

lunch deal

drink + bowl 15
drink + sandwich 17

available 11am-3pm

from
£15

drinks available:

london essence soft drinks
coke zero | diet coke | lemonade
trip cbd | lucky saint

upgrade to wine, bottled beer
or cocktail for £3 extra

lecap rose 5% | custoza bianco
| vinho regional tinto | stella
artois | camden hells | camden
pale | jubel peach / grapefruit |
midday margarita | lowroni

pizzas

12 inch hand stretched

classic pepperoni gf* 14.5
crushed tomato, fior di latte
mozzarella, crispy pepperoni

chicken alfredo gf* 14
alfredo béchamel, lemon &
herb chicken, garlic butter
crust, rocket, black pepper,
parmesan

margherita ve*/gf* 12.5
crushed tomato, fior di latte
mozzarella, basil

cheeseboard v/gf* 13.5
garlic & parmesan cream,
gorgonzola, smoked
scamorza, fior di latte
mozzarella, roasted garlic
honey

**aubergine
parmigiana ve*/gf*** 13
crushed tomato, pesto
roasted aubergine, smoked
scamorza, parmesan

sharers

serves 2-4 guests

**box baked
camembert v/gf*** 21
roasted garlic honey &
rosemary, grilled focaccia &
roasted potatoes

slider platter ve* 36
8 bite sized chicken, cheese
or plant burgers with fries &
dips

nachos v/gf ... small 12/large 24
blue & yellow corn tortillas,
tomato salsa, guacamole,
sour cream, cheese fondue &
pickled pink onions
+ shredded chicken £4

the rambler

Field to fork
OPENING AT ARBOUR IN LONDON OLYMPIA IN
2026, OUR SISTER SITE THE RAMBLER WILL BE
SERVING UP BEAUTIFUL FRESH BOWLS FULL OF
FLAVOUR. BE THE FIRST TO TRY



FIND OUT MORE

Build Your Own Bowl

CHOOSE A BASE, PROTEIN & TWO SIDES

12.5

Proteins

ZHOU ROAST CHICKEN &
WHIPPED TAHINI GF
RED MISO & LIME ROAST
SALMON +2.5
LEMONGRASS & TURMERIC
TOFU CURRY VE/GF
BASQUE CHICKEN STEW GF
SLOW ROASTED BEEF
FEATHERBLADE GF +2.5

Bases

BROWN RICE PILAF VE / GF
KALE & SPINACH SALAD VE/GF
BAKED ORANGE SWEET POTATO
VE/GF

Dressings

0.95 EACH
WHIPPED TAHINI / RED MISO
& LIME / ZHOU / PLANT
BASED AIOLI

Sides

SESAME SEED BROCCOLI
VE/GF
RAS EL HANOUT ROAST
CAULIFLOWER & HAZELNUT
SALAD VE/GF
MAC & CHEESE

HARISSA AUBERGINES VE/GF
MIXED BEAN & ROAST PEPPER
SALAD VE/GF
HERITAGE BEETROOT, GOATS
CHEESE & TOASTED WALNUT
SALAD V/GF

sandwiches & burgers

all served with fries or dressed leaves.
upgrade to sweet potato fries for £1

open steak sandwich gf* 17.5
marinated flat iron steak, roasted cherry tomato, pea
shoots, wholegrain mustard aioli, toasted sourdough

fish finger sandwich 16.5
panko coated haddock, tartare sauce, shredded romaine,
toasted sourdough

fondue grilled cheese v/gf* 14.5
4 cheese fondue, red onion chutney,
house pickles, toasted sourdough

chicken cordon bleu bun 17.5
panko coated chicken thigh, melted taleggio, crispy
proscuitto, wholegrain mustard aioli, pea shoots, toasted
oat milk bun

cheesburger gf* 19.5
two dry-aged steak smash patties, double american
cheese, iceberg lettuce, pickles, comeback sauce, toasted
sesame brioche bun

plant burger ve 18
simplicity patty, vegan smoked applewood, crispy onions,
rocket, comeback sauce, toasted oat milk bun

chicken club gf* 15
lemon & herb chicken, shredded iceberg, crispy shallots,
aioli, tomato, toasted sourdough

small plates

beetroot carpaccio ve/gf 7.5

trio of heritage beetroot,
coconut tahini yoghurt, dukkah &
pomegranate

**chicken & porcini
meatballs** 9.5

rathfinny english sparkling &
parmesan cream, parsley, toasted
focaccia

**smoked scamorza
& leek croquettes v** 8.5
autumn fruit chutney, green herb oil,
pea shoots

chilli panko prawns 9.5
panko coated king prawns, aleppo
honey

**buffalo chicken
wings gf*** small 8.5/large 18
crispy fried drums & flats, blue
cheese dip & chives

crispy cauliflower v/ve* 8
lightly spiced cauliflower florets,
whipped lemon & pink pepper ricotta,
roasted red grapes & pine nuts

sides

any of our bowl extras
are available as sides 5 each

skin on fries ve/gf 5
+ truffle & parmesan 2.5 v
+ cheese fondue 2.5 v

sweet potato fries v/gf 6

halloumi fries v 7
aleppo pepper honey

free-flowing drinks & pizza

£45

90 minutes of free flowing
pizza & drinks with a MOTH
cocktail on arrival

available all day friday & saturday



SCAN TO VIEW CALORIES
please always inform your server of any allergies
or intolerances before placing your order. not all
ingredients are listed on the menu and we cannot
guarantee the total absence of allergens. adults
need around 2000 kcal a day

v = vegetarian

ve = vegan

gf = gluten intolerant friendly

v* = vegetarian option available

ve* = vegan option available

gf* = gluten free option available

12.5% discretionary service

charge will be added to your bill

food