



WE GIVE A FORK.

BREAKFAST FIELDTRAY

Steak & Egg ^{Ⓓ/Ⓔ}	6.00
Poached Egg, Charred Flank Steak, Chopped Salad, Roasted Veg, Wilted Spinach & Pickles	
Spinach & Eggs ^{Ⓓ/Ⓔ/Ⓥ}	4.50
2 Poached Eggs, Za'atar, Wilted Spinach, Roasted Veg & Chopped Salad	
Shakshuka [Ⓥ]	4.75
2 Poached Eggs On Spiced Tomato & Red Pepper Base With Crumbled Feta, Chopped Salad & Za'atar Sourdough Toast	
Vegan Shakshuka ^{Ⓓ/Ⓔ/Ⓥ/Ⓥe}	5.00
Spiced Tomato & Red Pepper Base, Chopped Salad, Grilled Aubergine & Mushroom, Wilted Spinach & Tahini	

ADD ONS

Eggs Poached	0.50
Avocado	0.90
Smoked Salmon	1.00
Za'atar Toast	0.50
Grilled Veg	1.00

COUNTER BREAKFAST

Eggs & Bacon Sarnie	3.50
Eggs & Sausage Sarnie	3.50
Toast, Wraps & Rolls	FROM 2.45
Look Down For Today's Specials	
Yoghurt & Granola	FROM 2.95
Coconut Yoghurt, Granola & Seasonal Fruits	
Seasonal Porridge	FROM 2.95

FIELDTRAY

STEP 1 – CHOOSE A BASE

Spinach ^{Ⓓ/Ⓔ/Ⓥ/Ⓥe}	
Fresh Baby Spinach	
Brown Rice ^{Ⓓ/Ⓔ/Ⓥ/Ⓥe}	
Lemon, Extra Virgin Olive Oil & Herbs	
Field Grains ^{Ⓓ/Ⓥ/Ⓥe}	
Freekeh, Cumin, Coriander, Red Peppers, Parsley, Red Onion, Garlic & Olive Oil	

STEP 2 – CHOOSE A MAIN

Grilled Chermoula Chicken ^{Ⓓ/Ⓔ}	7.50
Grilled Harissa Chicken ^{Ⓓ/Ⓔ}	7.50
Malaysian Meatballs ^{Ⓓ/Ⓔ}	7.50
Charred Flank Steak [Ⓓ]	7.95
Charred Miso Tofu Steak ^{Ⓓ/Ⓔ/Ⓥ/Ⓥe}	7.25
Mac N' Cheese [Ⓥ]	6.50
Veggie Tray ^{CHOOSE ANY 3 SIDES PLUS A GRAIN}	6.50
Friday's Special – Roasted Salmon Fillet	9.25

ADD ONS

Meatballs	3.75
Chicken	3.75
Fish	5.00
Steak	4.50
Tofu	3.75
Sides	2.25

STEP 3 – CHOOSE TWO SIDES

Whole Roasted Cauliflower ^{Ⓓ/Ⓔ/Ⓥ/Ⓥe}	
Roasted Sweet Potato ^{Ⓓ/Ⓔ/Ⓥ/Ⓥe}	
Grilled Broccoli ^{Ⓓ/Ⓔ/Ⓥ/Ⓥe}	
Wilted Greens ^{Ⓓ/Ⓔ/Ⓥ/Ⓥe}	
Mac N' Cheese [Ⓥ]	
Zucchini, Roasted Tomato, Butter Bean Salad ^{Ⓓ/Ⓔ/Ⓥ/Ⓥe}	
Broccoli, Red Pepper & Feta Salad [Ⓥ]	
Farmer's Salad ^{Ⓔ/Ⓥ}	
Roasted Chickpea and Tomato Salad ^{Ⓓ/Ⓔ/Ⓥ/Ⓥe}	
Seasonal Salad	

Allergies & Intolerances: Please speak to our team about our ingredients before you order your food and drinks.
[Ⓓ] Does not contain dairy | [Ⓔ] Does not contain gluten | [Ⓥ] Vegetarian | ^{Ⓥe} Vegan