

the *Field to fork* rambler



Build Your Own Tray
CHOOSE A BASE, PROTEIN & TWO SIDES

£15

Base

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

Sides

- SESAME SEED BROCCOLI VE / GF
- RAS AL HANOUT ROAST CAULIFLOWER
& HAZELNUT SALAD VE / GF
- MAC & CHEESE VE / GF
- HARISSA AUBERGINES VE / GF
- MIXED BEAN & ROAST PEPPER SALAD VE / GF
- HERITAGE BEETROOT, GOAT'S CHEESE
& TOASTED WALNUT SALAD V / GF



Protein

- ZHOUG ROAST CHICKEN GF
- LEMONGRASS & TURMERIC TOFU CURRY VE / GF
- BASQUE CHICKEN STEW GF
- SLOW ROASTED BEEF FEATHERBLADE GF | +1.5
- RED MISO & LIME ROAST SALMON +1.5

Dressings

+0.95

WHIPPED TAHINI / RED MISO & LIME /
ZHOUG / PLANT BASED AIOLI

Drinks

- SPARKLING WATER KEFIR PINK
GRAPEFRUIT & LIME 3.75
- SPARKLING WATER KEFIR
PASSIONFRUIT & RASPBERRY 3.75

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*Sample menu, subject to change