

EVERY DAY CATERING

Delivered early ready to eat.

Breakfast...

CONTINENTAL BREAKFAST

Tea & Coffee, freshly squeezed orange juice, assorted mini Danish pastries & a seasonal fruit platter 37.50 Serves 5

HEALTH BREAKFAST

Freshly squeezed orange juice, yoghurt, granola & mixed berries, a seasonal fruit platter & mini flapjacks 40.00 Serves 5

DIY

Artisan breads, croissants & pastries w butter, preserves & the loan of a toaster & a bread knife. Your guests do the rest.

Served w tea & coffee 25.00 Serves 5

MUFFINS

Tea & Coffee served w 4 Benedict, 4 Royale and 2 Florentine toasted muffins. Delivered hot.

Please contact us for details £22.50 Serves 5-10

FULL ENGLISH

Tea & Coffee served w dry cured bacon, Londoner pork sausage, scrambled organic eggs, mushroom, tomato, Ramsay black pudding & DIY toast. Delivered hot. Please call us for details £40.00 Serves 5

BAKERS' PLATTER

Assorted mini pastries, muffins & flapjacks 12.50 Serves 5

FRUIT PLATTER

Assorted sliced seasonal fruit 15.00 Serves 5

SMOKED SALMON BAGELS

Mini bagels w Inverawe smoked salmon & cream cheese 15.00 Serves 5

BACON SANDWICH PLATTER

Toasted bread, dry cured bacon w tomato or HP sauce £17.50 Serves 5

BACON & CREAM CHEESE BAGELS

Mini bagels w dry cured bacon & cream cheese £17.50 Serves 5

SMALL BOX OF FRUIT

Seasonal fruit 12.50 15 pieces

LARGE BOX OF FRUIT

Seasonal fruit 25.00 30 pieces

Natural Kitchen 77/78 Marylebone High Street London W1U 5JX

W: thenaturalkitchen.com E: events@thenaturalkitchen.com T: 0203 0122123

- 1 -



EVERY DAY CATERING

Lunch...

CLASSIC PLATTER

Dolphin-friendly TUNA, sliced cucumber, low fat mayo & mixed leaves on wholegrain
Organic EGG, low fat mayo & mustard cress on wholegrain ✓
Thick sliced Yorkshire HAM, vine tomato, wholegrain mustard, French butter
& mixed leaves on wholegrain
Char grilled free range CHICKEN, low fat mayo & mixed leaves on wholegrain
Mature CHEDDAR CHEESE, vine tomato, onion pickle, organic butter & rocket on wholegrain ✓
20 quarters £18.75

ARTISAN BREADS PLATTER 1

Roast rare BEEF, horseradish, low fat mayo & rocket on Kentish loaf
Dill poached SALMON, low fat cream cheese & mixed leaves on ciabatta
French brie, tomato relish, organic butter & rocket on Kentish loaf ✓
Char grilled free range CHICKEN, home made pesto, roasted veggies
& low fat may on sun dried tomato foccacia
COPPA, organic egg, vine tomato, red onion, wholegrain mustard, low fat mayo
& mixed leaves on baguette
15 pieces £22.50

ARTISAN BREADS PLATTER 2

Roast rare BEEF, horseradish, low fat mayo & rocket on Kentish loaf
Grilled French GOAT'S CHEESE, home made pesto, roasted veggies
& low fat may on rosemary foccacia
Dolphin-friendly TUNA, organic egg, capers, red onion, low fat mayo & mixed leaves rocket on
Kentish loaf ✓
Char grilled free range CHICKEN, home made pesto, roasted veggies
& low fat may on sun dried tomato foccacia
COPPA, organic egg, vine tomato, red onion, wholegrain mustard, low fat mayo
& mixed leaves on baguette
15 pieces £22.50

CRUNCHY WRAP PLATTER

Home-made CHILLI HUMMUS, crunchy rootslaw, & spinach
CRAYFISH tails, crunchy rootslaw, spinach & bloody mary sauce
Char grilled free range CHICKEN, crunchy seasonal slaw & a lemon aioli
Inverawe SMOKED SALMON smoked salmon, dill cream cheese & rootslaw
20 quarters £18.75

VEGGIE SANDWICH PLATTER

Organic EGG, low fat mayo & mustard cress on wholegrain ✓
French brie, tomato relish, organic butter & rocket on Kentish loaf ✓
Home-made chilli HUMMUS, shredded carrot & baby spinach wrapped in a flour tortilla ✓
Mature CHEDDAR CHEESE, vine tomato, onion pickle, organic butter & rocket on wholegrain ✓
French GOAT'S CHEESE, roasted veggies, home-made sun dried tomato pesto & mixed leaves on
rosemary foccacia
8 wholegrain quarters, 6 artisan pieces & 4 wrap quarters £18.75

MEAT SANDWICH PLATTER

Thick sliced Yorkshire HAM, vine tomato, wholegrain mustard, French butter
& mixed leaves on wholegrain
Char grilled free range CHICKEN, low fat mayo & mixed leaves on wholegrain
Roast rare BEEF, horseradish, low fat mayo & rocket on Kentish loaf
COPPA, organic egg, vine tomato, red onion, wholegrain mustard, low fat mayo
& mixed leaves on baguette
Char grilled free range CHICKEN, crunchy seasonal slaw & a lemon aioli wrapped in a flour
tortilla
8 wholegrain quarters, 6 artisan pieces & 4 wrap quarters £22.50

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- 2 -



EVERY DAY CATERING

Lunch (continued)...

FISH SANDWICH PLATTER

Dill poached SALMON, low fat cream cheese & mixed leaves on ciabatta
Dolphin-friendly TUNA, sliced cucumber, low fat mayo & mixed leaves on wholegrain
Dolphin-friendly TUNA, organic egg, capers, red onion, low fat mayo & mixed leaves rocket on olive foccacia ✓
Inverawe SMOKED SALMON, dill cream cheese & rootslaw wrapped in a flour tortilla
CRAYFISH tails, crunchy rootslaw, spinach & bloody mary sauce wrapped in a flour tortilla
4 wholegrain quarters, 6 artisan pieces & 8 wrap quarters £22.50

CHARCUTERIE BOARD

Corsican Lonzo & Saucisson, Italian Prosciutto, Spanish Coppa & cornichons w artisan bread
27.50 serves 5

VEGETARIAN MEZZE

NK Hummus, Baba ganoush, roast artichokes, marinated peppers, mixed olives & pitta breads
26.00 serves 5

SMOKED FISH BOARD

Scottish smoked salmon, trout & mackerel with lemon & artisan breads
32.00 serves 5

CHEESE BOARD

Red Leicester, Keens Mature Cheddar, Matured Brie de Meaux and Bleu d'Auvergne with quince jelly & oatcakes 28.00 serves 5

TYBURN

Artisan Breads Platter 1
Veggie Platter
Serves 5-10 £37.00

MARYLEBONE

Artisan Breads Platter 1
Classic Platter
Veggie Platter
2 x Fruit Platter
2 x Mini cakes
Serves 10-15 £98.00

REGENT

Artisan Breads Platter 1
Artisan Breads Platter 2
Classic Platter
Veggie Platter
1 x Goat's cheese & mixed pepper quichette plate - 10 quichettes
1 x Home-made mini sausage rolls w tomato relish plate - 10 sausage rolls
1 x Chilli & lemon prawn skewer 5 skewers
2 x Fruit Platter
3 x Mini cakes
Serves 15-20 £148.00

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- 3 -



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Lunch (continued)...

Salad...

Our famous seasonal salads make a change from the normal sandwich platter...

Individual salad pot £3.95 Large bowl £16.50 serves 5

Choose from:

MIXED LEAF SALAD w coriander, parsley, dill, basil & spinach
NEW POTATO SALAD & radish salad w spring onion & yoghurt
CUCUMBER SALAD w red chilli & poppy seed salad
COURGETTE SALAD w roasted cherry tomato, asparagus & Halloumi cheese salad
CHICKPEA SALAD w red pepper, carrot, apple and cherry tomato salad
BROAD BEAN SALAD of red cabbage, carrot & sesame seed slaw w a soya milk dressing
DRY SLAW - Carrot, white cabbage, toasted seeds & red chilli
QUINOA SALAD w mangetout, sultana & tomato
ARTICHOKE SALAD w apricot cumin, toasted seeds, hazelnut & rocket couscous
RADISH & BROAD BEAN SALAD w coriander, cumin & green tahini
AUBERGINE SALAD w oregano roasted red, yellow & green peppers, red onion & courgette
PURPLE SPROUTING BROCCOLI SALAD w flaked almond, garlic & chilli wild rice salad
FRENCH BEAN SALAD & mangetout w coconut
DAILY SALAD - please ask for details

Salad boxes...

...and our salad boxes are even better!

Per Box: £6.50

FALAFEL - Home made hummus, falafel, roasted butternut squash, cucumber, mixed leaves w a spicy yoghurt dressing.
CHICKEN - Char grilled free range chicken, roasted veggies, tomato, cucumber, toasted pine nuts, olives & mixed leaves
POACHED SALMON - Dill poached Scottish salmon, chickpea & lentil, capers, sun dried tomato & mixed leaves
ROAST BEEF SALAD - Rare roast beef, new potato salad, tomato, mixed leaves & horseradish
TUNA & TUSCAN BEAN - Dolphin friendly tuna, cannelloni beans, green beans, parsley, mixed peppers, organic egg, olives & mixed leaves
GOATS CHEESE - Honey caramelized French Goats cheese, crouton, beetroot, pine nuts, mixed leaves & mango chutney

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- 4 -



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Lunch (continued)...

Soup...

Made fresh by us every day,

Cup £3.50 (minimum of 5) Flask £17.50 serves 5

Please contact us about today's soups.

Fruit...

Sliced seasonal fruit platter	£12.50	Serves 5
Seasonal berries <u>w</u> cream	£15.00	Serves 5
Fruit skewers <i>served w</i> crème fraiche	£9.95	Serves 5

Cakes...

All our cakes are home-baked.

PASTRIES

Croissant	1.65
Pain au chocolat	1.95
Pain au raisin	1.95
Mini pastries (two)	1.95
Fruit Danish	1.95

MUFFIN

Blueberry & Almond	2.25
Skinny Chocolate	2.25
Cranberry Crumble	2.25
Lemon & Poppy Seed	2.25
Raspberry & Oat	2.25
Pineapple & Coconut	2.25
Mini muffins (two)	2.25

CAKES

48 hours notice is usually required for whole cakes

Passion fruit cheesecake	3.95	Slice / 36.00 whole
Cherry Almond Sponge	3.25	Slice / 28.00 whole
Chocolate Fudge	3.25	Slice / 28.00 whole
Carrot & Walnut	3.25	Slice / 28.00 whole
Apricot Tatin	2.75	
Fruit Tartlet	2.65	
Lemon Meringue	2.65	
Brownie	2.25	
Mini Brownies (two)	2.25	
Flapjack	1.95	
Mini Flapjack (two)	1.95	
Choc chip cookie	1.95	
Mini Choc chip cookies	1.95	

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- 5 -



Lunch (continued)...

Drinks...

FRESHLY SQUEEZED

Orange, apple, carrot or combination £2.35

DETOX JUICE

Ginger, beetroot, celery & carrot juice £2.35

RE-CHARGE JUICE

Carrot, apple, orange and ginger £2.35

ENERGY JUICE

Orange, banana & pineapple £2.35

PURIFY JUICE

Apple, kiwi, mint £2.35

HAIRY DOG JUICE

Tomato juice, hot sauce, ginger and celery £2.35

BREAKFAST SMOOTHIE

Muesli, honey, banana & milk £2.35

DE-STRESS SMOOTHIE

Orange, banana, mango & yoghurt £2.35

IMMUNE BUILD SMOOTHIE

Raspberries, blueberries, apple & yoghurt £2.35

Soft Drinks...

Sparkling / Still water 330ml glass £1.50

Sparkling / Still water 750ml glass £3.00

Soft Drinks - Coke / Diet Coke - 330ml bottles £1.25

House Wine...

Semillon Chardonnay, Willowglen, De Bortoli, South Australia, 2004 £7.95

Shiraz Cabernet, Willowglen, De Bortoli, South Australia, 2004 £7.95

Prosecco / Champagne...

Prosecco Dei Colli Trevigiani Brut Frizzante Italy NV £18.95

Dampierre Champagne Brut France NV £24.95

Pol Roger Reserve Brut Epernay NV £35.00

Prices include Glassware, Ice & corkage.

For our full wine list please contact us, or download our drinks list

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- 6 -



FINGER 'TAPAS'

Our finger 'tapas' menus are ideal for many events, where 'something different' is needed to set your event apart from the rest. Combining a number of plates will offer diversity and interest.

All plates are priced at £12.50. A minimum of three plates needs to be ordered.

Fish Plates...

Salmon & cream cheese baby bagel 10 bagels
Mini fishcake w dill tartare 10 fishcakes
Chilli & lemon prawn skewer 10 skewers
Mini salmon en croute 5 encroutés
Smoked salmon & asparagus quichette 5 quichette
Tiger prawn cocktail w bloody mary sauce 5 prawns
Seared tuna Nicoise bruschette 10 bruschette
Fish goujons w tartare dip 10 goujons

Meat Plates...

Bacon & cream cheese baby bagels 10 bagels
Home-made mini sausage rolls w tomato relish 10 sausage rolls
'Londoner' sausages w honey & sesame glaze 10 sausages
Lamb loin chops w mint sauce 5 chops
Chicken, ginger & chilli skewer 10 skewers
Pesto chicken & goat's cheese bruschette 10 bruschette
Med rare steak skewers w horseradish, English mustard & Bowler sauce 10 skewers
Mini beef Wellingtons 5 beef wellingtons

Veggie Plates...

Goat's cheese & mixed pepper quichette 5 quichette
Spinach, feta & sundried tomato quichette 5 quichette
Spanish potato tortilla 10 tortilla
Tomato, mozzarella & basil bruchette 10 bruschette
Halloumi, tomato & basil skewer 10 skewers
Chickpea & fava bean falafel w spicy tomato sauce 10 falafel
Crumbed French camembert & wild cranberry sauce 10 camembert wedges
Baby baked potatoes w sour cream & chives 15 potatoes

Sweet Plates...

Tropical fruit skewers 5 skewers
Mini muffins 10 muffins
Mini Brownies 10 brownies
Banoffee pies 5 pies
Lemon meringues 5 meringue

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- 7 -



CANAPÉS

Canapés are ideal for events when a light bite is required or to accompany a pre dinner drink. We recommend 3 canapés per person for pre-dinner, 5-7 for a cocktail party or 7-12 for longer events. Like our Finger Tapas, combining a number of plates will offer variety and interest to your guests.

All plates are priced at £24.95 for 20 canapés per plate.

A minimum of three plates per order.

Fish Plates...

Spicy prawn crostini
Sri Lankan curried prawn filo tartlet
Salmon Gravavlax on rye w dill-mustard sauce
Smoked salmon, dill & cream cheese roulade
Seared tuna carpaccio on rye w mango salsa
Seared tuna Nicoise crostini
Smoked trout, cream cheese & spinach roulade
Mini fishcake w dill tartare
Crayfish & broadbean salad tartlet w lemon crème

Meat Plates...

Seared beef carpaccio on rye w parmesan & rocket
Seared beef fillet fork w English mustard or horseradish
Bang bang chicken tartlet
Smoked chicken & olive tartlet
Drunken duck skewer w sloe gin & marsala glaze
Asian duck spoon w hoi sin
Prosciutto wrapped fig w blood orange glaze
Bresaola crostini w white truffle oil & pecorino

Veggie Plates...

Wild rice pancakes w avocado salsa
Dill pancakes w red onion marmalade
Tomato & basil crostini
Crispy carrot cakes w feta & black olives
Lemon marinated tortellini skewers
Corn cakes w spicy mango salsa
Avocado & goat's cheese crostini
Parmesan shortbreads w goat's cheese
Aubergine & herb crostini

Sweet...

Summer berry tartlet
Mini petit fours of chocolate truffles, fudge & nut crisps
Bitter chocolate tartlet
Mini Eton mess

OFFICE BASKETS

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We offer great baskets that can be delivered daily into your office or workplace, offering a healthy alternative to snacking and are an ideal start to the day, or for breaks when a refuel is needed. We source our fruit daily from the markets (regulars include oranges, bananas, kiwis, apples, plums) and make our own flapjacks, granola, muffins etc making them a really healthy option. Our breads are baked daily with no added fats or emulsifiers (the stuff they use to keep bread 'fresh' on supermarket shelves) and natural yeast (you won't get that bloated feeling!) We can deliver daily and can even manage the whole thing to a pre-agreed budget so you never run out when you really need it.

Fruit Basket - £20.00

Basket of seasonal fruits - contains 40 pieces. Regulars include: oranges, bananas, kiwis, apples, plums

Breads & Spreads - £20.00

3 x loaves of freshly baked breads, & 3 spreads

Fruit & Mixed Nuts Basket - £35.00

Basket of seasonal fruit & 10 x individual serves of mixed nuts

Fruit Salad Pack - £27.00

10 x Individual fruit salads topped w organic yoghurt

Breakfast Basket - £58.00

10 x Granola pots (fruit salad, organic yoghurt & our own granola), basket of seasonal fruit & 20 x mini flapjacks

Full Breakfast Basket - £45.00

2 x loaves freshly baked bread, 2 spreads, 2 pints milk, tea, coffee, basket of seasonal fruit

Morning Basket - £49.00

Basket of seasonal fruit, 20 x mini flapjacks & 10 x individual organic yoghurt servings.

Muffin & Fruit Basket - £36.50

Selection of 10 x freshly baked muffins & basket of seasonal fruit.

Morning Tea - £38.00

20 x Mini flapjacks, basket of seasonal fruit & 2 boxes Dr Stuart herbal tea.

Long Life Snack Pack - £28.00

Basket of organic individual serves of mixed nuts, seeds, dried fruit and assorted health bars.

Fruit & Veg Snack Pack - £28.50

10 x Individual serves of crudités w hummus, & basket of seasonal fruit

Champagne Basket - £55.00

Bottle of Pol Roger Reserve Brut Epernay NV, cheeses hand selected by our cheese man, crackers, seasonal fruit

Its Pimms Time - £30.00

Bottle of Pimms, mint, cucumber, ginger, lemons, strawberries (seasonal), soda water

Extras:

Add to any office basket order:

Dr Stuart herbal teas (detox, peppermint, green, apple ginger) £3.00

Clipper organic coffee - £4.00

Galettes Cookies (double choc crisps & orange) - £2.95

Sparkling/still water - £3.00 750ml

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