

SATURDAY BRUNCH

COUNTER BREAKFAST

A Range of Toasts, Sarnies and Bagels	FROM 2.45
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	Egg White Fritata ^{Ⓔ/⒱}	5.50
2 Eggs, Wilted Greens, Smoked Salmon & Smashed Avo		Egg Whites, Broccoli, Feta, Greens & Chopped Salad	

BREAKFAST FIELDTRAY – MADE TO ORDER

Vegan Shakshuka ^{Ⓓ/Ⓔ/⒱/⒱⓪}	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 [⒱]	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	Bacon or Sausage	1.00
Za'atar Toast	0.90	Grilled Veg	1.20
½ Avocado	0.90	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 | ⒱ Vegetarian | ⒱⓪ Vegan | Our Chicken is Halal

WEEKEND LUNCH

FIELDTRAY

STEP 1 – CHOOSE A BASE

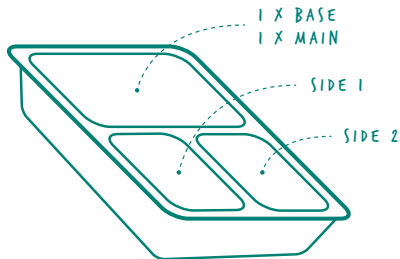
- Brown Rice ^{D/G/V/Ve}
- Lemon, Extra Virgin Olive Oil & Herbs
- Farmer's Grains ^{D/V/Ve}
- Freekeh, Beluga Lentils, Chermoula & Herbs
- Baby Spinach ^{D/G/V/Ve}
- Fresh Baby Spinach

STEP 2 – CHOOSE A MAIN

- Charred Flank Steak ^D 7.95
- Charred Tofu Steak ^{D/G/V/Ve} 7.25
- Grilled Harissa Chicken ^{D/G} *7.60
- Mac N' Cheese ^V 6.50
- Veggie Tray 6.50
- Choose Any 3 Sides Plus a Grain

STEP 3 – CHOOSE TWO SIDES

- Grilled Broccoli ^{D/G/V/Ve}
- Roasted Sweet Potato ^{D/G/V/Ve}
- Whole Cauliflower ^{D/G/V/Ve}
- Roasted Chickpea & Tomato Salad ^{D/G/V/Ve}
- Farmer's Salad ^{G/V}
- Kale Avo' Miso Slaw ^{D/G/V/Ve}
- Frenchie's Farm Salad ^{D/G/V}



ADD EXTRA

- Chicken 3.75
- Steak 4.50
- Tofu 3.75
- Sides 2.20

ADD SAUCE

- Tahini ^{D/G/V/Ve}
- Chimichurri ^{D/G/V/Ve}
- Red Pepper ^{D/G/V/Ve}



*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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