



NATURAL KITCHEN

RESTAURANT & PURVEYOR OF FINE FOODS

TAPAS

Great to share or enjoy as a starter

Choose any 3 for 14.95 or 5 for 23.50

VEGGIE - 5.25

CHAR-GRILLED HALLOUMI & ROAST VEGETABLE skewers

POTATO & MEDITERRANEAN vegetable tortilla

ENGLISH HERITAGE TOMATOES with goat's cheese & mascarpone

COURGETTE FRITTERS with gorgonzola dressing

CHICKPEA FALAFELS with hummus & pitta bread

MEAT - 5.50

PAN FRIED CHORIZO with rosemary foccacia

SERRANO HAM with aged manchego & peppadews

LAMB KOFTAS with a mint yoghurt dip

CHICKEN SKEWERS in an Indian spiced rub with cucumber yoghurt

FISH - 5.50

THAI FISHCAKES with strips of marinated cucumber & cracked cashews

CHILLI SALT SQUID, lime, spring onion, herb & tomato salsa

WHOLE TIGER PRAWNS, char-grilled in a harissa marinade

HADDOCK GOUJONS, lightly crumbed with fresh tar tare

Nibbles & Breads

Marinated olives £2.95 Artisan & focaccia breads, olive oil & aged balsamic 3.75

Summer Salads

Honey glazed Irish Goat's Cheese on a herbed crostini with garden greens, cracked walnuts & an apple dressing 9.75

Ginger beer glazed Chicken breast salad w watercress & baked Camembert croutons 9.85

Inverawe Smoked salmon nicoise with fine beans, capers, new potatoes, cherry tomatoes, rocket & soft boiled organic egg 10.25

Buffalo Mozzarella, slow roast tomato & beetroot, spinach, basil leaves & toasted pine nuts with aged balsamic glaze 9.50

Crispy Parma ham, avocado & brie with cracked walnuts on herbed mixed leaves 9.75

Burgers & Hot Sandwiches

Croque Monsieur / Madame on rustic toast with mixed leaf salad - 7.50 / 8.25

NK 25 day Dry aged Steak Sandwich with roast vegetables, parmesan shavings, rocket, beer mustard & hand cut chips 12.95

Salt marsh Lamb Burger with fresh red currant & mango salsa & homemade sweet potato wedges 11.95

NK Longhorn Beef Burger with crispy fried onions, melted mature cheddar, a spicy salsa, chunky coleslaw & hand cut chips 12.50

Chicken fillet burger with smoked bacon, melted brie & peppadew mayonnaise, carrot slaw & homemade potato wedges 10.50

Wild Mushrooms & grilled goats cheese sandwich with char-grilled vegetables & basil pesto (v) 9.25

NK Classic Plates

NK Thick sliced gammon ham & fried organic eggs with hand cut chips 9.75

Ravioloni filled with minced Beef & Pork with a red wine tomato sauce & grated pecorino 10.25

Tagliatelle of chargrilled yellow courgette, sun-dried tomatoes, olives, basil pesto, rocket & freshly grated parmesan (v) 9.25

NK Ribeye Steak; dry aged by our own butcher with garlic & herb butter & home-made chips 225g 16.95 / 325g 21.00

Fish

Trio of smoked haddock fishcakes with a mixed herb salad & fresh tar tare 10.95

Hake & hand cut chips in a Coriander & beer batter with garden peas 10.25

Teriyaki Salmon with stir fry noodles & Asian vegetables 10.50

Grilled Sea bass fillet on a bed of Savoy cabbage with toasted pine nuts, vine tomatoes & pineapple salsa 11.95

Side orders 3.75

Hand cut chips, Sweet potato wedges, Mash potato, Savoy cabbage with pine nuts, Green beans,

Roasted Mediterranean vegetables, Green or mixed salad or Rocket & parmesan salad with balsamic dressing

*Join us after 5pm & Enjoy 3 tapas & a bottle of wine for £20
Or Tuck into one of our great NK Burgers & a bottle of beer for £10*