLED EGGS** on artisan toast 5.25
SMOKED SALMON & free range scrambled eggs on toast 7.50
EGGY BREAD with Maple syrup 5.25 *Add Bacon 7.25*
NK FULL ENGLISH BREAKFAST 5.00
(NO CHANGES ALLOWED, THANK YOU)
Londoner pork sausage, dry cure bacon, bubble & squeak fried free range eggs, slow roast tomato, field mushroom & artisan toast
VEGETARIAN BREAKFAST 6.95
Veggie sausage, bubble & squeak, char-grilled halloumi cheese wedges, fried free range eggs, slow roast tomato, field mushroom & artisan toast
Fresh Organic artisan Pastries
Croissant & jam 2.95 Pain au Chocolat / aux Raisins 2.65
Almond Croissant 3.25 Almond Pain au Chocolat 3.25
Assorted Muffins 2.95

A discretionary 12.5% service charge is added to all bills. All prices include VAT. Some dishes may contain nuts or nut traces.

MENU & PRICES MAY VARY IN STORE ON YOUR VISIT