



BREAKFAST MON – FRI
AVAILABLE FROM 7:30AM

COUNTER BREAKFAST

Egg & Bacon Sarnie	3.50	Yoghurt & Granola	FROM 2.95
Egg & Sausage Sarnie	3.50	Farmer's Pastries	FROM 1.95
Toast, Wraps & Rolls	FROM 2.45	Look Down For Today's Specials	
G Toast	FROM 2.95	Egg White Frittata ^{G/V}	3.95

COUNTER FIELDTRAY

Salmon & Avo' ^{D/G}	6.50
2 Eggs, Wilted Greens, Smoked Salmon & Smashed Avo'	

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	

BREAKFAST FIELDTRAY - MADE TO ORDER

The Shak ^V	*5.60	Steak & Egg ^D	6.50
2 Poached Eggs in a Spiced Tomato & Red Pepper Base Topped with Feta, Laffa & Avocado		Poached Egg, Charred Flank Steak, House Pickles, Avocado & A Portobello Mushroom	
Vegan Shak ^{D/V/Ve}	5.50	Green Eggs ^{D/G/V}	4.95
Spiced Tomato & Red Pepper Base, Harissa Chickpeas, Laffa & Avocado		2 Poached Eggs, Avocado, Wilted Greens, & Seeds	
Chorizo Shak ^V	6.25	Full Forkin' English ^D	6.50
2 Poached Eggs in a Spiced Tomato & Red Pepper Base Topped with Feta, Laffa & Chorizo		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. 12.5% discretionary service charge will be added to the bill. We are cashless.

^D Does not contain dairy | ^G Does not contain gluten | ^V Vegetarian | ^{Ve} Vegan | Our Chicken is Halal



LUNCH & DINNER

FIELDTRAY

STEP 1 – CHOOSE A BASE

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

STEP 2 – CHOOSE A MAIN

- Charred Flank Steak [Ⓓ] 7.95
- Charred Tofu Steak ^{Ⓓ/Ⓔ/V/Ve} 7.25
- Miso Tahini Chicken ^{Ⓓ/Ⓔ} 7.50
- Big Spicy Balls ^{Ⓓ/Ⓔ} 7.50
- Grilled Harissa Chicken ^{Ⓓ/Ⓔ} *7.60
- Mac N' Cheese [√] 6.50
- Salmon Anticucho ^{Ⓓ/Ⓔ} 9.50
- Veggie Tray 6.50
- Choose Any 3 Sides Plus a Grain

STEP 3 – CHOOSE TWO SIDES

- Grilled Broccoli ^{Ⓓ/Ⓔ/V/Ve}
- Mac N' Cheese [√]
- Roasted Sweet Potato ^{Ⓓ/Ⓔ/V/Ve}
- Whole Cauliflower ^{Ⓓ/Ⓔ/V/Ve}
- Summer Sesame Greens ^{Ⓓ/Ⓔ/V/Ve}
- Roasted Chickpea Salad ^{Ⓓ/Ⓔ/V/Ve}
- Farmer's Salad ^{Ⓔ/√}
- Kale Avo' Miso Slaw ^{Ⓓ/Ⓔ/V/Ve}
- Frenchie's Farm Salad ^{Ⓓ/Ⓔ/√}
- Seasonal Salad
- Look Down For Today's Special

ADD EXTRA

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

ADD SAUCE

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



*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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