LUNCH PRODUCTS & THEIR ALLERGEN CONTENT

Our food is freshly prepared in a small, busy kitchen, so we can't guarantee our food or drink is allergen-free. Please take care and speak to our team about our ingredients before you order your food and drinks.
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 or speak to a member of our team. Our Chicken & Turkey is Halal.

🌾 Does not contain dairy | 🌾 Does not contain gluten | V Vegetarian | Ve Vegan

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

MAINS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Charred Flank Steak	Steak (Beef), Worcestershire Sauce (Barley, Fish), Dijon Mustard, Red Wine Vinegar, Black Pepper, Garlic, Sunflower Oil	🌾	Cereals containing gluten (Worcestershire Sauce), Fish (Worcestershire Sauce), Mustard, Sulphites (Vinegar)		✓			✓				✓					✓
Charred Tofu Steak	Tofu, Sesame Oil, Vegetable Oil, Ginger, Spring Onion, Garlic, Rice Vinegar, White Miso, Mirin, Maple Syrup, Aubergine, Black & White Sesame Seeds	🌾 / 🌾 / V / Ve	Sesame (Sesame Oil & Sesame Seeds), Soya (White Miso)												✓	✓	
Grilled Chermoula Chicken & Green Tahini	Chicken, Ras Al Hanout, Za'atar, Salt, Pepper, Preserved Lemon Puree, Olive Oil, Tomato Puree, Lemon Juice, Mint, Parsley, Coriander, Tahini, Chopped Ginger, Spinach, Cumin, Chilli Flake, Honey, Garlic	🌾 / 🌾	Sesame Seeds (Tahini, Za'atar)												✓		
Malaysian Meatballs	Turkey Minced Thighs, Garlic, Red Onions, Ginger, Dried Chilli Flake, Coriander, Fish Sauce, Lime Leaf, Honey, Lime Juice, Red Chili, Fresh Lime, Coconut Milk Leaf, Tomato Puree, Salt, Tumeric, Brown Sugar, Ginger, Garlic, Veg Oil, Soy Sauce	🌾 / 🌾	Soya (Soy Sauce), Fish Sauce					✓								✓	
Grilled Harissa Chicken	Chicken Thigh, Rose Petal Harissa - Water, Sunflower Oil, Paprika, Water, Sunflower Oil, Paprika, Garlic Puree, Sea Salt, Cumin, Crushed Chili, Acidity Regulator (Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black Pepper, Cinnamon, Ground Coriander, All Spice	🌾 / 🌾	N.A														
Mac & Cheese	Pasta (Wheat), Broccoli, Kale, Bechamel (Milk, Soya, Milk, Soya, flour, nutmeg, salt, white pepper), Cornflour, Grana Padano - Vegetarian, Nutmeg, Salt, Dry Red Chilli, Kale	V	Cereals Containing Gluten (Wheat), Dairy (Milk, Cheese), Soya		✓					✓						✓	
Salmon Filet	(Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black	🌾 / 🌾	Fish, Sulphur Dioxide (Red Wine Vinegar), Soya					✓								✓	✓
THURSDAY - Za'atar Roasted Turkey - Christmas Special	Pepper, Cinnamon, Ground Coriander, All Spice	🌾	Cereals Containing Gluten (Wheat), Sesame Seeds		✓										✓		
Chicken Anticuicho	Chicken Thigh, Garlic, Red Chili, Rice Vinegar, Vegtable Oil, Aji Amarillo Powder, Tomato Puree, Ground Cumin, Mirin, Lime Juice & Coriander	🌾 / 🌾	N.A		✓											✓	
Miso Tofu Cannelloni	Tofu Skin (Soya Bean, Water, Calcium Chloride), Collard Greens Leaf Seek, Mushroom, Red Onion, Chilli, (Tamari, Maple, Rice Wine Vinegar, Garlic, Ginger, Sesame Seeds & Oil) Sesame Seeds, Miso Tahinibechamel (White Miso, Rice Wine Vinegar, Ginger, Sunflower Oil, Sesame Oil, Tahini, Lemon Juice, Olive Oil,) Spring onions, Coriander	🌾 / 🌾 / V / Ve	Soya, Sesame Seeds & Oil												✓	✓	
Charred Tofu Steak	Tofu, Black & White Sesame Seeds, Veg. Oil, Salt & Pepper, Coriander, Spring Onion, Leeks, Mushrooms, Red Onion, Chilli, Ginger, Garlic, Tahini, Lemon, Miso, Rice Vinegar, Sunflower Oil, Sesame Oil, Tamari, Maple	🌾 / 🌾 / V / Ve	Sesame (Sesame Oil & Sesame Seeds), Soya (White Miso)												✓	✓	
No-Bun Turkey Burger	Turkey Minced Thighs, Mint, Coriander, Parsley, Red Onion, Freekeh / Chermoula Dressing - Ras Al Hanout, Za'atar, Salt, Pepper, Preserved Lemon Puree, Olive Oil, Tomato Puree, Lemon Juice, Mint, Parsley, Coriander, Lemon Juice, Olive Oil, Pickled Red Cabbage, Tahini, Chopped Ginger, Spinach, Cumin, Chilli Flake, Honey, Garlic	🌾 / 🌾	Sesame												✓		
Big Spicy Balls	Turkey Minced Thighs, Garlic, Red Onions, Ginger, Dried Chilli Flake, Coriander, Lime Leaf, Honey, Lime Juice, Red Chili, Fresh Lime, Coconut Milk Leaf, Tomato Puree, Salt, Tumeric, Brown Sugar, Ginger, Garlic, Veg Oil, Soy Sauce, Edamame, Mint Cherry Tomato	🌾 / 🌾	Soya (Soy Sauce)													✓	
Miso Tahini Chicken	Lime Juice, Miso Marinade (Coriander, Veg Oil, Ginger, Salt & Pepper, Sesame Seed, Tahini, White Miso), Chicken Thigh, Spring Onion, Fresh Coriander, Salt & Pepper	🌾 / 🌾	Sesame, Soya												✓	✓	
Salmon Anticuicho	Salmon, Garlic, Red Chili, Rice Vinegar, Vegtable Oil, Aji Amarillo Powder, Tomato Puree, Ground Cumin, Mirin, Lime Juice & Coriander, Tamari (GF)	🌾 / 🌾	Fish					✓									

BASE	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Brown Rice	Brown Rice, Salt, Olive Oil, Parsley	🌾 / 🌾 / V / Ve															
Freekeh	Freekeh, Parsley, Olive Oil	🌾 / V / Ve	Cereals containing gluten (durum wheat)		✓												
Field Grains	Freekeh, Cumin, Coriander, Red Peppers, Parsley, Red Onion, Garlic, and Olive Oil	🌾 / V / Ve	Cereals containing gluten (durum wheat)		✓												
Baby Spinach	Raw Fresh Baby Spinach	🌾 / 🌾 / V / Ve															
Festive Freekeh	Freekeh, Cumin, Coriander, Red Peppers, Parsley, Red Onion, Garlic, and Olive Oil, Harissa Chickpeas & Crispy Onions (Onion, Non-Hydrogenated Palm Oil, Wheat, Flour, Salt)	🌾 / V / Ve	Cereals containing gluten (durum wheat, & flour)		✓												
Farmer's Grains	Freekeh, Beluga Lentils Chermoula (Ras Al Hanout, Za'atar, Salt, Pepper, Preserved Lemon Puree, Olive Oil, Tomato Puree, Lemon Juice, Mint, Parsley, Coriander) Lemon Juice, Olive Oil, Red Onion, Parsley	🌾 / V / Ve	Cereals containing gluten (durum wheat), Sesame		✓										✓		
Cauliflower Freekeh	Cereals containing gluten (durum wheat), Sesame Ingredients: Freekeh, Chermoula (Ras Al Hanout, Za'atar, Salt, Pepper, Preserved Lemon Puree, Olive Oil, Tomato Puree, Lemon Juice, Mint, Parsley, Coriander) Lemon Juice, Olive Oil, Red Onion, Parsley, Cauliflower, Harissa Rose Petal Sunflower Oil, Paprika, Garlic Puree, Sea Salt, Cumin, Crushed Chili, (Citric Acid), Smoked Paprika, Coriander, All Spice	🌾 / V / Ve	Cereals containing gluten (durum wheat), Sesame		✓										✓		

LUNCH PRODUCTS & THEIR ALLERGEN CONTENT

Our food is freshly prepared in a small, busy kitchen, so we can't guarantee our food or drink is allergen-free. Please take care and speak to our team about our ingredients before you order your food and drinks.
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 or speak to a member of our team. Our Chicken & Turkey is Halal.

🥛 Does not contain dairy | 🌾 Does not contain gluten | V Vegetarian | Ve 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 Kornean	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)

WARM SIDES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Grilled Broccoli	Broccoli, Olive Oil, Black Pepper, Salt	🥛 / 🌾 / V / Ve	NA														
Mac & Cheese - Original	Pasta (Wheat), Broccoli, Kale, Bechamel (Milk, Soya, flour, nutmeg, salt, white pepper, Cornflour), Grana Padano, Nutmeg, Salt, Dry Red Chilli	V	Cereals Containing Gluten (Wheat), Dairy (Milk, Cheese), Soya		✓					✓						✓	
Mac & Cheese - Kale & Cauli - Autumn 2018	Pasta (Wheat), Broccoli, Kale, Bechamel (Milk, Soya, Milk, Soya, flour, nutmeg, salt, white pepper), Cornflour, Grana Padano, Nutmeg, Salt, Dry Red Chilli - Cauliflower & Kale	V	Cereals Containing Gluten (Wheat), Dairy (Milk, Cheese), Soya		✓					✓						✓	
Roasted Sweet Potato	Sweet Potatoes, Za'atar, Olive Oil, Salt & Pepper	🥛 / 🌾 / V / Ve	Sesame Seeds (Za'atar)												✓		
Whole Cauliflower	Coriander Cumin, Rose Petal Harissa - Sunflower Oil, Paprika, Water, Sunflower Oil, Garlic Puree, Sea Salt, Cumin, Crushed Chili, Acidity Regulator (Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black Pepper, Cinnamon, Ground Coriander, All Spice, Black Sesame, Coriander, Spring Onion	🥛 / 🌾 / V / Ve	Sesame Seeds												✓		
Wilted Greens	Mushrooms, Rosemary, Thyme, Cavolo Nero, Spring Greens, Olive Oil, Salt & Pepper Mix.	🥛 / 🌾 / V / Ve	/														
Roasted Butternut Squash - Autumn 2018	Salt , Pepper, Coriander Cumin, Rose Petal Harissa - Water, Sunflower Oil, Paprika, Water, Sunflower Oil, Paprika , Garlic Puree, Sea Salt, Cumin, Crushed Chili, Acidity Regulator (Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black Pepper, Cinnamon, Ground Coriander, All Spice, Black Sesame, Olive	🥛 / 🌾 / V	Sesame Seeds												✓		
Cavolo & Celeriac	Celeriac, Fresh Ginger, Red Chilli, Extra Virgin Olive Oil, Salt & Pepper, Chimichurri Parsley, Bay Leaf, Garlic, Salt, Pepper, Red Wine Vinegar (Sulphur Dioxide), Sunflower Oil, Olive Oil, Oregano, Coriander, Chilli Flakes), Cavolo Nero	🥛 / 🌾 / V / Ve	Sulphur Dioxide														✓
Miso Brussel Sprouts	Brussel Sprouts, Red Chilli, Ginger, Extra Virgin Olive, Salt & Pepper Mix Miso Dressing (White Miso, Rice Wine Vinegar, Ginger, Sunflower Oil, Sesame Oil, Tamari)	🥛 / 🌾 / V / Ve	Sesame, Soya, Sulphur Dioxide												✓	✓	✓
Sesame & Ginger Greens	Chestnut Mushrooms, Chilli, Ginger, Garlic Sauce (Tamari, Maple Syrup, Rice Vinegar, Red Chilli, Garlic, Ginger, Black and White Sesame Seeds, Sesame Oil), Vegetable Oil, Cavolo Nero, Collard Greens, Kale & Spring Greens Mix)	🥛 / 🌾 / V / Ve	Sesame & Soya												✓	✓	
Summer Sesame Greens	Cabbage, Pak Choi, Tamari (GF), Black Sesame Seeds, Chilli, Garlic, Ginger, Sesame Oil, Maple, White Sesame, Rice Wine Vinegar	🥛 / 🌾 / V / Ve	Sesame & Soya												✓	✓	
Rosemary Greens	Cavolo Nero, Tomato, Vegetable Oil, Red Onion, Rosemary, Salt & Pepper	🥛 / 🌾 / V / Ve	/														
Harissa Hispi	Hispi Cabbage, Harissa Marinade (Rose Petal Harissa - Water, Sunflower Oil, Paprika, Water, Sunflower Oil, Paprika, Garlic Puree, Sea Salt, Cumin, Crushed Chili, Acidity Regulator (Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black Pepper, Cinnamon, Ground Coriander, All Spice) Parsley, Red Chilli, Olive Oil, Salt, Tahini, Garlic, Lemon, Olive Oil	🥛 / 🌾 / V / Ve	Sesame												✓		

LUNCH PRODUCTS & THEIR ALLERGEN CONTENT

Our food is freshly prepared in a small, busy kitchen, so we can't guarantee our food or drink is allergen-free. Please take care and speak to our team about our ingredients before you order your food and drinks.
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 or speak to a member of our team. Our Chicken & Turkey is Halal.

🌾 Does not contain dairy | 🌾 Does not contain gluten | V Vegetarian | Ve Vegan

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

COLD SIDES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Broccoli, Red Pepper and Feta Salad - Summer 2018	Broccoli, Red Peppers, Olive Oil, White Wine Vinegar, Lemon, Za'atar (sesame seed), Salt, Pepper, Feta, Parsley	🌾 / V	Dairy (Feta), Sulphur (Vinegar), Sesame Seeds,							✓					✓		
Roasted Chickpea and Tomato Salad	Roasted Chickpeas, Cherry Tomatoes, Red Pepper, Cucumber, Parsley, Harissa Dressing - Water, Sunflower Oil, Paprika, Garlic Puree, Sea Salt, Cumin, Crushed Chili, Acidity Regulator (Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black Pepper, Cinnamon, Ground Coriander, All Spice, White Wine Vinegar	🌾 / 🌾 / V / Ve	Sulphur Dioxide (Vinegar)														✓
Farmer's Salad	Petit Pois, Cucumber, Radish, Red Onion, Mint, Feta (milk), Za'atar Dressing: Za'atar (sesame seeds), Olive Oil, White Wine Vinegar, Salt	🌾 / V	Milk, Sesame Seeds, Sulphites		✓					✓					✓		✓
Zucchini, Roasted Tomato & Butter Bean Salad - Summer 2018	Mixed Courgette, Tomato, Red Onion, Mixed Greens, Butterbeans, Kale, Dijon, Honey, White Wine Vinegar	🌾 / 🌾 / V	Sulphur Dioxide (Vinegar), Mustard									✓					✓
Mexican Salad - Summer 2018	Spring Greens & Cavalo Mix , Black Turtle Beans , Coriander Leaf, Cauliflower, Small Florets, Red Onion, Cucumber, Tomato, Jalapeños, Tomato Dressing (Chilli, Olive Oil, Garlic, Lemon Juice, Lime Juice, Tomato)	🌾 / 🌾 / V / Ve	/														
Brussel Sprout, Feta & Red Pepper Salad - Autumn 2018	Shredded Brussel Sprouts, Sliced Red Pepper, Extra Virgin Olive Oil, White Wine Vinegar, Lemon Juice, Zatsar, Salt & Pepper Mix, Crumbled Feta, Chopped Parsley - Za'atar (contains Gluten)	🌾 / V	Dairy (Feta), Sulphur (Vinegar), Sesame Seeds,		✓					✓					✓		✓
Kale Miso Slaw	Kale, White Cabbage, Radish, Pickled Cabbage, Avocados, Lemon Juice, Black & White Sesame Seeds - Miso Marinade: Miso, Ginger, Dried Red Chilli, Spring Onion, Lime Juice, Garlic, Mirin, Vegetable Oil & Salt / Miso Dressing: White Miso, Rice Wine Vinegar, Ginger, Sunflower Oil, Sesame Oil, Tamari	🌾 / 🌾 / V / Ve	Sesame Seeds, Soya, Sulphur												✓	✓	✓
Raw Garden Salad	Fennel, carrot, green bean, red pepper, cucumber, red onion, mixed green, petit pois, spinach, mint leaves, sunflower seeds, caraway seeds, miso dressing (rice wine vinegar, ginger, sunflower oil, sesame oil, tamari, white miso)	🌾 / 🌾 / V / Ve	Sulphur (Vinegar), Sesame, Soya													✓	
Kale & Butternut Tahini Caesar	Kale, Cauliflower, Radish, Roasted Butternut Squash, Grana Padano, Dressing (Tahini, Lemon Juice, Olive Oil, Goat Yoghurt, Italian Cheese), Mustard	🌾 / V	Milk, Sesame Seeds, Mustard		✓		✓	✓		✓		✓					✓
Roots & Greens	Sweet Potato, Butternut, Red Onion, Beetroot, Cavolo Nero, Ras Al Hanout, Za'atar, Salt, Pepper, Preserved Lemon Puree, Olive Oil, Tomato Puree, Lemon Juice, Mint, Parsley, Coriander, Goat Yoghurt , Caraway Seeds, Crème Fraiche	🌾 / V	Sesame Seeds, Milk							✓					✓		✓
Purple Garden Salad	Trevisse, Mustard Leaf, Chard, White Cabbage, Pickled Red Cabbage Mustard dressing (Grain Mustard, Honey, Olive Oil, Salt, Black Pepper, White Wine Vinegar), Sunflower Seeds	🌾 / 🌾 / V	Mustard & Sulphur									✓					✓
Kohlrabi Slaw	Kohlrabi, Broccoli, Cabbage, Cherry Tomatoes, Peanuts, Coriander, Red Chilli, Rice Wine Vinegar, Brown Sugar, Tamari, Ginger, Chopped Coriander, Salt & Pepper	🌾 / 🌾 / V / Ve	Peanuts											✓			
Broccoli, Red Pepper and Feta Salad	Broccoli, Red Peppers, Olive Oil, White Wine Vinegar, Lemon, Za'atar (sesame seed), Salt, Pepper, Feta, Parsley, Mustard , Honey	🌾 / V	Dairy (Feta), Sulphur (Vinegar), Sesame Seeds, Mustard							✓					✓		
Frenchie's Farm Salad	Mixed Leaf (Hispi, Radicchio, Frisee), Red Pepper Roasted, Stringless Runner Beans, Cherry Tomato, Cucumber, Onion, Grain Mustard, Honey, White Wine Vinegar	🌾 / 🌾 / V	Mustard & Sulphur									✓					✓
Seasonal Asparagus Salad	Courgette, Asparagus, Hispi Cabbage, Parsley, Grain Mustard, Honey, White Wine Vinegar, Salt, Pepper, Parsley, Vegetarian Grana Padano	🌾 / 🌾 / V	Mustard & Sulphur									✓					✓
Seasonal Heritage Tomato Salad	Butterbeans, Cavolo Nero, Grain Mustard, Honey, White Wine Vinegar, Green Chilli, Green Pepper, Oregano, Cucumber, Romano Pepper, Salt, Pepper, Cherry Tomato,	🌾 / 🌾 / V	Mustard & Sulphur									✓					✓
Roasted Chickpea Salad	Red Pepper, Harissa Chickpeas, Cucumber, Edamame, Black Beans, Avo , Cherry Tomato, Artichokes, Lime Juice, Maple Syrup, Coriander, Chili, Rice Vinegar, Vegtable Oil, Aji Amarillo Powder, Tomato Puree, Ground Cumin, Mirin, Lime Juice & Coriander, Tamari (GF), Rose Petal Harissa - Water, Sunflower Oil, Paprika, Water, Sunflower Oil, Smoked Paprika, Dried Rose Petals, All Spice	🌾 / 🌾 / V / Ve	Sulphur Dioxide (Vinegar)														✓
Hispi Hazelnut Salad	Hispi Cabbage, Trevisse, Fennel Bulb, Sugarsnap Peas, Dill, Mint, Lemon, Olive Oil, Hazelnuts, Tahini	🌾 / 🌾 / V / Ve	Nuts - Hazelnuts, Sesame										✓		✓		✓
Shaved Brussel Sprouts & Maple Tofu	Brussel Sprouts, Kale, Radish, Tofu, Maple Syrup, Salt, Green Chilli, Lemon, Olive Oil, Red Wine Vinegar, Sesame Seeds	🌾 / 🌾 / V / Ve	Soy, Sesame & Sulphur												✓	✓	✓
Herby New Potato Salad	New Potato, Mint, Dill, Parsley, Spring Onion, Red Chilli, Lemon Dressing (Lemon, Olive Oil, Salt), Goat Yoghurt, Salt & Pepper	🌾 / V	Milk							✓							

SAUCES / DRESSING	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Tahini	Tahini (Sesame) Water, Garlic, Lemons, Olive Oil, Black Pepper, Salt	🌾 / 🌾 / V / Ve	Sesame seeds												✓		
Chimichurri	Parsley, Bay Leaf, Garlic, Salt, Pepper, Red Wine Vinegar (Sulphur Dioxide), Sunflower Oil, Olive Oil, Oregano, Coriander, Chilli Flakes	🌾 / 🌾 / V / Ve	Sulphur Dioxide (Vinegar)														✓
Red Pepper	Red Pepper, Garlic, Oregano, Thyme, Bay Leaf, Serrano Chilli, Red Wine Vinegar (Sulphur Dioxide), Olive Oil, Dijon Mustard, Salt, Black Pepper	🌾 / 🌾 / V / Ve	Mustard, Sulphites (Sodium Hydrogen Sulphite)									✓					✓
Farmer's Green Chilli	Green Chilli, Parsley, Salt, Olive Oil	🌾 / 🌾 / V / Ve	/									✓					✓

SANDWICHES - CP	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Steak Sandwich	Steak, Baby Spinach, Chimichurri, Red Onion, Dijon Mustard, Multisided Baguette	🌾 / 🌾 / V / Ve	Cereals containing gluten, Fish, Mustard, Sulphur Dioxide		✓			✓				✓					✓
Harissa Chicken and Broccoli Sandwich	Harissa Chicken, Broccoli, Red Onions, Mayonnaise, Multisided Baguette	/	Cereals containing gluten, Eggs, Sulphur Dioxide		✓		✓										✓
Shakshuka Sandwich	Egg Sauce (Tomato Pure, Chopped Tomatoes, Garlic, Red Peppers, Cumin Seeds, Paprika, Red Chilli, Bay Leaf, Salt, Sunflower Oil, Thyme, Black Pepper, Onions), Feta, Spinach, Multisided Baguette	V	Cereals containing gluten, Eggs, Milk		✓												
Middle Eastern Veggie Sandwich	Avocado, Baby Spinach, Tahini, Chilli, Za'atar	V / Ve	Cereals containing gluten, Sesame seeds		✓										✓		