

# THE ORGANIC KITCHEN

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FOOD MENU

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**PASSIONATE  
ABOUT FOOD**

**PASSIONATE  
ABOUT HEALTH**

**PASSIONATE  
ABOUT YOU**

# ABOUT US

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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

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PLEASE ENSURE ALLERGIES ARE DISCLOSED PRIOR TO ORDERING

## **EGGS ON RYE – 9.95**

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

Add Bacon - 3.00

## **AVOCADO ON RYE – 8.50**

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

Add Sardines - 3.50

Add Eggs - 4.00

Add Bacon - 3.00

## **THE BIG GRILL UP – 12.50**

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 – 11.00**

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

### **POWERHOUSE PANCAKES – 9.00**

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

### **HOMEMADE PORRIDGE - 6.50**

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

### **VANILLA YOGHURT AND GRANOLA BOWL - 7.00**

Vanilla yoghurt and crunchy granola served with your choice of toppings

### **SUPER FRUIT AND GRANOLA BOWL – 7.00**

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

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#### **TOPPINGS - 2.00 each**

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 - 1.50  
Jam / Marmalade – 1.25  
Baked beans – 2.50  
Egg – 2.00  
Bacon – 3

# LUNCH MENU

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## STARTERS

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**SOUP - 5.50**

**QUINOA BALLS - 6.50**

**MUSHROOMS ON TOASTED SOURDOUGH (N) - 7.00**

**TASTER PLATTER to share - 13.50**

Quinoa balls, Sweet Potato wedges, Grilled Halloumi and Hummus  
Served with a selection of dips

PRODUCTS WITH (N) CONTAIN NUTS

# MAINS

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## GOURMET OPEN HOT SANDWICHES

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

Grilled Halloumi and Hummus - 11.50

Melted Brie and grilled bacon - 11.50

Hot Salt and Peppered Beef with Mustard - 11.50

### LAMB BURGER - 14.00

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

Add Bacon 3.00

### CHICKEN FLATBREAD - 13.95

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

### LAMB MEATBALLS - 14.00

Served with organic red and black wild rice

### THE ALL DAY BREAKFAST BOWL - 8.50

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

Add two Free-range Eggs 4.00

**SUPERFOOD AND SEAWEED STIR FRY (N) – 14.50**

Organic Sea Spaghetti made from 100% seaweed tossed with seasonal vegetables  
Served with a satay peanut dressing, garnished with salmon caviar

Add Chicken 4.95

Add Sea Bass 4.50

Add Mackerel 4.50

**BRAISED BEEF AND SWEET POTATO MASH - 14.50**

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

**COCONUT QUINOA AND LENTIL CURRY WITH LIME AND CORIANDER - 12.95**

Packed with Lentils, vegetables and fluffy Quinoa with pitta bread

Add Chicken 4.95

Add Sea Bass 4.50

Add Mackerel 4.50

**BEETROOT AND FETA SALAD - 13.95**

Crumbled feta and raw beetroot tossed with chef's choice of daily ingredients  
Served with a Fig and balsamic dressing

Add Chicken 4.95

Add Sea Bass 4.50

Add Mackerel 4.50



**GRILLED SEA BASS SALAD - 14.95**

Line-caught, grilled Sea Bass fillet with chef's choice of daily ingredients  
Served with a Cherry chilli drizzle

**SUPERFOOD SALAD – 13.50**

Baby spinach, figs, avocado, and goji berries with chef's choice of pulses, seeds and nuts  
Served with a Raspberry balsamic glaze

Add Chicken 4.95

Add Sea Bass 4.50

Add Mackerel 4.50

**SOUP OF THE DAY (N) - 9.50**

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 3.95

**PIE OR VEGETARIAN QUICHE OF THE DAY - 11.50**

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

**GOURMET SAUSAGE ROLL OF THE DAY – 10.95**

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

# CHILDREN'S MENU

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## **QUINOA BALLS - 6.50**

Quinoa and Mushroom balls served with Organic Baked beans

## **CHEESE AND TOMATO PIZZA - 6.50**

Organic cheese and tomato pizza served with fresh salad

## **MINI LAMB BURGER - 7.00**

Mini Lamb burger served with sweet potato wedges

## **HUMMUS AND PITTA - 6.00**

# SIDE ORDERS

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## **SWEET POTATO WEDGES - 6.00**

## **GRILLED HALLOUMI - 6.00**

## **RAINBOW SLAW - 6.00**

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DUE TO THE NATURE OF OUR FOOD PREPARATION,  
ALL ALLERGIES SHOULD BE CONSIDERED AND  
DISCLOSED TO YOUR SERVER AT THE  
POINT OF PLACING YOUR ORDER.