

THE ORGANIC KITCHEN

FOOD MENU

WINTER/SPRING

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

PLEASE ENSURE ALLERGIES ARE DISCLOSED PRIOR TO ORDERING

NEW GLUTEN FREE BREAD OPTIONS AVAILABLE
Please ask your server for details

EGGS ON RYE – 9.95

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

Add Bacon - 2.50

AVOCADO ON RYE – 8.50

Toasted rye bread topped with avocado purée and harissa salsa, served with baby spinach

Add two Eggs - 3.00

Add Bacon - 2.50

THE BIG GRILL UP – 12.95

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

PEPPERED MACKEREL – 11.25

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

POWERHOUSE PANCAKES – 9.50

Light and fluffy wholewheat and buckwheat pancakes with added protein. Served with organic coconut syrup, chia seeds and crème fraiche

HOMEMADE PORRIDGE - 6.50

Freshly made porridge with organic whole milk, gluten free oats, buckwheat and finished with chia seeds

VANILLA YOGHURT AND GRANOLA BOWL - 6.75

Vanilla yoghurt and crunchy granola, flavoured with honey

SUPER FRUIT AND GRANOLA BOWL – 7.00

Blended superfruits: Acai, strawberries, mango and blueberries blended and topped with a crunchy granola

TOPPINGS		SIDES	
Strawberries and bananas	2.00	Toast with preserves	1.50
Pomegranate and pistachios	2.00	Baked beans	2.00
Fresh mixed berries	2.00	Egg	1.50
NEW Bee pollen and honey	1.25	Bacon	2.50
Coconut syrup	0.99	Mushroom	2.00
Cacao nibs	0.99	Tomatoes	2.00
Almond butter	0.99	Avocado Purée	1.50
		Sausage	2.50

LUNCH MENU

STARTERS

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LAMB SKEWERS - 5.00

Grilled lamb mince skewers served with turmeric pitta bread, a chickpea tagine and a cucumber raita

QUINOA BALLS - 4.95

A mixture of Mushroom and quinoa balls, along with feta and cucumber quinoa balls served with a spicy harissa ketchup

MUSHROOMS ON TOASTED SOURDOUGH - 5.50

Mushrooms tossed in crème fraîche, pine nuts and a rocket pesto, finished with a goats cheese feta and served on a lightly toasted sourdough

GRILLED HALLOUMI - 4.95

Grilled halloumi served with a garlic aioli dressing

HUMMUS - 4.50

Two contrasting flavours served with pitta chips and topped with seeds and avocado oil

TASTER PLATTER (to share) - 14.50

Turmeric pitta, rainbow slaw, quinoa balls, sweet potato wedges, grilled halloumi and hummus

Served with harissa ketchup, garlic aioli and a balsamic dressing

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 - 11.25

Melted brie and grilled bacon with a caramelised red onion jam - 11.50

Hot salt and peppered beef with mustard - 11.75

LAMB BURGER - 13.95

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

Add Bacon 2.50

Add Halloumi 2.00

CHICKEN FLATBREAD - 13.95

Chargrilled butterflied chicken breast with an avocado puree, juicy tomato harissa salsa, served on a Turkish style flatbread and accompanied with rainbow slaw

FISH CAKE SANDWICH - 10.95

Smoked haddock, peppered mackerel, cod and sweet potato fish cake, rolled in Japanese panko crumbs, served in a toasted brioche bun topped with Harissa and salad leaves served with sweet potato wedges

NEW MEATBALLS - 10.95

Succulent lamb meatballs in a rich tomato based sauce, served on a bed of red and black wild rice and finished with crème fraiche, avocado puree, pomegranate and seeds

THE ALL DAY BREAKFAST BOWL - 11.50

Toasted rye bread topped with avocado purée, harissa salsa with baby spinach served with two organic poached eggs and seasoned with turmeric salt

Add Chicken 4.95

THE PROTEIN POWER PACK - 19.95

All Day Breakfast Bowl with two poached eggs, chargrilled chicken breast and a smoothie with a protein shot

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

Add Chicken 4.95

Add Sea Bass 4.75

Add Mackerel 4.50

COCONUT QUINOA AND LENTIL CURRY WITH LIME AND CORIANDER - 12.95

Packed with lentils, vegetables and fluffy quinoa with pitta bread
Topped with organic yoghurt and fresh pomegranate seeds

Add Chicken 4.95

Add Sea Bass 4.75

Add Mackerel 4.50

NEW GOAT'S CHEESE PIZZA - 9.95

Spinach and kale based pizza, topped with goats cheese, tomatoes, green pesto, fresh figs and a balsamic onion jam. Garnished with seeds and served with a rocket, pine nut and white truffle oil salad

Add pulled chicken 2.50

PIE OF THE DAY - 10.95

Served piping hot with a salad, sweet potato wedges and accompanied with sweet piccalilli and a balsamic dressing

QUICHE OF THE DAY - 9.75

Served warm with a seasonal salad, red onion marmalade and a balsamic dressing

GOURMET SAUSAGE ROLL OF THE DAY - 9.50

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

SOUP OF THE DAY - 6.95

Served with kale croutons and bread

(Please note our kale croutons contain nuts)

CLEANSE SALAD BOWL- 11.75

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 4.75
Add Mackerel 4.50

DETOX SALAD BOWL - 11.50

Celery, apple, spinach, raw beetroot and roasted sweet potato served with a lemongrass and ginger dressing

Add Chicken 4.95
Add Sea Bass 4.75
Add Mackerel 4.50

ENERGISER SALAD BOWL – 12.50

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 4.75
Add Mackerel 4.50

SIDE ORDERS

PLEASE ENSURE ALLERGIES ARE DISCLOSED PRIOR TO ORDERING

SWEET POTATO WEDGES - 5.00

Served with a chilli mayonnaise

RAINBOW SLAW - 4.00

Mixed peppers, red and white cabbage, tossed in a light vinegar based dressing and finished with toasted sesame seeds

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