

## BREAKFAST MON – FRI AVAILABLE FROM 7AM

### COUNTER BREAKFAST

Toast, Wraps & Rolls	FROM 2.45
G Toast	FROM 2.95
Yoghurt & Granola	FROM 2.95
Farmer's Pastries	FROM 1.95
Ask For Today's Specials	
Egg White Frittata <sup>G/V</sup>	3.95
Salmon & Avo' <sup>B/G</sup>	6.50
2 Eggs, Wilted Greens, Smoked Salmon & Smashed Avo'	

### SERIOUS PORRIDGE

Granola Grits	3.50	Plain J	FROM 2.95
Forrest Fruits, Granola and Honey Porridge		Made with Coconut Milk	
Jerusalem	3.50	Honey or Maple Topping on Us	
Date Tahini, Banana and Cacao Nib Porridge		Any Extra Topping 0.50 / Ask For Today's Toppings	
The Nutter	3.50		
Peanut, Almond and Maple Porridge			

### BREAKFAST FIELDTRAY – MADE TO ORDER

The Shak <sup>V</sup>	*5.60
2 Poached Eggs in a Spiced Tomato & Red Pepper Base Topped with Feta, Laffa & Avocado	
Vegan Shak <sup>B/V/Ve</sup>	5.50
Spiced Tomato & Red Pepper Base, Harissa Chickpeas, Laffa & Avocado	
Chorizo Shak	6.25
2 Poached Eggs in a Spiced Tomato & Red Pepper Base Topped with Feta, Laffa & Chorizo	

Steak & Eggs <sup>B</sup>	6.50
Poached Egg, Charred Flank Steak, House Pickles, Avocado, & A Portobello Mushroom	
Green Eggs <sup>B/G/V</sup>	4.95
2 Poached Eggs, Avocado, Wilted Greens & Seeds	
Full Forkin' English <sup>B</sup>	6.50
2 Poached Eggs, Bacon, Sausage Bangin' Beans & Sourdough	

### ADD EXTRA

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



\*0.10p will go to Magic Breakfast, a charity aiming to end hunger as a barrier to education in UK schools.

Allergies & Intolerances: Please speak to our team about our ingredients before you order your food and drinks. We are cashless.

<sup>B</sup> Does not contain dairy | <sup>G</sup> Does not contain gluten | <sup>V</sup> Vegetarian | <sup>Ve</sup> Vegan | Our Chicken is Halal

## LUNCH & DINNER

### FIELDTRAY

#### STEP 1 – CHOOSE A BASE

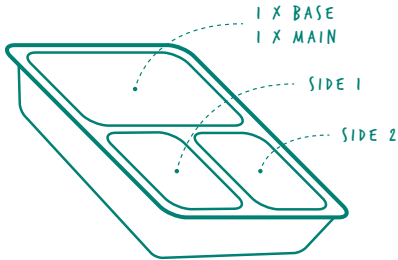
- Brown Rice <sup>D/G/V/Ve</sup>
- Lemon, Extra Virgin Olive Oil & Herbs
- Farmer's Grains <sup>D/V/Ve</sup>
- Freekeh, Beluga Lentils, Chermoula & Herbs
- Baby Spinach <sup>D/G/V/Ve</sup>
- Fresh Baby Spinach

#### STEP 2 – CHOOSE A MAIN

- Charred Flank Steak <sup>D</sup> 7.95
- Charred Tofu Steak <sup>D/G/V/Ve</sup> 7.25
- Miso Tahini Chicken <sup>D/G</sup> 7.50
- Big Spicy Balls <sup>D/G</sup> 7.50
- Grilled Harissa Chicken <sup>D/G</sup> \*7.60
- Mac N' Cheese <sup>V</sup> 6.50
- Salmon Anticucho <sup>D/G</sup> 9.50
- Veggie Tray 6.50
- Choose Any 3 Sides Plus a Grain

#### STEP 3 – CHOOSE TWO SIDES

- Grilled Broccoli <sup>D/G/V/Ve</sup>
- Mac N' Cheese <sup>V</sup>
- Roasted Sweet Potato <sup>D/G/V/Ve</sup>
- Whole Cauliflower <sup>D/G/V/Ve</sup>
- Summer Sesame Greens <sup>D/G/V/Ve</sup>
- Roasted Chickpea Salad <sup>D/G/V/Ve</sup>
- Farmer's Salad <sup>G/V</sup>
- Kale Avo' Miso Slaw <sup>D/G/V/Ve</sup>
- Frenchie's Farm Salad <sup>D/G/V</sup>
- Seasonal Salad
- Ask For Today's Special



#### ADD EXTRA

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

#### ADD SAUCE

- Tahini <sup>D/G/V/Ve</sup>
- Chimichurri <sup>D/G/V/Ve</sup>
- Red Pepper <sup>D/G/V/Ve</sup>



\*0.10p 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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