

## lunch deal

drink + bowl 15  
drink + sandwich 17

available 11am-3pm

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 | lowgroni

from  
£15

# the *Field to fork* rambler

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* 12.5  
CHOOSE A BASE, PROTEIN & TWO SIDES

## Proteins

ZHOUG 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 / ZHOUG / 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  
prosciutto, wholegrain mustard aioli, pea shoots, toasted  
oat milk bun  
cheeseburger 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

## 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