

the *Field to fork* rambler

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

£12.5



Base

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

Sides

SESAME SEED BROCCOLI	VE / GF
RAS AL HANOUT ROAST CAULIFLOWER & HAZELNUT SALAD	VE / GF
MAC & CHEESE	
HARISSA AUBERGINES	VE / GF
KALE MISO SLAW	VE
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 / HARISSA /
ZHOUG / PLANT BASED AIOLI

Drinks

SPARKLING WATER KEFIR PINK GRAPEFRUIT & LIME	3.75
SPARKLING WATER KEFIR PASSION FRUIT & RASPBERRY	3.75