



NATURAL KITCHEN  
MARYLEBONE, LONDON

## Food to Go, Corporate, Personal & Event Catering Menu

### Autumn/Winter 2011-12

Prepared daily for deliver & collection or to enjoy in-store.

Minimum order £20 for delivery

### *Everyday Office Catering*

#### 1. Organic Yoghurt, Fruit pots & Fruits

1.1. Glenilen Probiotic Yoghurt in glass jar 150g £1.45

- Fresh Raspberry
- Fresh Strawberry
- Fresh Rhubarb
- Fresh Plum compote
- Fresh Apple Compote

1.2 River Cottage Organic Yoghurt glass jar 190ml £2.25

- Real Vanilla
- Hint of Honey
- Natural

1.3. Sojasun: Organic Natural live Soya Speciality £0.65

- Apricot & Guava
- Raspberry & Passion Fruit
- Cherry
- Lemon

1.4. Fresh Fruits, Organic Vanilla Yoghurt & Granola 12oz £3.50

1.5. Seasonal Fruit pot £3.25

1.6. Whole Fruits - Apple / Banana / Orange £0.50

#### 2. Bakery

2.1. Artisan Muffin of the day £2.50

2.2. Large Chocolate Chip cookie £1.95

2.3. Caramel Slice - Layer of coconut Biscuit, Caramel & Chocolate £1.50

2.4. Homemade triple chocolate Brownie 'Gluten Free' £2.50

2.5. Luxury Flapjack £2.50

2.6. New Jersey Baked Cheesecake Slice £3.25

2.7. New Jersey Baked Cheesecake 12 Slices Cake £28.00

2.8. Chocolate Fudge Cake Slice £3.25

2.9. Chocolate Fudge 12 Slices Cake £28.00

2.10. Orange & Carrot Cake Slice £3.25

2.11. Orange & Carrot 12 Slices Cake £28.00

2.12. Today's Cake – Slice £3.25

2.13. Whole Cake £28.00

## *Everyday Office Catering*

### **3. Seasonal Salads**

#### **3.1. Small Salad Pot (box for leaves)**

**£3.95**

*Choose one of our Vegetarian Salads*

#### **3.2. Medium/Large Salad Box**

**£5.25/£7.50**

*Choose minimum one and up to **three** of the following Vegetarian Salads for the medium box & **five** for the large box.*

MIXED SALAD LEAVES (With vinaigrette dressing in separate pot)

ROCKET & PARMESAN SALAD w Balsamic glaze

LENTIL SALAD w diced pepper, red onion, fresh parsley, baby gem lettuce leaves & olive oil

NEW POTATO SALAD w radish, spring onion & Greek yoghurt

BUCKWHEAT SALAD w sundried tomato, butternut squash, green beans & baby spinach

CHICKPEA SALAD w carrot, apple and cherry tomatoes, baby gem lettuce & paprika

GREEK SALAD w tomatoes, cucumber, feta, olives & oregano with olive oil

SLAW SALAD w Carrot, white cabbage, Red cabbage & baby spinach with a light vinaigrette

QUINOA SALAD w mange tout, sultanas, tomato & fresh coriander

COUSCOUS SALAD w artichoke, apricot, cumin, cracked hazelnuts, fresh mint, coriander

ROAST VEGETABLE SALAD w red, yellow & green peppers, cherry tomato, red onion, courgette & oregano

WHITE & WILD RICE SALAD w green peas, fresh red chilli & garlic infused olive oil

FRENCH BEAN SALAD & mange tout w coconut and olive oil

GARDEN PEA SALAD w sweet corn, diced mixed peppers & freshly chopped mint

BEETROOT SALAD w Baby spinach, sliced pear and cherry tomatoes

CARROT SALAD w Flaked almonds, sultanas & fresh rocket

PASTA SALAD w Fresh basil pesto, Greek Feta, Olives & fresh rocket

#### **PLEASE NOTE:**

***We cannot change, leave out or add any ingredients, thank you.***



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## *Everyday Office Catering*

### 5. Sandwiches & Wraps

- |  |       |
|--|-------|
| 5.1. <u>Tuna &amp; Cucumber</u>  | £3.25 |
| • Line caught Tuna & mayonnaise with sliced cucumber on granary bread.   |       |
| 5.2. <u>British free range Ham &amp; Salad</u>   | £3.75 |
| • British free range ham, butter, grain mustard mayonnaise, vine ripened tomato & mixed leaves on granary bread.                               |       |
| 5.3. <u>Chicken mayonnaise &amp; Sundried tomato</u>   | £3.75 |
| • Char-Grilled British Chicken, Mayonnaise, rocket & sun-dried Tomato pesto on Multi Seeded Rustic Roll.                                       |       |
| 5.4. <u>Organic Egg mayo &amp; watercress (V)</u>  | £3.25 |
| • Organic Eggs, mayonnaise & watercress on granary bread   |       |
| 5.5. <u>Mature cheddar &amp; Pickle (V)</u>  | £3.25 |
| • Mature Cheddar, vegetable pickle, vine ripened tomato, rocket (buttered) on Multi Seeded Rustic Roll.  |       |
| 5.6. <u>Roast Beef &amp; Parmesan</u>  | £3.95 |
| • British roast Beef cooked with garlic & rosemary, parmesan shavings, creamy Horseradish mayonnaise & Rocket on stone baked artisan baguette. |       |
| 5.8. <u>Bagel Club</u>   | £4.25 |
| • Chicken mayonnaise, Parma ham, mature cheddar, vine tomato & rocket on bagel   |       |
| 5.9. <u>Free Range British Ham &amp; Emmental</u>  | £3.50 |
| • Simply hand cut ham & Swiss cheese (buttered) on Artisan stoned baked baguette   |       |
| 5.10. <u>Smoked Salmon &amp; Cream cheese</u>  | £3.95 |
| • Scottish Smoked Salmon, cream cheese, watercress, black pepper & squeeze of lemon on soft dark rye.  |       |
| 5.11. <u>Hummus &amp; Falafel wrap (v)</u>   | £3.50 |
| • Fresh Hummus, Falafel, spinach leaves & carrot on soft plain tortilla  |       |
| 5.12. <u>Teriyaki Salmon wrap</u>  | £3.95 |
| • Teriyaki Salmon, baby spinach leaves, grated carrot & mayonnaise on a soft spinach Tortilla.   |       |
| 5.13. <u>Goats Cheese &amp; roast vegetables</u>   | £3.95 |
| • Goats cheese, fresh sun dried tomato pesto, roast vegetables & mixed leaves on stone baked baguette  |       |
| 5.14. <u>Crayfish &amp; Rocket</u>   | £3.95 |
| • Crayfish tails & rocket leaves with a tomato mayonnaise on granary   |       |
| 5.15. <u>Chilli infused Crab &amp; Guacamole wrap</u>  | £3.95 |
| • White Crab, chilli, spring onion, guacamole, spinach, red pepper & lime on a soft tomato tortilla  |       |
| 5.16. <u>Soft brie, Tomato relish &amp; spinach</u>  | £3.50 |
| • Sliced soft brie, artisan tomato relish & baby spinach leaves on stone baked baguette  |       |

PLEASE NOTE:

Each change to any of the above sandwiches will be charged at £2 each.

## *Everyday Office Catering*

### 7. Meal Boxes (Cold) can be reheated once on delivery

- 7.1. Quiche Box £6.75  
Your choice of:  
Poached & smoked Salmon, Dill & Watercress OR Spinach, feta and sundried tomato  
offered with between 1 & 3 salads of your choice\*
- 7.2. Chicken Meal box £7.95  
• Char-Grilled British Chicken Breast  
offered with between 1 & 3 salads of your choice\*
- 7.3. Poached Salmon Meal Box £7.95  
• Scottish Salmon fillet poached with fresh dill & Lemon  
offered with between 1 & 3 salads of your choice\*
- 7.4. Japanese Teriyaki Salmon Meal Box £7.95  
• Salmon supreme baked with Teriyaki sauce  
offered with between 1 & 3 salads of your choice\*
- 7.5. Spanish Tortilla Meal Box (V) £5.95  
• Spanish Omelette baked with seasonal vegetables, onion & new potatoes  
offered with between 1 & 3 salads of your choice\*
- 7.6. Chicken Escalope Meal Box £7.95  
• Breadcrumbs coated British chicken  
offered with between 1 & 3 salads of your choice\*
- 7.7. Greek Filo pie Meal Box (V) £6.95  
• Healthy Filo pastry pie filled with butternut squash, broccoli and ricotta cheese  
offered with between 1 & 3 salads of your choice\*
- 7.8. Falafel & fresh Hummus Meal Box (V) £5.95  
• 3 x Chick pea & onion falafels & a generous dollop of Artisan hummus  
offered with between 1 & 3 salads of your choice\*
- 7.9. Honey glazed Goats cheese Meal Box (V) £6.25  
• Soft Irish goats cheese on a whole wheat crostini  
offered with between 1 & 3 salads of your choice\*
- 7.1A. Rare Roast beef Meal Box £6.95  
• Rare Roast Beef infused with garlic & rosemary served with horseradish sauce  
offered with between 1 & 3 salads of your choice\*

#### PLEASE NOTE:

See page 2 for fresh salad selection

We prepare our salads in the early morning so we cannot change, leave out or add any ingredients, sorry!



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## *Festive Offering*

**Stuffed turkey boned and rolled served with cranberry sauce  
offered with between 1 & 3 salads of your choice\***

**£7.95**

**Artisan brandy mince pie topped with almonds**

**£1.50**

**Roast turkey, sage and onion stuffing & cranberry  
mayonnaise sandwich £4.25**

**Brie, rocket & cranberry sandwich**

**£3.50**

**Available until 24<sup>th</sup> December 2011**

## Everyday Office Catering

### 8. Food to re-heat

All items in this category leave our restaurant Hot but due to the delivery time it will have to be re-heated when it arrives with you or eaten cold.

- |   |              |
|---|--------------|
| <b>8.1. <u>Large Homemade Sausage Roll</u></b>  | <b>£3.50</b> |
| <ul style="list-style-type: none"> <li>• 100% British Pork, Herbs &amp; Garlic in a puff pastry</li> </ul>                  |              |
| <b>8.2. <u>Large Homemade Sausage Roll Meal Box</u></b>   | <b>£6.95</b> |
| <ul style="list-style-type: none"> <li>• Our Homemade Sausage roll<br/>minimum 1, up to 3 salads of your choice*</li> </ul> |              |
| <b>8.3. <u>Soup &amp; Focaccia</u> (V)</b>  | <b>£4.50</b> |

Our Soups are always organic & vegetarian unless the name gives it away!!

- Please call 0203 012 2123 and choose your Restaurant's option to learn about today's soup
- 8.4. Kabuto noodles – just add hot water and stir for a delicious and healthy meal**  
100% British product, noodles are dried, not fried! All @ £2.95
- Miso Ramen (V) (miso, soy and vegetables)
  - Chicken Ramen (with chicken, ginger, chilli, coriander & spring onion)
  - Beef Pho (beef, soy, garlic and ginger)

### 9. GLUTEN FREE AND OTHER SPECIAL DIETARY ITEMS

**Pour Toi Bakery Double Chocolate Fudge Cookie**  
(Gluten-Free, Dairy Free, Vegetarian & Kosher)

**£1.95**

**B-tempted Gluten-Free Bites (x5 bites)**

- |  |       |
|--|-------|
| • Raspberry, white chocolate & Pistachio | £2.75 |
| • White Chocolate, lemon & Cashew        | £2.75 |

**Homemade triple chocolate Brownie 'Gluten Free'**

**£2.50**

## *Everyday Office Catering*

RAW INTENT Snack Bars Bar – delicious vegan raw bars handmade in London (free from nasties, gluten, eggs, dairy, soya, yeast, peanuts) all at £3.00 each

- RAW Cacao Bean Bar (Cacao Beans, Raisins, Brazil nuts, Hazelnuts, Coconut) 60g
- RAW Blueberry Bar (Blueberries, Raisins, Cashew nuts, Coconut) 60g
- RAW Goji Berry Bar (Goji Berries, Raisins, Cashew nuts, Coconut) 60g

Crayve's Organic chocolate and almond biscuits (wheat, gluten, yeast, soya and dairy free) 180 g @ £4.00

Natural Kitchen Pineapple Fizz – sugar & gluten free boiled sweets 55 g @ 2.95

Natural Kitchen Dandelion & burdock – sugar & gluten free boiled sweets 55 g @ £2.95

Natural Kitchen Strawberries & cream – sugar & gluten free boiled sweets 55 g @ £2.95

Taste of Nature “Brazilian Nut Fiesta” organic gluten free snack bar

Taste of Nature “Argentina Peanut Plains” organic gluten free snack

Taste of Nature “Quebec Cranberry Carnival” organic gluten free snack

Taste of Nature “California Almond Alley” organic gluten free snack

Taste of Nature “Persian Pomegranate Garden” organic gluten free snack

Taste of Nature “Himalayan Goji summit” organic gluten free snack

Taste of Nature “Chilean Blueberry Fields” organic gluten free snack

RUDE HEALTH Organic Puffed Rice Thins – Gluten free, Low fat, no added salt, no GM @ £2.15

RUDE HEALTH Organic Multigrain Thins (corn, rice, buckwheat, quinoa, millet) – Gluten free, Low fat, no GM @ £2.15

## Everyday Office Catering

### 10. Drinks

- Cheddar Organic Land Still Water 50cl 1.10
- Cheddar Organic Land Sparkling Water 50cl 1.10

**A GREAT SOURCE OF MINERALS, VITAMINS, OMEGA 3, MICRO-NUTRIENTS and ANTIOXIDANTS**

- **Detox 'Booster' Juice 250ml** £3.35  
- Carrot, Ginger & Spirulina (freshly squeezed)
- **Health 'Booster' juice 250ml** £3.35  
- Orange, Apple & Wheatgrass (freshly squeezed)
- **Brain Power 'Booster' juice 250ml** £3.35  
- Carrot, ginger & Barley grass (freshly squeezed)
- **Recharge Juice 250ml** £3.35  
- Orange, Carrot, Apple & Hemp protein (freshly squeezed)

- **Freshly squeezed Orange juice** £2.50
- **Freshly Squeezed Apple juice** £2.50
- **Freshly Squeezed Carrot juice** £2.50
- **This Water Cranberry/Raspberry** £1.95  
*Still Water flavoured w. Raspberry & Cranberry*
- **This Water Lemon/Lime** £1.95  
*Still Water flavoured w. Lime & Lemon*
- **Aranciata San Pellegrino** £1.45  
*Fizzy Orange drink*
- **Limonata San Pellegrino** £1.45  
*Fizzy Lemon drink*
- **Yellow Firefly "Detox"** £1.95  
*Fruit Juice Drink w. Lemon, Lime & ginger*
- **Green Firefly "Sharpen up"** £1.95  
*Fruit juice drink w. Passion Fruit & Grapefruit*
- **Red Firefly "Wake up"** £1.95  
*Fruit juice drink w. Peach & Green Tea*
- **Lassi organic Yoghurt Smoothie** £1.65  
*Mango*
- **Lassi organic Yoghurt Smoothie** £1.65  
*Chai spices*

## *Everyday Office Catering*

### 11. Snacks, Cookies, Biscuits

#### DISCLAIMER:

Any item that is out of stock will be replaced with a like product. If you do not wish to receive another item please state this when ordering otherwise it will be charged on delivery.

#### CRISPS

**BROWN BAG CRISPS** 100% British potato hand cooked in a light olive oil and flavoured with natural seasonings from local farms, 40 g , all @ £1.15 ALL VATABLE

- Lightly salted
- Sea salt and Malt Vinegar
- Oak smoked Chilli
- Mature Cheddar, Manchego & Onion

**JUST CRISPS** hand cooked in rapeseed oil, from the heart of Staffordshire. 45% less saturated fat than standard crisps 40 g, all @ £1.15 ALL VATABLE

- Unsalted
- Sea Salt & Black Pepper

- |  |       |
|--|-------|
| • Organic Almond Nougat bar  | £1.50 |
| • Organic Bounce Ball Spirulina<br><i>High-energy snack</i>        | £1.95 |
| • Organic Bounce Ball Premium Protein<br><i>High protein snack</i> | £1.95 |

12. SNACKS all @ £1.25 Spanish “Quelitas” mini bread snacks made with olive oil – healthier alternative to crisps

- Mediterranean – with tomato, garlic and oregano
- Cheese – with Parmesan cheese
- Olives – with black olives
- Sunflower seed
- Onion
- Whole wheat with sesame seeds
- Cor – with antioxidants and cardiovascular benefits (grape seed oil)

SNACKS all @ £1.50 each

Taste of Nature “Brazilian Nut Fiesta” organic gluten free snack bar

Taste of Nature “Argentina Peanut Plains” organic gluten free snack

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## *Everyday Office Catering*

**RAW INTENT** Snack Bars Bar – delicious vegan raw bars handmade in London (free from nasties, gluten, eggs, dairy, soya, yeast, peanuts) all at £2.80 each

- **RAW Cacao Bean Bar (Cacao Beans, Raisins, Brazil nuts, Hazelnuts, Coconut) 60g**
- **RAW Blueberry Bar (Blueberries, Raisins, Cashew nuts, Coconut) 60g**
- **RAW Goji Berry Bar (Goji Berries, Raisins, Cashew nuts, Coconut) 60g**

### **NATURAL KITCHEN DRIED FRUITS AND NUTS**

Natural Kitchen Organic chocolate almonds 50g	<b>£1.00</b>
Natural Kitchen Chocolate raisins 50g	<b>£1.00</b>
Natural Kitchen Organic unsulphured apricots 50g	<b>£1.00</b>
Natural Kitchen whole Brazil nuts 125g	<b>£2.55</b>
Natural Kitchen diced papaya 125g	<b>£1.30</b>
Natural Kitchen Organic sunflower seeds 125g	<b>£1.00</b>
Natural Kitchen Organic pumpkin seeds 125g	<b>£1.65</b>
Natural Kitchen Organic crystallised ginger cubes 125g	<b>£1.55</b>
Natural Kitchen dried mango 50g	<b>£1.00</b>
Natural Kitchen banana chips 50g	<b>£1.00</b>
Natural Kitchen Organic pitted prunes 250 g	<b>£1.95</b>
Natural Kitchen Organic dates 250g	<b>£2.35</b>
Natural Kitchen Organic dried fruit salad 250g	<b>£3.55</b>

### **NATURAL KITCHEN ORGANIC FUDGE – ALL VATABLE**

NK Organic Vanilla Fudge 150g	<b>£2.75</b>
NK Organic Chocolate Fudge 150g	<b>£2.75</b>
NK Organic Coffee Fudge 150g	<b>£2.75</b>
NK Organic Ginger Fudge 150g	<b>£2.75</b>
NK Organic Clotted Cream Fudge 150g	<b>£2.75</b>

### **NATURAL KITCHEN COOKIES AND BISCUITS**

NK Dipped Chocolate Chip Cookies 300g	<b>£3.00</b>
NK Stem Ginger Cookies 300g	<b>£2.50</b>
NK Marshmallow Cookies 300g	<b>£2.50</b>
NK Toffee Cookies 300g	<b>£2.50</b>
NK Boxed Shortbread Butter Biscuits 180g	<b>£2.75</b>

**Pour Toi Bakery Chocolate Fudge Cookie (Gluten-Free, Dairy Free, Vegetarian & Kosher) £1.95**

## *Everyday Office Catering*

### **B-tempted Gluten-Free Bites (x5 bites)**

- **Raspberry, white chocolate & Pistachio** **£2.75**
- **White Chocolate, lemon & Cashew** **£2.75**

### **13. Natural Kitchen 'Retro' Sweets**

#### **Boiled Sweets -**

- **Rhubarb & Custard** **£1.95**
- **Lemon sherbet's** **£1.95**
- **Mint Humbugs** **£1.95**
- **Chocolate Limes** **£1.95**
- **Aniseed Twists** **£1.95**

#### **Soft Sweets**

- **Fruit Hard Gums** **£1.95**
- **Wine Gums** **£1.95**
- **Blackberries & Raspberries** **£1.95**
- **Jelly babies** **£1.95**
- **Toffee Bon Bons** **£1.95**
- **Liquorice Allsorts** **£1.95**
- **Liquorice Torpedoes** **£1.95**
- **Liquorice Cream Rock** **£1.95**
- **Dolly Mixtures** **£1.95**

*Enjoy!*