

Food

Bowls & Bakes

Overnight Oats £4
with Seasonal Fruit & Seeds

Ambulo Granola £4
with Honey, and Mixed Berries

Morning Buns £3
Ask for today's flavours

Crumpets

Salted Butter ^V £3.5
Nut Butter ^{VG} £3.5
Croque Madame £6.5
Roast Peaches, 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
Salt Beef, Pickles, Mustard £8

Plates

Buttermilk Rabbit, Tarragon Mayo, Cornichons £6.5
Kedgerree Soldiers, Soft Boiled Eggs, Curry Mayo £7.5
Spaghetti, Slow Cooked San Marzano Tomato Sauce ^V £7
Ambulo Power Bowl Rice, Buckwheat, Roast Veg, Greens, Pickles, Hummus, Avocado ^{VG} £8.5
Shawarma Spiced Cauliflower, Fattoush Salad, Hazelnuts ^{VG} £9
Chargrilled Butterflied Chicken Breast, Courgette, Oregano & Parmesan Salad £11
Chermoula Aubergine Flat Bread, Baharat Onions, Mint Yoghurt, Coriander, Cashews ^{VG} £14
Roast Hake, XO Brown Shrimp Noisette, Tenderstem Broccoli £17.5
Moss Valley Pork Chop, Charlotte Potato & Preserved Lemon, Cavolo Nero £18

Sides

All £3.50 (3 for £10)
Rosemary Hassleback Potatoes
Caraway Carrots
Sprouts & Walnut Butter

Desserts

Jelly & Ice Cream £4
Affogato £5
Sticky Toffee Pudding, Vanilla Ice Cream £6
Custard Tart & Seasonal Sorbet £5.5

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
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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 Badenhurst, 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

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