



**BREAKFAST MON – FRI**  
**AVAILABLE FROM 7:30AM**

**COUNTER BREAKFAST**

Egg & Bacon Sarnie	3.50
Egg & Sausage Sarnie	3.50
Toast, Wraps & Rolls	FROM 2.45
Yoghurt & Granola	FROM 2.95
Farmer's Pastries	FROM 1.95

Look Down For Today's Specials

**COUNTER FIELDTRAY**

Salmon & Avo <sup>Ⓟ/ⓖ</sup>	6.50	Egg White Fritata <sup>ⓖ/V</sup>	5.50
2 Eggs, Wilted Greens, Smoked Salmon & Smashed Avo		Egg Whites, Broccoli, Feta, Greens & Chopped Salad	

**SERIOUS PORRIDGE**

Granola Grits	3.50
Forrest Fruits, Granola and Honey Porridge	
Jerusalem	3.50
Date Tahini, Banana and Cacao Nib Porridge	
The Nutter	3.50
Peanut, Almond and Maple Porridge	
Plain J	FROM 2.95

Made with Coconut Milk  
 Honey or Maple Topping on Us  
 Any Extra Topping 0.50 / Ask for Today's Toppings

**BREAKFAST FIELDTRAY - MADE TO ORDER**

Steak & Egg <sup>Ⓟ/ⓖ</sup>	6.00	Green Eggs <sup>Ⓟ/ⓖ/V</sup>	4.75
Poached Egg, Charred Flank Steak, Chopped Salad, Roasted Veg, Wilted Greens & Pickles		2 Poached Eggs, Za'atar, Wilted Greens, Roasted Veg & Chopped Salad	
Vegan Shakshuka <sup>Ⓟ/ⓖ/V/Ve</sup>	5.00	Full Forkin' English	6.50
Spiced Tomato & Red Pepper Base, Chopped Salad, Grilled Aubergine & Mushroom, Wilted Greens & Tahini		2 Poached Eggs, Sausage, Bacon, Roasted Veg & Za'atar Sourdough Toast	
Shakshuka <sup>∨</sup>	4.75		
2 Poached Eggs on Spiced Tomato & Red Pepper Base with Crumbled Feta, Chopped Salad & Za'atar Sourdough Toast			

**ADD EXTRA**

Poached Egg	0.50
Za'atar Toast	0.90
½ Avocado	0.90
Bacon or Sausage	1.00
Grilled Veg	1.20
Smoked Salmon	1.50
Farmer's Relish	FREE

**PORRIDGE & COFFEE SPECIAL**

Order any Porridge and Coffee	4.50
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## LUNCH & DINNER

### FIELDTRAY

#### STEP 1 – CHOOSE A BASE

- Brown Rice <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Lemon, Extra Virgin Olive Oil & Herbs
- Farmer's Grains <sup>Ⓟ/Ⓥ/Ⓦe</sup>
- Freekeh, Beluga Lentils, Chermoula & Herbs
- Baby Spinach <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Fresh Baby Spinach

#### STEP 2 – CHOOSE A MAIN

- Charred Flank Steak <sup>Ⓟ</sup> 7.95
- Charred Tofu Steak <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup> 7.25
- Grilled Chermoula Chicken <sup>Ⓟ/ⓖ</sup> 7.50
- Big Spicy Balls <sup>Ⓟ/ⓖ</sup> 7.50
- Grilled Harissa Chicken <sup>Ⓟ/ⓖ</sup> \*7.60
- Mac N' Cheese <sup>Ⓥ</sup> 6.50
- Chimichurri Salmon Fillet <sup>Ⓟ/ⓖ</sup> 9.50
- Veggie Tray 6.50
- Choose Any 3 Sides Plus a Grain

#### STEP 3 – CHOOSE TWO SIDES

- Grilled Broccoli <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Mac N' Cheese <sup>Ⓥ</sup>
- Roasted Sweet Potato <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Whole Cauliflower <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Sesame & Ginger Greens <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Roasted Chickpea & Tomato Salad <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Farmer's Salad <sup>ⓖ/Ⓥ</sup>
- Kale Avo' Miso Slaw <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Frenchie's Farm Salad <sup>Ⓟ/ⓖ/Ⓥ</sup>
- Seasonal Salad
- Look Down for Today's Special

### ADD EXTRA

- Turkey Meatball 3.75
- Chicken 3.75
- Salmon 5.50
- Steak 4.50
- Tofu 3.75
- Sides 2.20

### ADD SAUCE

- Tahini <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Chimichurri <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Red Pepper <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>



\*0.10 will go towards Action Against Hunger, a charity that saves the lives of malnourished children and fights for a world free from hunger.

Allergies & Intolerances: Please speak to our team about our ingredients before you order your food and drinks. 12.5% discretionary service charge will be added to the bill. We are cashless.

Ⓟ Does not contain dairy | ⓖ Does not contain gluten | Ⓥ Vegetarian | Ⓦe Vegan | Our Chicken is Halal