















# ALL DAY PRODUCTS & THEIR ALLERGEN CONTENT

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Please remember to check our guide regularly as recipes do change from time to time – the last thing we want is for anyone being caught out by a new take on an old favourite. If you have any further queries please don't hesitate to send us an email [hello@farmerj.com](mailto:hello@farmerj.com) or speak to a member of our team.

☐ Does not contain dairy | ☐ Does not contain gluten | ✓ Vegetarian | ✓ Vegan

													
CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
	Freekeh, Wheat rye, Barley, Oats, Spelt or Korasan	Prawns, Crabs, Lobster, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, hazelnuts, walnuts, pecan, Brazil, pistachio, cashew and Macadamia				Sulphur Dioxide, (>10mg/kg or 10mg/L)















SMOOTHIES / DRINKS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Berry Blitz	Almond Milk, Mixed Berries, Date, Banana, Coconut Oil, Hemp Protein (optional at KW)	☐ / ☐ / ✓ / ✓ / ✓ / ✓	Nuts (Almond)										✓				
Cacao Power	Almond Milk, Banana, Raw Cacao, Cacao Nibs, Date Syrup & Tahini	☐ / ☐ / ✓ / ✓ / ✓ / ✓	Nuts, Sesame Seeds										✓		✓		
Hale Kale	Apple, Kale, Pineapple, Date, Vanilla Essence, Lemon, Ginger, Coconut Water, Coconut Oil	☐ / ☐ / ✓ / ✓ / ✓ / ✓	-														
Nut Buster	Almond Milk, Peanut Butter, Tahini, Date Syrup,	☐ / ☐ / ✓ / ✓ / ✓ / ✓	Nuts, Peanuts, Sesame Seeds										✓	✓	✓		
Vanilla Ice	Almond Milk, Banana, Honey, Tahini & Vanilla	☐ / ☐ / ✓ / ✓	Nuts, Sesame Seeds										✓		✓		
Lemonade	Lemon Juice, Water, White Sugar, Mint, Lemon	☐ / ☐ / ✓ / ✓ / ✓ / ✓															
Raspberry Lemonade	Lemon Juice, Raspberries, Water, White Sugar, Mint, Lemon	☐ / ☐ / ✓ / ✓ / ✓ / ✓															
Hulk Bulk	Oat Milk, Peanut Butter, Banana, Oats	☐ / ✓ / ✓ / ✓	Cereals containing Gluten (Oats), Peanut		✓								✓	✓			
Lean Bean	Oat Milk, Vailla, Whey Protein	☐ / ✓ / ✓ / ✓	Cereals containing Gluten (Oats)		✓												

OTHER	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Seasonal Fruit Pot	Mango, Kiwi, Pomegranate / Depends on Season - speak to team	☐ / ☐ / ✓ / ✓ / ✓ / ✓															
Coconut Yoghurt & Green Goodness	Coconut Yoghurt, Avocado, Spinach, Pineapple, Banana, Lime Juice, Coconut Water, Pomegranate	☐ / ☐ / ✓ / ✓ / ✓ / ✓															
Coconut Yoghurt & Berry Power - Berry Goodness	Coconut Yoghurt, Berries, Pineapple, Banana, Lemon Juice, Coconut Water, Kiwi	☐ / ☐ / ✓ / ✓ / ✓ / ✓															
Strawberry, Coconut Yoghurt & Protein Ball	Coconut Yoghurt, Strawberry, Coconut Protein Ball	☐ / ☐ / ✓ / ✓ / ✓ / ✓															
Summer Porridge	Almond Milk, Oats, Maple Syrup, Toasted Coconut, Chia, Sunflower & Pumpkin Seeds, Cranberries	☐ / ✓ / ✓ / ✓	Cereals containing Gluten, Nuts		✓								✓				
Tahini Granola	Puffed Brown Rice and Almonds, Pumpkin Seeds, Cranberry, Cinnamon & Salt, Tahini, Honey, Sunflower Seeds	☐ / ☐ / ✓ / ✓ / ✓ / ✓	Nuts										✓		✓		
Farmer J Parfait	Coconut yoghurt, mango, berries, pomegranate seeds, Granola - Gluten free oats, agave syrup, figs, pumpkin seeds, dates, olive oil, sunflower seeds	☐ / ☐ / ✓ / ✓ / ✓ / ✓															
Tahini Cheesecake Pot	Almonds, Hazelnuts, Gingernut Biscuits (Wheat, Molasses, Raising Agents, Ground Ginger, Salt, Lemon & Ginger Flavouring, Fructose & Soya), Soft Brown Sugar, Crème Fraiche, Cream Cheese, Vanilla, Honey, Tahini, Date Molasses, Honey, Pistachios	✓	Cereals containing gluten, Milk, Nuts (Almonds, Hazelnuts, Pistachios) Sesame & Soya		✓					✓			✓		✓	✓	
Berry Pot	Coconut Yoghurt, Roasted Hazelnuts, Roasted Almonds, Frozen Raspberry, Blackcurrants, Blackberry, Redcurrant, Toasted Coconut, Kiwi, Pomegranate	☐ / ☐ / ✓ / ✓ / ✓ / ✓	Nuts (Hazelnuts & Almonds)										✓				
PB & A	Peanut Butter, Almond Milk, Almonds, Tahini & Maple	☐ / ☐ / ✓ / ✓ / ✓ / ✓	Nuts, Peanuts & Sesame (Almonds)										✓	✓	✓		

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	Freekeh, Wheat rye, Barley, Oats, Spelt or Korasan	Prawns, Crabs, Lobster, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, hazelnuts, walnuts, pecan, Brazil, pistachio, cashew and Macadamia				Sulphur Dioxide, (>10mg/kg or 10mg/L)

TREAT YO'YOURSELF	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Banana Bread	Bananas, Milk, Olive Oil, Flour, Cinnamon, Eggs, Sugar	✓	Cereals containing Gluten, Milk, Egg		✓		✓			✓							
Booster Balls Chocolate	Dates, Corn Syrup, Coconut, Dark Chocolate	☐ / ☐ / ✓ / ✓ / ✓															
Booster Balls Coconut	Dates, Corn Syrup, Coconut	☐ / ☐ / ✓ / ✓ / ✓															
Booster Balls Peanut	Dates, Corn Syrup, Coconut, Peanut	☐ / ☐ / ✓ / ✓ / ✓	Peanut											✓			
Carrot Cake	Carrots, Walnuts, Sugar, Eggs, Cinnamon, Olive Oil, Flour, Butter	✓	Cereals containing Gluten, Milk, Egg, Nuts (Walnuts)		✓		✓			✓			✓				
Chocolate Brownie	Flour, Butter, Chocolate, Eggs, Butter, Cocoa Powder	✓	Cereals containing Gluten, Milk, Egg		✓		✓			✓							
Chocolate Chip Cookie	Flour, Butter, Chocolate, Eggs, Butter, Cocoa Powder	✓	Cereals containing Gluten, Milk, Egg														
Courgette, Cardamom & Lime Cake	Almonds, Sugar, Rapessed Oil, Eggs, Zucchini, Polenta, Lime, Poppy Seeds, Cardamom, Salt, Flour & Milk	✓	Nuts, Eggs				✓						✓				
Lumberjack Tray	Oats, Pumpkin Seeds, Honey, Golden Syrup, Butter, Sunflower Seeds, Poppy Seeds, Apricots, Pumpkin Seeds	✓	Cereals containing Gluten (Oats), Milk		✓					✓							
Bilbery & Banana Muffin	Bananas, Milk, Olive Oil, Flour, Cinnamon, Eggs, sugar, bilberries	✓	Cereals containing Gluten, Milk, Egg		✓		✓			✓							
Orange & Almond Cake	Oranges, Eggs, Sugar, Almonds, Salt.	☐ / ☐ / ✓	Nuts (almonds), Egg				✓			✓			✓				
Chocolate Bun	Chocolate, Butter, Eggs, Sugar, Flour	✓	Cereals containing gluten, Milk, Egg		✓		✓			✓							
Carrot Bun	Carrots, Butter, Eggs, Soft Brown Sugar, Flour, Walnuts, Cinnamon, Olive Oil	✓	Cereals containing gluten, Milk, Egg, Nuts (walnuts)		✓		✓			✓			✓				
Morrocan Honey Bun	Almonds, Butter, Eggs, Sugar, Flour, Raw Honey	✓	Cereals containing gluten, Milk, Egg, Nuts (almonds)		✓		✓			✓			✓				
Lemon & Pistachio Bun	Lemons, Butter, Eggs, Sugar, Coconut, Pistachios, Almonds.	☐ / ✓	Milk, Egg, Nuts (almonds, pistachios)				✓			✓			✓				
Poppyseed Loaf	Oranges, Butter, Eggs, Sugar, Flour, Poppyseeds, Almonds	✓	Cereals containing gluten (Wheat), Milk, Egg, Nuts		✓		✓			✓			✓				
Vegan & Raspberry Loaf	Lemons, Oatmilk, Olive Oil, Raspberries, Flour, Sugar	☐ / ✓ / ✓	Cereals containing gluten (Wheat)		✓								✓				
Gluten Free - Granola	GF Oats, Poppyseeds, Apricots, Honey, Butter, Golden Syrup, Sunflowerseeds, Pumpkin Seeds	☐ / ✓	Milk							✓							
Gluten Free & Vegan - Granola	GF Oats, Agave Syrup, Figs, Pumpkin Seeds, Dates, Olive Oil, Sunflower Seeds	☐ / ☐ / ✓ / ✓ / ✓								✓							
Love Raw - Salted Caramel	Organic Fairtrade Dark Chocolate (Cocoa Mass, Coconut Sugar, Cocoa Butter, Cocoa Solids), Cacao Butter, Almonds, Creamed Coconut, Organic Agave, Sea Salt	☐ / ☐ / ✓ / ✓ / ✓	Nuts (Almonds)										✓				
Love Raw - Hazelnut Butter	Hazelnuts, Organic Fairtrade Dark Chocolate (Cocoa Mass, Coconut Sugar, Cocoa Butter, Cocoa Solids), Cacao Butter, Organic Agave, Sea Salt	☐ / ☐ / ✓ / ✓ / ✓	Nuts (Hazelnuts)										✓				
Love Raw - Peanut Butter	Peanuts, Organic Fairtrade Dark Chocolate (Cocoa Mass, Coconut Sugar, Cocoa Butter, Cocoa Solids), Cacao Butter, Organic Agave, Sea Salt	☐ / ☐ / ✓ / ✓ / ✓	Peanuts										✓	✓			
GF Matcha Cookie	Oat Flour, Rice Flour, Tapioca Flour, Butter (Soya Lecithin), Xanthan Gum, White Chocolate	☐ / ✓	Milk, Egg Soya				✓			✓						✓	
Vegan Chocolate Cookie	Oat Flour, Organic Refined Coconut Oil, Milled Flaxseed, Dark Brown Sugar, Sodium Bicarbonate, Dark Chocolate (Soya Lecithin), Xanthan Gum, Vanilla, Cashew Milk, Soya	☐ / ☐ / ✓ / ✓ / ✓	Nuts (Cashews), Soya										✓			✓	