



NATURAL KITCHEN
MARYLEBONE, LONDON

Food to Go Menu Spring / Summer 2010

Daily we have specials in-store but below is a good example of some of the delicious food we do. All prepared fresh everyday.

1. Organic Yoghurt, Fruit pots & Fruits

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| 1.1. <u>Pur Nature: Organic Yoghurt in glass jar 150g</u> | £1.50 |
| • Raspberry | |
| • Strawberry | |
| • Bilberry | |
| • Nature | |
| • Vanilla | |
| 1.2. <u>Sojasun: Organic Natural live Soya Speciality</u> | £1.00 |
| • Apricot & Guava | |
| • Raspberry & Passion Fruit | |
| • Cherry | |
| • Lemon | |
| 1.3. <u>Fresh Fruits, Organic Vanilla Yoghurt & Granola 12oz</u> | £3.50 |
| 1.4. <u>Pineapple Sliced & Chopped Basil Fruit Pot</u> | £2.95 |
| 1.5. <u>Seasonal Fruit pot</u> | £2.95 |
| 1.6. <u>Mixed Melon, Mint & Pomegranate</u> | £2.95 |
| 1.7. <u>Fruits</u> _____ Apple / Banana / Clementine / Orange | £0.60 |

2. Bakery

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| 2.1. <u>Yummy Muffins</u> | £2.25 |
| Mega Berries / Triple Chocolate / Lemon, White Chocolate Filling & Meringue Topping /
Multiseeds & Fruits Filled W. Cream Cheese / Banana & Toffee | |
| 2.2. <u>Large White Chocolate Chip cookie</u> | £1.75 |
| 2.3. <u>Caramel Slice / Chocolate 'Tiffin'</u> | £1.50 |
| • Layer of coconut Biscuit, Caramel & Chocolate | |
| 2.4. <u>Walnut Fudge Brownie 'Gluten Free'</u> | £2.50 |
| 2.5. <u>Luxury Flapjack 'Gluten Free'</u> | £2.50 |
| 2.6. <u>New Jersey Baked Cheesecake Slice</u> | £3.25 |
| 2.7. <u>New Jersey Baked Cheesecake 12 Slices Cake</u> | £28.00 |
| 2.8. <u>Chocolate Fudge Cake Slice</u> | £3.25 |
| 2.9. <u>Chocolate Fudge 12 Slices Cake</u> | £28.00 |
| 2.10. <u>Orange & Carrot Cake Slice</u> | £3.25 |
| 2.11. <u>Orange & Carrot 12 Slices Cake</u> | £28.00 |
| 2.12. <u>Today's Cake – Slice</u> | £3.25 |
| 2.13. <u>Whole Cake</u> | £28.00 |



3. Seasonal Salads

3.1. Large Salad Box

£4.95

Choose up to three of the following Vegetarian Salads

- Mixed Leaves : - With Dressing
- No Dressing
- Chick Pea, Apple & red peppers
- Roasted Vegetables (Peppers, Courgettes, Aubergines, Red Onions)
- French Beans & Mange tout with coconut
- Quinoa, Mange tout, Cherry Tomatoes & sultanas.
- Rice, Almond Flakes, Chilli & Broccoli
- Pasta, Feta Cheese, Roasted Cherry Tomatoes & Rocket

3.2. Small Salad Pot

£3.75

Choose one of our Vegetarian Salads

- Mixed Leaves : - With dressing
- No Dressing
- Chick Pea, Apple & red peppers
- Roasted Vegetables (Peppers, Courgettes, Aubergines, Red Onions)
- French Beans & Mange tout with coconut
- Quinoa, Mange tout, Cherry Tomatoes & Sultanas.
- Rice, Almond Flakes, Chilli & Broccoli
- Pasta, Feta Cheese, Roasted Cherry Tomatoes & Rocket

4. Salad Boxes

Dressing always served on the side

4.1. Falafel Salad (V)

£4.85

- Hummus, Falafels, Roasted Butternut Squash, Rocket, tomato & Cucumber, Pine nuts, sesame seeds with Mixed leaves & Mango Chutney

4.2. Chicken Salad Box

£4.95

- Char-Grilled Chicken, Roasted vegetables, tomato, cucumber, Toasted pine nuts, Olives, Alfalfa sprouts with Mixed Leaves

4.3. Roast Beef & Horseradish

£4.95

- Rare British hand cut Roast Beef, New Potato Salad, Tomatoes, cucumber, Parmesan & Horseradish with mixed Leaves

4.5. Tiger Prawn

£4.95

- Pan-fried Tiger Prawns, Green beans, chick pea & lentil salads, sundried tomato & lemon wedge with mixed leaves.

4.6. Goat's Cheese & Beetroot(V)

£4.95

- Honey Caramelized Goat's Cheese, Beetroot wedges, cucumber, tomato, toasted pine nuts & sesame seeds with Mixed leaves.



5. Sandwiches

- 5.1. Tuna & Cucumber £2.95
- Tuna steak in low fat mayo with cucumber on brown bread.
- 5.2. Ham & Salad £2.95
- Thick Slice of ham, Tomato, Leaves with butter on granary bread.
- 5.3. Chicken mayo & Sundried tomato £3.35
- Char-Grilled Free range Chicken, Low fat Mayo, Leaves, Sun-dried Tomatoes with butter on Multi Seeded Rustic Roll.
- 5.4. Organic Egg mayo & watercress (V) £2.85
- Organic Egg, Low Fat mayo, watercress with butter on white bread.
- 5.5. Cheddar & Pickle (V) £2.95
- Mature Cheddar , Traditional Pickle, Sliced Tomato & Butter on Multi Seeded Rustic Roll.
- 5.6. Roast Beef & Parmesan £3.75
- British Rare Roast Beef Thinly Sliced, Creamy Horseradish, Butter and Rocket on stone baked white baguette.
- 5.7. Tuna & boiled Organic Egg £3.50
- Tuna, Organic Egg , Low Fat Mayo, Capers, Red onions & Mixed Leaves on stone baked baguette.
- 5.8. Roast Chicken & Pesto £3.95
- Char-Grilled Chicken, Basil Pesto, Grilled Vegetables & Butter on Rosemary focaccia.
- 5.9. Brie & Mango 'Gluten free' £3.95
- Brie, Mango chutney & rocket on Gluten Free bread
- 5.10. Smoked Salmon & Cream cheese £3.95
- Scottish Smoked Salmon, Low Fat cream cheese, Fresh dill & Rocket on dark rye Bread

6. Wrap

- 6.1. Hummus & Carrot (V) £2.95
- Hummus, Carrot, White Cabbage & Baby Spinach Leaves in a soft Tortilla



7. Meal Boxes (Cold)

All served with your choice of two salads

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| 7.1. <u>Quiche Box</u> | £6.25 |
| <i>Open pie made of eggs, Milk & Cream in a pastry crust</i> | |
| <ul style="list-style-type: none">• Feta, Spinach & Sun-dried Tomatoes
+ 2 Salads of your choice*• Salmon, Dill & Watercress
+ 2 Salads of your choice*• Mushrooms, Parma ham & Blue Cheese
+ 2 Salads of your choice* | |
| 7.2. <u>Chicken Meal box</u> | £6.95 |
| <ul style="list-style-type: none">• Char-Grilled Free Range Chicken Breast
+ 2Salad of your choice* | |
| 7.3. <u>Poached Salmon Meal Box</u> | £7.25 |
| <ul style="list-style-type: none">• Salmon fillet poached with dill & Lemon
+ 2 Salad of your choice* | |
| 7.4. <u>Spanish Tortilla Meal Box (V)</u> | £5.95 |
| <ul style="list-style-type: none">• Spanish Tortilla Omelette baked with seasonal vegetables, onions & New potatoes
+ 2 Salads of your choice* | |
| 7.5. <u>Chicken Escalope Meal Box</u> | £7.25 |
| <ul style="list-style-type: none">• Breadcrumb coated chicken.
+ 2 salads of your choice* | |
| 7.6. <u>Londoner Pork Sausage Meal Box</u> | £6.00 |
| <ul style="list-style-type: none">• 2 x Londoners Sausages (Herbs, Garlic, 100% Pork)
+ 2 Salads of your choice* | |



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.

8.1. Large Homemade Sausage Roll £3.50

- 100% Pork, Herbs & Garlic in a puff pastry

8.2. Sausage Roll Meal Box £5.00

- Our Homemade Sausage roll
+ 2 Salads of your choice*

8.3. Soup & Focaccia (V) £3.85

Our Soups are always Vegetarian and dairy-free & made fresh everyday

- Please call 0203 012 2123 opt.2 to learn about today's soup

8.4. Soup Meal Deal (V) £5.95

Our Soups are always Vegetarian and dairy-free

- Today's Soup + Focaccia
+ 2 salad of your choice *

*** Choose your two Salads from the Following:**

- Mixed Leaves : -With Dressing
 - No Dressing
- Chick Pea, Apple & red peppers
- Greek Salad of Tomatoes, red onion, black olives, feta cheese & cucumber
- Roasted Vegetables (Peppers, Courgettes, Aubergines, Red Onions)
- French Beans & Mange tout with coconut
- Quinoa, Mange Tout, Cherry Tomatoes & sultanas.
- Rice, Almond Flakes, Chilli & Broccoli
- Pasta, Feta Cheese, Roasted Cherry Tomatoes & Rocket



9. Extras

9.1 List of Extra fillings

£1.00

- Cheddar
- Focaccia + Butter
- Artisan Bread + Butter
- Egg
- Ham
- Olives
- Chicken
- Goat Cheese
- Rare Roast Beef
- Roasted Veg (for Sandwich)
- Hummus

10. Drinks

- Cheddar Gorge Still Water 50cl £1.10
- Cheddar Gorge Sparkling Water 50cl £1.10
- Detox Juice 25cl £3.25
- Ginger, Beetroot, Celery & Carrot
- Energy Smoothie 25cl £3.25
- Orange, Banana & Pineapple
- De-Stress Smoothie 25cl £3.25
- Banana, Mango, Vanilla Yoghurt & Mango
- Recharge Juice 25cl £3.25
- Orange, Carrot, Apple & Ginger
- Purify Smoothie 25cl £3.25
- Apple, Kiwi & Mint
- Breakfast Smoothie 25cl £3.25
- Muesli, Honey, Banana & Milk
- Immune Smoothie 25cl £3.25
- Raspberry, Blueberry, Apple & Vanilla Yoghurt
- Freshly Squeezed Juice 25cl £3.25
Choose one or any combination of the following
Carrot – Apple – Ginger – Beetroot - Celery - Orange - Fennel
- 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 £1.10
Fizzy Orange drink
- Limonata San Pellegrino £1.10
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



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11. Snacks

- **Tyrrell's Naked Crisps 40g** £0.95
Unsalted crisps
- **Tyrrell's Cracked pepper & sea salt 40g** £0.95
- **Organic Almond Nougat bar** £1.40
- **Organic Bounce Ball Spirulina** £1.90
High-energy snack
- **Organic Bounce Ball Premium Protein** £1.90
High protein snack
- **Organic Chocolate Cereal bar** £1.90
- **Organic Granola & honey Bar** £1.90

12. Natural Kitchen 'Retro' Sweets

Boiled Sweets -

- **Rhubarb & Custard** £1.95
- **Lemon Sherberts** £1.95
- **Mint Humbugs** £1.95
- **Chocolate Limes** £1.95

Soft Sweets -

- **Fruit Hard Gums** £1.95
- **Wine Gums** £1.95
- **Blackberries & Raspberries** £1.95
- **Milk Bottles** £1.95
- **Jelly babies** £1.95
- **Toffee Bon Bons** £1.95

*PRICES MAY VARY DEPENDING ON STORE VISITED AND CHANGE IN ACCORDANCE WITH MARKET RATES & SEASONALITY