NATAS

www.**natas**.london

BRUNCH ALL DAY

FULL 'NATAS' BREAKFAST 14
Two free range fried eggs, two Cumberland sausages, two slices of bacon, mushrooms, grilled tomato, baked beans, hashbrown & a slice of sourdough toast

BREAKFAST WAFFLE 13.5
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 & WAFFLE 14
Belgian waffle, two fried chicken breasts, wild rocket & maple syrup

EGGS BENEDICT 12
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 ROYALE 13
Smoked Salmon, two free range poached eggs on a toasted English muffin served with our hollandaise sauce

BRAVAS 14
Portuguese smoked chorizo, sautéed potatoes, two free range poached eggs & our garlic aioli sauce

BREAKFAST TOASTIE 9
Bacon, Cumberland sausage, free range fried egg, mature cheddar
***Add hashbrown* |1.8**

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 OMELLETE GF 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

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

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 GF Gluten Free

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

BEEF BURGER 15
Grilled 8oz beef, fried egg, mature cheddar, sliced tomato, fried onions, lettuce with our garlic aioli sauce on a brioche bun

MEXICAN BURGER 15
Grilled 8oz beef, mature cheddar, sliced tomato, fried onions, lettuce, avocado, our hot sriracha mayo on a brioche bun

CHICKEN BURGER 13
Fried chicken, hashbrown, sliced tomato, lettuce with mayo & bbq sauce on a brioche bun

VEGAN BURGER Ⓥ 15
Grilled quorn patty, vegan cheddar, avocado, sliced tomato, lettuce & vegan mayo

SALAD BOWLS

CHICKEN CAESAR SALAD 12
Romaine lettuce, grilled chicken, house made garlic croutons, boiled egg, our Caeser dressing & parmesan cheese
Add bacon | 1.8

PROTEIN BOOST SALAD 14
Smoked salmon, grilled chicken, poached egg, avocado, pumpkin seeds, rocket, spinach, olive oil & lemon dressing

FOCACCIAS

CHICKEN, PESTO, MOZZARELLA 7.5
AVOCADO, TOMATO, ROASTED PEPPERS, ROCKET Ⓥ 7.5
***Add chicken* | 1.5**
HAM, CHEESE, ROCKET, AIOLI 7.5
TOMATO, MOZZARELLA, ROASTED PEPPERS, ROCKET Ⓥ 7.5

SOURDOUGH TOASTIES

HAM, CHEESE, ROCKET, AIOLI 7.5
CHICKEN, CHORIZO, CHEESE 7.5
EGG, BACON, SAUSAGE 8
TUNA MAYO, SWEETCORN, RED ONIONS 7.5
***Add cheese* | 1**
MEXICAN CHICKEN SALAD 7.5
BACON, LETTUCE, TOMATO 7.5

JACKET POTATOES Ⓥ 6
Served with salad

***Add Beans & cheese* | 2.5 Ⓥ**
***Add Bacon & cheese* | 3.5**
***Add Tuna & cheese* | 4**

COFFEE

ESPRESSO 2.3
CORTADO 2.5
AMERICANO 3.2
CAPPUCCINO 3.5
LATTE 3.5
FLAT WHITE 3.5
MOCHA 3.8
HOT CHOCOLATE 3.7
CHAI LATTE 3.7
COLD BREW 3.7
ICED LATTE 3.8
MATCHA LATTE 3.9
TURMERIC LATTE 3.8
with almond, oat, coconut and soya milk | 0.4

SMOOTHIE BAR

BERRY GO ROUND 4.8
Strawberry, Raspberry & Blackberry
PASSION 'N' SHOOT 4.8
Pineapple, Mango & Passion Fruit
BIG 5 ..... 4.8
Strawberry, Kiwi, Mango, Pineapple & Apple
DETOX-ZING 4.8
Ginger, Courgette, Carrot, Blueberry & Banana

LOOSE LEAF TEA

ENGLISH BREAKFAST 3
EARL GREY 3
GUNPOWDER MINT 3
JASMINE GREEN 3
HIBISCUS 3

SOFT DRINKS

FRESHLY SQUEEZED ORANGE JUICE 3.7
COKE | COKE ZERO | FANTA | SPRITE 2.5
FENTIMANS - GINGER BEER | ELDERFLOWER | LEMONADE 3.3
KOMBUCHA – STRAWBERRY & BASIL 3.3
KOMBUCHA – SICILIAN CITRUS 3.3
KOMBUCHA – GINGER & TURMERIC 3.3
EAGER JUICES – Apple | Pineapple | Cranberry | Tomato 2.7
MINERAL WATER 2
SPARKLING WATER 2.5

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 MARTINI 9
GORDON'S PINK GIN SPRITZ 9
NEGRONI 9
APEROL SPRITZ 9

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