

## SATURDAY BRUNCH

### COUNTER BREAKFAST

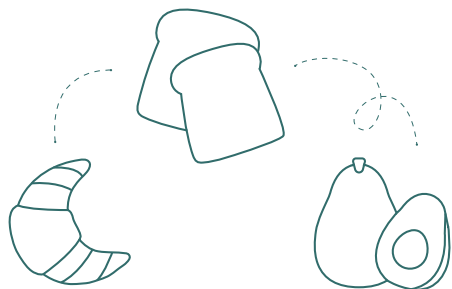
A Range of Avo' Toasts

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 | V Vegetarian | Ve Vegan | Our Chicken is Halal

## WEEKEND LUNCH

### FIELDTRAY

#### STEP 1 – CHOOSE A BASE

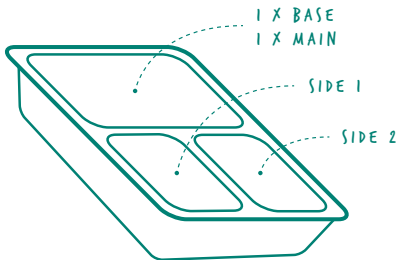
- Brown Rice <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Lemon, Extra Virgin Olive Oil & Herbs
- Cauliflower Freekeh <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Freekeh, Chermoula & Herbs
- Baby Spinach <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Fresh Baby Spinach

#### STEP 2 – CHOOSE A MAIN

- Charred Flank Steak <sup>Ⓟ</sup> 7.95
- Charred Tofu Steak <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup> 7.25
- Today's Grilled Chicken <sup>Ⓟ/ⓖ</sup> \*7.60
- Mac N' Cheese <sup>Ⓥ</sup> 6.50
- Veggie Tray 6.50
- Choose Any 3 Sides Plus a Grain

#### STEP 3 – CHOOSE TWO SIDES

- Grilled Broccoli <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Roasted Sweet Potato <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Whole Cauliflower <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Farmer's Salad <sup>ⓖ/Ⓥ</sup>
- Kale Avo' Miso Slaw <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Seasonal Salad <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Ask For Today's Special



#### ADD EXTRA

- Farmer's Green Chilli Sauce 0.30
- Chicken 3.75
- Steak 4.50
- Tofu 3.75
- Sides 2.20

#### ADD SAUCE

- Tahini <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Chimichurri <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>
- Red Pepper <sup>Ⓟ/ⓖ/Ⓥ/Ⓦe</sup>



\*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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