

NATAS

www.natas.london



BRUNCH ALL DAY

FULL 'NATAS' BREAKFAST14
Two free range fried eggs, two Cumberland sausages, two slices of bacon, mushrooms, grilled tomato, baked beans, hashbrown & a slice of sourdough toast

BREAKFAST WAFFLE13.5
Belgian waffle, two free range fried eggs, two slices of bacon with maple syrup

VEGGIE 'NATAS' BREAKFASTⓧ13
Two free range fried eggs, two quorn sausages, hashbrown, mushrooms, baked beans, grilled tomato & a slice of sourdough toast

FRIED CHICKEN & WAFFLE14
Belgian waffle, two fried chicken breasts, wild rocket & maple syrup

EGGS BENEDICT12
Smoked ham, two free range poached eggs on a toasted English muffin served with our hollandaise sauce

EGGS FLORENTINEⓧ11
Sautéed spinach, two free range poached eggs on a toasted English muffin served with our hollandaise sauce

EGGS ROYALE13
Smoked Salmon, two free range poached eggs on a toasted English muffin served with our hollandaise sauce

BRAVAS14
Portuguese smoked chorizo, sautéed potatoes, two free range poached eggs & our garlic aioli sauce

BREAKFAST TOASTIE9
Bacon, Cumberland sausage, free range fried egg, mature cheddar
Add hashbrown | 1.8

EXTRAS

SOURDOUGH TOAST 1.5	SAUSAGE 2.5
HASHBROWN 1.8	SMOKED SALMON 4.5
MUSHROOM/TOMATO 1.5	FRIED CHICKEN 4
BLACK PUDDING 2.5	CHORIZO 3
SMASHED AVOCADO 3.5	HOLLANDAISE 1.5
MIXED SALAD 5.5	SKINNY FRIES 4.5

SMASHED AVOCADO ON SOURDOUGH TOAST ⓧ13
Smashed avocado with lime, crumbled feta, wild rocket, red pepper drops, two free range poached eggs served with a chilli oil dressing

Add smoked salmon | 4.5

Add chorizo | 3

FREE-RANGE EGGS ON SOURDOUGH TOAST ⓧ7
Scrambled, Poached or Fried
Add Beans | 2

THREE-EGG OMELETTE ⓖⓗ10
Choose two fillings:

TOMATO	MUSHROOMS	CHEDDAR CHEESE
SMOKED HAM	RED ONIONS	SPINACH
MOZZARELLA	CHORIZO	MIXED PEPPERS

TOMATO AVOCADO TOAST ⓧ9
Toasted sourdough topped with smashed avocado, juicy tomatoes, fresh basil and a balsamic glaze

MIXED BERRIES WAFFLE ⓧⓗ13
Belgian waffle topped with banana, strawberries, chocolate sauce, toasted almonds & whipped cream

FRUIT & NUT PORRIDGE ⓧⓗ *until 11am*8
Made with coconut milk, topped with pistachio crumb, chia seeds, honey drizzle, banana and blueberries

HOUSE-BAKED GRANOLA ⓧⓗ *until 11am*8
Greek yoghurt topped with NATAS house-baked granola, served with toasted almond flakes, dried sultanas, strawberries, blueberries, chia seeds and a pistachio sauce

TOASTED SOURDOUGHⓧ4
Served with salted butter and one of the following:
marmalade, strawberry jam, honey, marmite or Nutella.
Gluten free available

NATAS BRUNCH COCKTAILS

PROSECCO BY THE GLASS – ITALY 11%.....	7
MIMOSA 4.6%.....	7.5
Freshly squeezed orange juice & prosecco	
BELLINI 4.6%.....	7.5
Peach purée & prosecco	
NATAS'S BLOODY MARY 12%	9
Absolut vodka, tomato juice, Tabasco with salt garnish & fresh celery	

ALLERGY ADVICE: We follow good hygiene practices in our kitchen, but due to the presence of allergenic ingredients in some products there is a possibility that allergen traces may be found in any item. We advise you to speak to a member of staff if you have any food allergies or intolerance.

ⓧ Suitable for vegetarians

ⓗ Contains nuts

ⓧⓗ Suitable for vegans

ⓖⓗ Gluten Free

NATAS BURGERS **All burgers served with skinny fries**

BEEF BURGER15
Grilled 8oz beef, fried egg, mature cheddar, sliced tomato, fried onions, lettuce with our garlic aioli sauce on a brioche bun

MEXICAN BURGER15
Grilled 8oz beef, mature cheddar, sliced tomato, fried onions, lettuce, avocado, our hot sriracha mayo on a brioche bun

CHICKEN BURGER13
Fried chicken, hashbrown, sliced tomato, lettuce with mayo & bbq sauce on a brioche bun

VEGAN BURGER ⑤15
Grilled quorn patty, vegan cheddar, avocado, sliced tomato, lettuce & vegan mayo

SALAD BOWLS

CHICKEN CAESAR SALAD12
Romaine lettuce, grilled chicken, house made garlic croutons, boiled egg, our Caesar dressing & parmesan cheese
Add bacon | 1.8

PROTEIN BOOST SALAD14
Smoked salmon, grilled chicken, poached egg, avocado, pumpkin seeds, rocket, spinach, olive oil & lemon dressing

COFFEE

ESPRESSO2.3
CORTADO2.5
AMERICANO3.2
CAPPUCCINO3.5
LATTE3.5
FLAT WHITE3.5
MOCHA3.8
HOT CHOCOLATE3.7
CHAI LATTE3.7
COLD BREW3.7
ICED LATTE3.8
MATCHA LATTE3.9
TURMERIC LATTE3.8
with almond, oat, coconut and soya milk | 0.4

SMOOTHIE BAR

BERRY GO ROUND4.8
Strawberry, Raspberry & Blackberry
PASSION 'N' SHOOT4.8
Pineapple, Mango & Passion Fruit
BIG 54.8
Strawberry, Kiwi, Mango, Pineapple & Apple
DETOX-ZING4.8
Ginger, Courgette, Carrot, Blueberry & Banana

LOOSE LEAF TEA

ENGLISH BREAKFAST3
EARL GREY3
GUNPOWDER MINT3
JASMINE GREEN3
HIBISCUS3

SOURDOUGH TOASTIES

CHICKEN, PESTO, MOZZARELLA7.5
AVOCADO, TOMATO, ROASTED PEPPERS, ROCKET ⑤7.5
Add chicken | 1.5
HAM, CHEESE, ROCKET, AIOLI7.5
TOMATO, MOZZARELLA, ROASTED PEPPERS, ROCKET ⑤7.5
TUNA MAYO, SWEETCORN, RED ONIONS7.5
Add cheese | 1
BACON, LETTUCE, TOMATO7.5

PANINIS

HAM & CHEESE7
CHICKEN, CHORIZO, CHEESE7.5
EGG, BACON, SAUSAGE8
TUNA MAYO & CHEESE7
CHICKEN AVOCADO SALAD7

JACKET POTATOES ⑤6
Served with salad

Add Beans & cheese | 2.5 ⑤

Add Bacon & cheese | 3.5

Add Tuna & cheese | 4

SOFT DRINKS

FRESHLY SQUEEZED ORANGE JUICE3.7
COKE | COKE ZERO | FANTA | SPRITE2.5
FENTIMANS - GINGER BEER | ELDERFLOWER | LEMONADE3.3
KOMBUCHA – STRAWBERRY & BASIL3.3
KOMBUCHA – SICILIAN CITRUS3.3
KOMBUCHA – GINGER & TURMERIC3.3
EAGER JUICES – Apple | Pineapple | Cranberry | Tomato2.7
MINERAL WATER2
SPARKLING WATER2.5

BEER/CIDER

SUPER BOCK 5%3.5
SAGRES 5%3.5
PERONI 5.1%4.5
REKORDERLIG STRAWBERRY & LIME 3.4%5.5

CLASSIC NATAS COCKTAILS

ESPRESSO MARTINI9
GORDON'S PINK GIN SPRITZ9
NEGRONI9
APEROL SPRITZ9

WINE LIST

Glass 175ml / Bottle

2016 HOUSE WINE M.J.FREITAS *white*5
2018 JP *white*20
2018 MONTE VELHO *white*28
2018 CASAL GARCIA *green*22
2018 CASAL MENDES *rose*22
2016 HOUSE WINE M.J.FREITAS *red*5
2018 ALANDRA *red*20
2018 MONTE VELHO *red*28

