















ALL DAY 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)















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	⚡ / ⚡ / V / Ve	Nuts - Almond										✓				
Cacao Power	Almond Milk, Banana, Raw Cacao, Cacao Nibs, Date Syrup & Tahini	⚡ / ⚡ / V / Ve	Nuts, Sesame Seeds										✓		✓		
Hale Kale	Apple, Kale, Pineapple, Date, Vanilla Essence, Lemon, Ginger, Coconut Water, Coconut Oil	⚡ / ⚡ / V / Ve	/														
Nut Buster	Almond Milk, Peanut Butter, Tahini, Date Syrup,	⚡ / ⚡ / V / Ve	Nuts, Peanuts, Sesame Seeds										✓	✓	✓		
Vanilla Ice	Almond Milk, Banana, Honey, Tahini & Vanilla	⚡ / ⚡ / V	Nuts, Sesame Seeds										✓		✓		
Lemonade	Lemon Juice, Water, White Sugar, Mint, Lemon	⚡ / ⚡ / V / Ve	/														
Raspberry Lemonade	Lemon Juice, Raspberries, Water, White Sugar, Mint, Lemon	⚡ / ⚡ / V / Ve	/														
Hulk Bulk	Oat Milk, Peanut Butter, Banana, Oats	⚡ / V / Ve	Cereals containing Gluten (Oats), Peanut		✓								✓	✓			
Lean Bean	Oat Milk, Vailla, Whey Protein	⚡ / V / Ve	Cereals containing Gluten (Oats)		✓												
Daily Dose - Strawb	Strawberry, Apple, Lemon, Basil	⚡ / ⚡ / V / Ve	/														
Daily Dose -Dulce Verde	Cucumber, Kale, Apple, Lemon, Mint	⚡ / ⚡ / V / Ve	/														
Daily Dose -Dulce Verde	Cucumber, Kale, Apple, Lemon, Mint	⚡ / ⚡ / V / Ve	/														
Daily Dose - C Bomb	Orange, Lemon, Freeze Dried Cherry	⚡ / ⚡ / V / Ve	/														
Daily Dose - Rouge	Apple, Beetroot, Lemon, Ginger, Aloe Vera	⚡ / ⚡ / V / Ve	/														
Daily Dose - Hot Shot	Lemon, Ginger, Agave, Cayenne	⚡ / ⚡ / V / Ve	/														

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	Seasonal - Please check in-store with the team	⚡ / ⚡ / V / Ve	/														

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TREAT YO'SELF	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Banana Bread	Butter, Sugar, Eggs, Vanilla Extract, Flour, Cinnamon, Bicarbonate Soda, Bannana & Yoghurt	V	Cereals containing gluten - Wheat, Milk, Egg		✓		✓			✓							
New Chocolate Brownie	Flour, Butter, Eggs, Sugar, Chocolate, Baking Powder	V	Cereals containing gluten - Wheat, Milk, Egg		✓		✓			✓							
Chocolate Chip Cookie	Flour, Butter, Chocolate, Eggs, Butter, Cocoa Powder	V	Cereals containing gluten, Milk, Egg														
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	⊘ / Ⓞ / V / Ve	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	⊘ / Ⓞ / V / Ve	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	⊘ / Ⓞ / V / Ve	Peanuts										✓	✓			
GF Matcha Cookie	Unsalted Butter (Milk), Gluten Free Oat Flour, Unrefined Cane Sugar, Pasteurised Whole Eggs, Coconut Sugar, Glutinous Rice Flour, White Chocolate (4%) [Sugar, Cocoa Butter, Whole Milk Powder, Emulsifier (Soy lecithin), Natural Vanilla], Tapioca Flour, Matcha Green Tea Powder (2%), Raising Agent (Bicarbonate of Soda), Sea Salt, Thickener (Xanthan Gum).	Ⓞ / V	Milk, Egg, Soya				✓			✓						✓	
Vegan Chocolate Cookie	Gluten Free Oat Flour, Organic Refined Coconut Oil, Dark Brown Natural Unrefined Cane Sugar, Organic Cashew Dairy Free Milk Alternative (cashews, water, sea salt), Distilled Water, Unrefined Cane Sugar, Belgian Dark Chocolate Couverture (10%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Soy lecithin) and Natural Vanilla], Flax Seed, Vanilla Powder, Sea Salt, Raising Agent (Bicarbonate of Soda, Baking Powder).	⊘ / Ⓞ / V / Ve	Nuts - Cashews, Soya										✓			✓	
Farmer J Nut Mix Bag	Brazil Nut, Cashew Nut, Hazelnut, Walnut, Peanut,	⊘ / Ⓞ / V / Ve	⊘ Nut, Cashew Nut, Hazelnut, Walnut, Peanut										✓			✓	
Farmer J Dried Mango	Mango, Sulphur Dioxide	⊘ / Ⓞ / V / Ve	Sulphites														✓
Granola	Oat Flakes, Wheat, Coconut Flakes, Sugar, Pecan, Almonds, Cranberries, Hazelnuts, Sunflower Kernels, Cashews, Raisins, Honey, Cinnamon, Salt	⊘ / Ⓞ / V / Ve	Cereals containing gluten - Oats, Nuts - Almonds, Pecan, Hazelnuts, Cashews		✓								✓				