

SATURDAY BRUNCH

COUNTER BREAKFAST

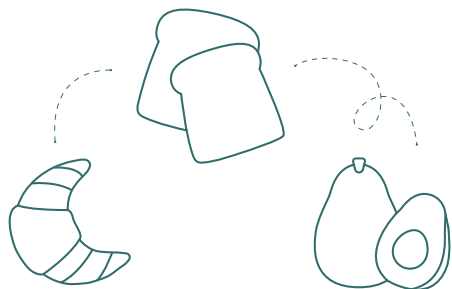
A Range of Avo' Toasts

FROM 2.45

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

ADD EXTRA

Honey or Maple Topping on Us

Any Extra Topping 0.50

0.50

Ask For Today's Toppings

DRINKS

Seasonal Smoothies, Pots & Juices

FROM 2.50

Made Fresh Everyday

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 | Ⓥe Vegan | Our Chicken is Halal

WEEKEND LUNCH

FIELDTRAY

STEP 1 – CHOOSE A BASE

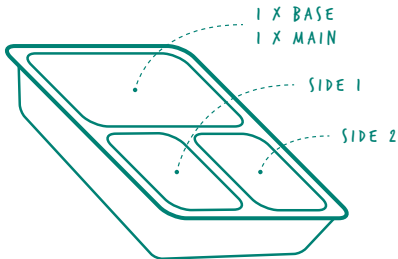
- Brown Rice ^{Ⓟ / Ⓞ / Ⓥ / Ⓟ}
- Lemon, Extra Virgin Olive Oil & Herbs
- Farmer's Grains ^{Ⓟ / Ⓥ / Ⓟ}
- Freekeh, Beluga Lentils, Chermoula & Herbs
- Baby Spinach ^{Ⓟ / Ⓞ / Ⓥ / Ⓟ}
- Fresh Baby Spinach

STEP 2 – CHOOSE A MAIN

- Charred Flank Steak [Ⓟ] 7.95
- Charred Tofu Steak ^{Ⓟ / Ⓞ / Ⓥ / Ⓟ} 7.25
- Today's Grilled Chicken ^{Ⓟ / Ⓞ} *7.60
- Mac N' Cheese [Ⓥ] 6.50
- Veggie Tray 6.50
- Choose Any 3 Sides Plus a Grain

STEP 3 – CHOOSE TWO SIDES

- Grilled Broccoli ^{Ⓟ / Ⓞ / Ⓥ / Ⓟ}
- Roasted Sweet Potato ^{Ⓟ / Ⓞ / Ⓥ / Ⓟ}
- Whole Cauliflower ^{Ⓟ / Ⓞ / Ⓥ / Ⓟ}
- Farmer's Salad ^{Ⓞ / Ⓥ}
- Kale Avo' Miso Slaw ^{Ⓟ / Ⓞ / Ⓥ / Ⓟ}
- Seasonal Salad
- Ask For Today's Specials



ADD EXTRA

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

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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