



**BREAKFAST MON – FRI
AVAILABLE FROM 7:30AM**

COUNTER BREAKFAST

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|---|-----------|
| Toast, Wraps & Rolls | FROM 2.45 |
| G Toast | FROM 2.95 |
| Yogurt & Granola Porridge ^{Ⓓ/Ⓔ/⒱/⒱e} | FROM 2.95 |
| Farmer's Pastries | FROM 1.95 |
| Ask For Today's Specials | |
| Egg White Frittata ^{Ⓔ/⒱} | 3.95 |
| Salmon & Avo' ^{Ⓓ/Ⓔ} | 6.50 |
| 2 Eggs, Wilted Greens, Smoked Salmon & Smashed Avo' | |

SERIOUS PORRIDGE

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|--|-----------|
| 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 Topping | |

BREAKFAST FIELDTRAY

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|--|-------|
| The Shak [⒱] | *5.60 |
| 2 Poached Eggs in a Spiced Tomato & Red Pepper Base Topped with Feta, Laffa & Avocado | |
| Vegan Shak ^{Ⓓ/⒱/⒱e} | 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 & Egg [Ⓓ] | 6.50 |
| Poached Egg, Charred Flank Steak, House Pickles, Avocado & A Portobello Mushroom | |
| Green Eggs ^{Ⓓ/Ⓔ/⒱} | 4.95 |
| 2 Poached Eggs, Avocado, Wilted Greens & Seeds | |
| Full Forkin' English [Ⓓ] | 6.50 |
| 2 Poached Eggs, Bacon, Sausage, Bangin' Beans & Sourdough | |

ADD EXTRA

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|------------------|------|
| 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.
Ⓓ Does not contain dairy | Ⓔ Does not contain gluten | ⒱ Vegetarian | ⒱e Vegan | Our Chicken is Halal



LUNCH MON – FRI

FIELDTRAY

STEP 1 – CHOOSE A BASE

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

STEP 2 – CHOOSE A MAIN

- Charred Flank Steak [Ⓟ] 7.95
- Charred Tofu Steak ^{Ⓟ/ⓖ/Ⓥ/Ⓦe} 7.25
- Miso Tahini Chicken ^{Ⓟ/ⓖ} 7.50
- Big Spicy Balls ^{Ⓟ/ⓖ} 7.50
- Grilled Harissa Chicken ^{Ⓟ/ⓖ} *7.60
- Mac N' Cheese [Ⓥ] 6.50
- Friday's Special – Salmon Anticucho ^{Ⓟ/ⓖ} 9.50
- Veggie Tray ^{CHOOSE ANY 3 SIDES PLUS A GRAIN} 6.50

ADD EXTRA

- Meatball 3.75
- Chicken 3.75
- Salmon 5.00
- Steak 4.50
- Tofu 3.75
- Sides 2.20

STEP 3 – CHOOSE TWO SIDES

- Grilled Broccoli ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Mac N' Cheese [Ⓥ]
- Roasted Sweet Potato ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Whole Roasted Cauliflower ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Summer Sesame Greens ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Roasted Chickpea Salad ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Farmer's Salad ^{ⓖ/Ⓥ}
- Kale Avo' Miso Slaw ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Frenchie's Farm Salad ^{Ⓟ/ⓖ/Ⓥ}
- Seasonal Salad
- Ask For Today's Special

ADD SAUCE

- Tahini ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Chimichurri ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Red Pepper ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}



*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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