



BREAKFAST MON – FRI
AVAILABLE FROM 7:30AM

COUNTER BREAKFAST

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

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 [Ⓥ]	*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

Farmer's Green Chilli Sauce	0.30
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
- Cauliflower Freekeh ^{Ⓟ/Ⓤ/Ⓥe}
- Freekeh, 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

- Farmer's Green Chilli Sauce 0.30
- Meatball 3.75
- Chicken 3.75
- Salmon 5.50
- 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 Cauliflower ^{Ⓟ/Ⓤ/Ⓥe}
- Rosemary Greens ^{Ⓟ/Ⓤ/Ⓥe}
- Roasted Chickpea Salad ^{Ⓟ/Ⓤ/Ⓥe}
- Farmer's Salad ^{Ⓤ/Ⓥ}
- Kale Avo' Miso Slaw ^{Ⓟ/Ⓤ/Ⓥe}
- Frenchie's Farm Salad ^{Ⓟ/Ⓤ/Ⓥ}
- Seasonal Salad ^{Ⓟ/Ⓤ/Ⓥe}
- Ask For Today's Special

ADD SAUCE

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



*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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