

Food

Bowls & Bakes

Overnight Oats ^{VG} £4
with Seasonal Fruit & Seeds

Ambulo Granola ^V £4
with Sheffield Honey and
Mixed Berry Compote

Morning Bun £3
(+ Filter Coffee £5)

Crumpets

Salted Butter ^V £3.5
Nut Butter ^{VG} £3.5
Croque Madame £6.5
Peach, Almond & Yoghurt ^{VG} £6
Korean Fried Chicken £7

Sandwiches

Egg, Cheese, Hot Sauce ^V £4.5
Sausage Patty, Egg, Cheese, Hot Sauce £5.5
Falafel Patty, Slaw, Mint Yoghurt ^{VG} £6
Fish Finger, Tartare, String Fries £7.5
Mortadella, Provolone, Pickles, Mustard Mayo £8

Brunch Plates

Kedgeree Soldiers
Soft Boiled Eggs,
Curry Mayo
£7.5

Ambulo Power Bowl
Rice, Buckwheat, Veg, Greens,
Pickles, Hummus, Avocado ^{VG}
£8.5

Baked Egg
Shakshouka
& Feta ^V
£7

Sharing Plates

Nocellera Olives ^{VG} £3
Cannon & Cannon
Charcuterie £7

Anchovies £5

Foccacia, Salsa Verde ^{VG} £4

Purple Sprouting Broccoli,
Aioli ^V £6.5

Panzanella Salad ^{VG} £4.5

Mushrooms on Toast ^{VG} £7.5

Spaghetti, Slow Cooked
San Marzano Tomatoes ^V £7

Hasselback Spuds, Lardo,
Lincolnshire Poacher £6

Baked Leeks, Goat's Cheese,
Almond Gremolata ^V £10

Pappardelle,
Beef Ragu £9

Roast Hake, Brown Shrimp,
XO Noisette £12

Chargrilled Chicken,
Courgette & Parmesan Salad, Oregano Pesto £11

Desserts

Custard Tart,
Seasonal Sorbet ^V £6

Sticky Toffee Pudding,
Vanilla Ice Cream ^V £6

Affogato ^V £5

Service: 9am—9pm Monday to Thursday / 9am—10pm Friday & Saturday / 9am—5pm Sunday

All Day.

Ambulo

Allergy Statement

Menu items may contain or come into contact with allergens. For more information, please speak with a member of staff.

Drinks

Coffee

<u>Black</u>	
Filter (Mug)	£2.2
Long Black	£2.5
Espresso	£2.2
<u>White</u>	
Flat White	£2.5
Latte	£2.5
Cappuccino	£2.5

Teas

Yorkshire Tea	£2
Canton Earl Grey	£2.5
Green Sencha	£2.5
Chamomile	£2.5
Red Berry Hibiscus	£2.5

Soft Drinks

Karma Cola	£3
Karma Cola Sugar Free	£3
Gingerella	£3
Lemony Lemonade	£3
Orangeade Summer	£3

Chocolate

Hot Chocolate	£2.8
Mocha	£2.5
Kids Fluffy	£1.7

Fountain of Youth	
Coconut Water	£6

Kombucha On Tap	£4
-----------------	----

Smoothies — All £4.2

Rise & Shine
Almond Milk,
Banana, Cashews,
Chia Seeds & Prunes

Get On Up
Oat Milk, Espresso, Almonds,
Cacao Nibs & Honey

Carpe Diem
Almond Milk, Banana,
Pineapple, Goji Berry
& Lime Juice

Fresh Pressed Juices — All £3.5

Orange
Orange, Carrot,
Ginger & Turmeric

Purple
Pear, Beetroot,
Blackberry & Lime

Green
Apple, Kale,
Celery & Cucumber

Homemade Sodas — All £2

Lime & Mint / Rhubarb & Vanilla / Grapefruit & Pink Peppercorn

Wine On Tap

Sparkling. 125/500/1000ml
Vino Bianco Frizzante NV *Tenuta Aurea, ITA* £4/16/28

Whites
Airen-Macabeo 2017, *Bodega de Las Estrellas, ESP* £4/16/28
Secateurs Chenin Blanc 2018, *AA Badenhorst, SA* £5.5/22/38.5
Bourgogne Aligote 2017, *Olivier Morin, FR* £7.5/28/52

Reds
Refosco 2016, *Tenuta Aurea, ITA* £4/16/28
Whole Bunch Grenache 2016, *Le Grappin, FR* £5.5/22/38.5
Bourgogne Rouge 2017, *Olivier Morin, FR* £7.5/28/52

Rose
Provence Rose 2017, *Domaine de Triennes, FR* £5.5/22/38.5

Cocktails On Tap

All £7

Aperol Spritz
G&T
Paloma
Negroni
Espresso Martini
Old Fashioned

Beer On Tap

½ / Pint

Camden Hells Lager £3/£5
Camden Pale Ale £3.2/£5.4
Camden Ink Stout £3.4/£5.6

Allergy Statement

Menu items may contain or come into contact with allergens. For more information, please speak with a member of staff.