

THE ORGANIC KITCHEN

FOOD MENU

**PASSIONATE
ABOUT FOOD**

**PASSIONATE
ABOUT HEALTH**

**PASSIONATE
ABOUT YOU**

ABOUT US

The Organic Kitchen has been founded on the concept of delivering fresh healthy food and drink, that is sustainable and which has been responsibly sourced across the UK.

All our meals are freshly prepared each day, and are free from additives, preservatives and colourings. This ideal is rooted in our huge passion for food and our drive to help people lead better, healthier, longer lives.

There's lots to choose from and plenty to taste and we're so glad that you've chosen to visit us today! The team and I look forward to delivering you a memorable experience.

A handwritten signature in black ink, appearing to read 'Hilary Penning', with a large, stylized flourish at the end.

Hilary Penning - Founder of **THE ORGANIC KITCHEN**

BREAKFAST MENU

EGGS ON RYE – £8.50

Two poached eggs, baby spinach and avocado on rye bread, with hollandaise and turmeric salt

AVOCADO ON RYE – £7.50

Avocado and baby spinach served on rye toast with a harissa salsa

Add Sardines - £3.50

Add Eggs - £4.00

THE BIG GRILL UP – £10.50

Two poached eggs, three rashers of bacon, mushroom, cherry-ripe vine tomatoes and baked beans served with toast and ketchup or brown sauce

PEPPERED MACKEREL – £9.50

Grilled peppered mackerel, two poached eggs, cherry-ripe vine tomatoes, harissa and zingy horseradish sauce

POWERHOUSE PANCAKES – £8.00

Light and fluffy whole wheat and buckwheat pancakes and a choice of toppings

HOMEMADE PORRIDGE - £5.50

Freshly made porridge with organic whole milk and a choice of toppings

VANILLA YOGHURT AND GRANOLA BOWL - £5.95

Vanilla yoghurt and crunchy granola served with your choice of toppings

SUPER FRUIT AND GRANOLA BOWL – £5.95

Super fruit Acai berry is blended, served with crunchy granola and your choice of toppings

TOPPINGS - £1

Strawberries and bananas with crème fraîche
Pomegranate, pistachios and crème fraîche
Coconut syrup
Cacao nibs
Fresh mixed berries
Almond butter
Honey
Nut butter with chia seeds

SIDES

Toast - 1.00
Jam / Marmalade – 0.75
Baked beans – 2.00
Egg – 2.00
Bacon – 2.50

LUNCH MENU

GOURMET OPEN HOT SANDWICHES

All sandwiches are served with a mixed seasonal salad and organic vegetable crisps

Grilled Halloumi and hummus - £9.50

Melted Brie and grilled bacon - £9.75

Hot salt and peppered beef with mustard - £9.50

TASTER PLATTER - £12.50

Quinoa balls, Sweet Potato wedges, Grilled Halloumi and Hummus

Served with a selection of dips

SOUP OF THE DAY - £7.00

A hearty bowl of soup, crème fraîche and kale crisps with a slice of our freshly baked potato and caraway bread

Soup and sandwich – Add £3.00

PIE OR VEGETARIAN QUICHE OF THE DAY - £10.50

Pies are served hot with tangy sweet piccalilli chutney and seasonal salad

Quiche is served warm with our chef's choice of seasonal salad and red onion marmalade chutney

Add sweet potato wedges - £3.00

LAMB BURGER - £13.00

Char-grilled Lamb burger in a toasted seeded brioche bun
Caramelized onion jam and tomato and harissa salsa with sweet potato wedges and
cucumber raita

CHICKEN FLATBREAD - £12.50

Butterflied chicken breast in toasted flatbread
Tomato, dill pickle and onion salsa, avocado and mayo with sweet potato wedges

GOURMET SAUSAGE ROLL OF THE DAY – £8.00

Served piping hot with a seasonal salad and a red onion marmalade chutney

LAMB MEATBALLS - £12.50

Served with organic red and black wild rice

SUPERFOOD AND SEAWEED STIR FRY – £11.50

Organic Sea Spaghetti made from 100% seaweed tossed with seasonal vegetables
Add Chicken - £4.50
Add Sea Bass £4.00

BRAISED BEEF AND SWEET POTATO MASH - £14.95

Free-range Beef Cheeks in a red wine gravy served with a sweet potato mash and
seasonal winter vegetables

COCONUT QUINOA AND LENTIL CURRY WITH LIME AND CORIANDER - £10.50

Packed with Lentils, vegetables and fluffy Quinoa with pitta bread

Add Chicken - £4.50

Add Sea Bass £4.00

THE ALL DAY BREAKFAST BOWL - £7.50

Avocado and baby spinach served on rye toast with a harissa salsa

Add two Free-range Eggs - £4.00

BEETROOT AND FETA SALAD - £11.50

Crumbled feta and raw beetroot tossed with chef's choice of daily ingredients

Served with a Fig and balsamic dressing

GRILLED SEA BASS SALAD - £13.50

Line-caught, grilled Sea Bass fillet with chef's choice of daily ingredients

Served with a Cherry chilli drizzle

SUPERFOOD SALAD – £12.00

Baby spinach, figs, avocado, and goji berries with chef's choice of pulses, seeds and nuts

Served with a Raspberry balsamic glaze

Add chargrilled chicken breast - £4.50

Add grilled peppered mackerel - £4.00

CHILDREN'S MENU

QUINOA BALLS - £5.00

Quinoa and Mushroom balls served with Organic Baked beans

CHEESE AND TOMATO PIZZA - £5.00

Organic cheese and tomato pizza served with fresh salad

MINI LAMB BURGER - £5.50

Mini Lamb burger served with sweet potato wedges

HUMMUS AND PITTA - £4.50

SIDE ORDERS

HUMMUS - £4.50

QUINOA BALLS - £4.95

SWEET POTATO WEDGES - £4.50

GRILLED HALLOUMI - £4.50

DESSERTS

WARM CHOCOLATE BROWNIE - £5.75

Served with sweet fennel ice cream

GREEN TEA ICE CREAM - £5.00

VANILLA CHEESECAKE - £5.75

Served with a Winter Berry compote

ORGANIC CHEESE AND BISCUIT SELECTION - £6.50

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