

Breakfast		£	Brunch		£	Lunch		£
Served until 1130am			Served All Day			Served 12—5pm		
Overnight Oats ^{VG} with Seasonal Fruit and Seeds	3.5	Eggs Benedict Classic (Moss Valley Ham) Royale (Smoked Salmon) Florentine (Spinach)	8.5 10.5 7.5	<u>Sandwiches</u>				
Ambulo Granola with Sheffield Honey and Yoghurt ^V	4	Croque Madame Crumpet Ham, Gruyere Cheese, Fried Egg	7	Falafal Patty, Slaw, Mint Yoghurt ^{VG}			6	
Today's Pastries ^V *Please see counter*		Shakshouka Baked Moroccan Eggs ^V	7	Fish Finger and Tartare			7.5	
Sourdough Toast with Strawberry Jam ^{VG}	3.5	Kedgeree Soldiers Soft Boiled Eggs and Curry Mayo	7.5	Mortadella, Provolone, Pickles, Mustard Mayo			7.5	
Full English Bacon, Sausage, Hash Brown, Fried Egg, Heinz Beans, Black Pudding, Toast	10	Avocado on Toast with Poached Eggs and Chilli Jam ^V	7	The Power Bowl Dressed Rice, Bulgar Wheat, Roast Veg, Greens, Pickles, Hummus, Avocado ^{VG}			9	
Homemade Crumpet with Salted Butter ^V or Nut Butter ^{VG}	3.5	<u>Add Ons</u> (Add to any order)		The Nordic Bowl Smoked Salmon, Potato Salad, Pickled Cucumber, Soft Boiled Egg, Rye Crackers			9	
<u>Breakfast Sandwiches</u>		Avocado	2.5	The Vegan Bowl Slow Roast Aubergine, Tabbouleh Salad, Cashews, Fried Chickpeas ^{VG}			8	
Moss Valley Bacon	4.5	Smoked Salmon	3.5	KFCC Korean Fried Chicken Crumpet, Korean BBQ Sauce, Hot Sauce, Spring Onion, Sesame, Coriander			8	
Sausage Patty, Cheese and Bacon Jam	5.5	Poached Egg	1.5	Ambulo Burger House Patty Mix, Bone Marrow Onions, Lettuce, Pickles, Burger Sauce			9	
Scrambled Egg, Cheese and Hot Sauce ^V	4	Bacon Jam	2.5	Chargrilled Chicken Courgette and Parmesan Salad, Oregano Pesto			11	
Smoked Salmon and Cream Cheese	5.5	Potato Salad	4	<u>Dessert</u>				
		Spiced Hummus	3.5	Custard Tart with Seasonal Sorbet			6	
		Kids	£	Sticky Toffee Pudding with Vanilla Ice Cream			5.5	
		Porridge and Honey ^V	2.5	Affogato			5	
		PB&J Crumpet ^{VG}	3					
		Soldiers and Dippy Eggs ^V	3.5					
		Avocado on Toast ^{VG}	5					
		Chicken Breast, Ratatouille, Brown Rice	5					
		Mac and Cheese ^V	5.5					
		Fish Finger Sandwich	4					
		Pesto Pasta ^V	4.5					
		Vanilla Ice Cream	2.5					
Want to hire Ambulo for your Private Event or Party? Get in touch! info@weareambulo.com		* * * * *						