



BREAKFAST MON – FRI
AVAILABLE FROM 7:30AM

COUNTER BREAKFAST

Toast, Wraps & Rolls	FROM 2.45
Yogurt & Granola Porridge ^{Ⓟ/Ⓞ/Ⓥ/Ⓥe}	FROM 2.95
Farmer's Pastries	FROM 1.95
Ask For Today's Specials	

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	

PORRIDGE & COFFEE SPECIAL

Order any Porridge with Coffee	4.50
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COUNTER FIELDTRAY

Salmon & Avo ^{Ⓟ/Ⓞ}	6.50
2 Eggs, Wilted Greens, Smoked Salmon & Smashed Avo	
Egg White Fritata ^{Ⓞ/Ⓥ}	5.50
Egg Whites, Broccoli, Feta, Greens & Chopped Salad	

BREAKFAST FIELDTRAY - MADE TO ORDER

Steak & Egg ^{Ⓟ/Ⓞ}	6.00
Poached Egg, Charred Flank Steak, Chopped Salad, Roasted Veg, Wilted Greens & Pickles	
Vegan Shakshuka ^{Ⓞ/Ⓞ/Ⓥ/Ⓥe}	5.00
Spiced Tomato & Red Pepper Base, Chopped Salad, Grilled Aubergine & Mushroom, Wilted Greens & Tahini	
Shakshuka [Ⓥ]	4.75
2 Poached Eggs on Spiced Tomato & Red Pepper Base with Crumbled Feta, Chopped Salad & Za'atar	
Sourdough Toast	
Green Eggs ^{Ⓟ/Ⓞ/Ⓥ}	4.75
2 Poached Eggs, Za'atar, Wilted Greens, Roasted Veg & Chopped Salad	
Full Forkin' English	6.50
2 Poached Eggs, Sausage, Bacon, Roasted Veg & 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

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 | Our Chicken is Halal



LUNCH MON – FRI

FIELDTRAY

STEP 1 – CHOOSE A BASE

- Brown Rice ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ}
- Lemon, Extra Virgin Olive Oil & Herbs
- Farmer's Grains ^{Ⓟ/Ⓥ/Ⓦ}
- Freekeh, Beluga Lentils, Chermoula & Herbs
- Baby Spinach ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ}
- Fresh Baby Spinach

STEP 2 – CHOOSE A MAIN

- Charred Flank Steak [Ⓟ] 7.95
- Charred Tofu Steak ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ} 7.25
- Grilled Chermoula Chicken ^{Ⓟ/Ⓤ} 7.50
- Big Spicy Balls ^{Ⓟ/Ⓤ} 7.50
- Grilled Harissa Chicken ^{Ⓟ/Ⓤ} *7.60
- Mac N' Cheese [Ⓥ] 6.50
- Chimichurri Salmon Fillet ^{Ⓟ/Ⓤ} 9.50
- Veggie Tray ^{CHOOSE ANY 3 SIDES PLUS A GRAIN} 6.50

ADD EXTRA

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

STEP 3 – CHOOSE TWO SIDES

- Grilled Broccoli ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ}
- Mac N' Cheese [Ⓥ]
- Roasted Sweet Potato ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ}
- Whole Cauliflower ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ}
- Sesame & Ginger Greens ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ}
- Roasted Chickpea & Tomato Salad ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ}
- Farmer's Salad ^{Ⓤ/Ⓥ}
- Kale Avo' Miso Slaw ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ}
- Frenchie's Farm Salad ^{Ⓟ/Ⓤ/Ⓥ}
- Seasonal Salad
- Ask For Today's Special

ADD SAUCE

- Tahini ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ}
- Chimichurri ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ}
- Red Pepper ^{Ⓟ/Ⓤ/Ⓥ/Ⓦ}



*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.

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