



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

**COUNTER BREAKFAST**

Wraps, Rolls & Toasts	FROM 2.95
Breakfast Bowls	FROM 4.95
Smoothies, Fruit & Yoghurt Bowls	FROM 3.50
Farmer's Bakery	FROM 2.50
Ask for Today's Specials	

**BREAKFAST BOWLS**

The Shak Bowl <sup>V</sup>	4.95
2 Poached Eggs, Spiced Tomato & Red Pepper Base, Crumbled Feta & Za'atar Sourdough Toast	
<b>Steak &amp; Eggs Bowl</b> <sup>D/G</sup>	6.95
2 Poached Eggs, Za'atar, Charred Flank Steak, Baby Spinach, Smashed Avo', Cherry Tomatoes & House Pickles	

TAHINI POT 0.50

**FARMER'S OATS**

The Nutter <sup>D/G/V/Ve</sup>	R 2.75	L 3.50
Peanut, Almond, Maple & Coconut Milk		
Jerusalem <sup>D/G/V/Ve</sup>	R 2.75	L 3.50
Date Tahini, Banana, Cacao Nib & Coconut Milk		
Granola Grits <sup>D/V/Ve</sup>	R 2.75	L 3.50
Forrest Fruits, Granola, Honey & Coconut Milk		
Plain J <sup>D/G/V/Ve</sup>	R 2.25	L 2.95
Made with Coconut Milk		

**PORRIDGE & COFFEE SPECIAL**

Regular Porridge & Coffee	3.95
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**EXTRA TOPPINGS**

Tahini	0.50
Date Tahini	0.50
Granola	0.50
Honey	0.50





## LUNCH & DINNER

### FIELDTRAY

#### STEP 1 – CHOOSE A BASE

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

#### STEP 2 – CHOOSE A MAIN

- Charred Flank Steak <sup>Ⓛ</sup> 7.95
- Charred Tofu Steak <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub> 7.25
- Grilled Miso Tahini Chicken <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub> 7.50
- Big Spicy Turkey Balls <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub> 7.50
- Grilled Harissa Chicken <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub> \*7.60
- Mac N' Cheese <sup>Ⓥ</sup> 6.50
- Salmon Anticucho <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub> 9.50
- Veggie Tray 6.50
- Choose Any 3 Sides Plus a Grain

#### STEP 3 – CHOOSE TWO SIDES

- Grilled Broccoli <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub>
- Mac N' Cheese <sup>Ⓥ</sup>
- Roasted Sweet Potato <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub>
- Whole Roasted Cauliflower <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub>
- Rosemary Greens <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub>
- Roasted Chickpea Salad <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub>
- Farmer's Salad <sup>Ⓜ</sup>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>
- Kale Miso Slaw <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub>
- Frenchie's Farm Salad <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub>
- Seasonal Salad <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub>
- Ask For Today's Special

### EXTRA MAIN

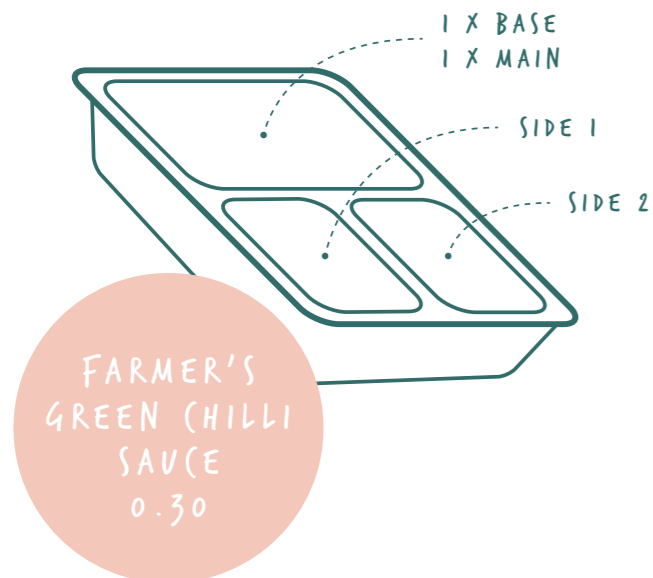
- Meatballs 3.75
- Chicken 3.75
- Salmon 5.50
- Steak 4.50
- Tofu 3.75

### ADD SAUCE

- Tahini <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub>
- Chimichurri <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub>
- Red Pepper <sup>Ⓛ</sup>/<sub>Ⓜ</sub>/<sub>Ⓟ</sub>/<sub>Ⓥ</sub>/<sub>Ⓦ</sub>/<sub>Ⓟ</sub>

### ADD EXTRAS

- Sides 2.20
- 1/2 Avocado 1.20
- Buffalo Mozzarella 2.20
- Egg 0.50



\*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.

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.

<sup>Ⓛ</sup> Does not contain dairy | <sup>Ⓜ</sup> Does not contain gluten | <sup>Ⓥ</sup> Vegetarian | <sup>Ⓦ</sup> Vegan | <sup>Ⓟ</sup> Regular | <sup>Ⓠ</sup> Large | Our Chicken & Turkey is Halal