

BREAKFAST MON – FRI AVAILABLE FROM 7AM

COUNTER BREAKFAST

Toast, Wraps & Rolls	FROM 2.45
Yoghurt & Granola	FROM 2.95
Farmer's Pastries	FROM 1.95
Ask For Today's Specials	

PORRIDGE & COFFEE SPECIAL

Order any Porridge and Coffee	4.50
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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	

COUNTER FIELDTRAY

Salmon & Avo ^{Ⓟ/Ⓞ}	6.50
2 Eggs, Wilted Greens, Smoked Salmon & Smashed Avo	

Egg White Fritata ^{Ⓞ/V}	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 ^{Ⓟ/Ⓞ/V/Ve}	5.00
Spiced Tomato & Red Pepper Base, Chopped Salad, Grilled Aubergine & Mushroom, Wilted Greens & Tahini	
Shakshuka ^V	4.75
2 Poached Eggs on Spiced Tomato & Red Pepper Base with Crumbled Feta, Chopped Salad & Za'atar Sourdough Toast	
Green Eggs ^{Ⓟ/Ⓞ/V}	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. We are cashless.

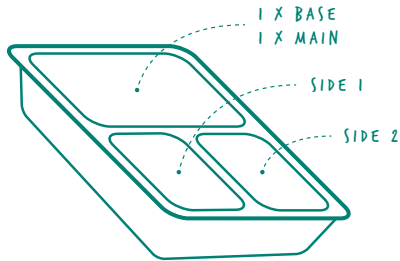
Ⓟ Does not contain dairy | Ⓞ Does not contain gluten | V Vegetarian | Ve Vegan | Our Chicken is Halal

LUNCH & DINNER

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 6.50
- Choose Any 3 Sides Plus a Grain

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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