

















# BREAKFAST PRODUCTS AND THEIR ALLERGEN CONTENT

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Please remember to check our allergen information on our website for any changes to our allergen information - the last thing we want is for anyone being caught out by a new allergen on an old favourite. If you have any further queries please don't hesitate to send us an email: [info@farmaj.com](mailto:info@farmaj.com) or speak to a member of our team.

- ☑ Does not contain dairy
- ☑ Does not contain gluten
- V Vegetarian
- V/V Vegan

													
CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
	Freshly prepared on Site: Cakes, Spelt or Kaniwa	Prawn, Crab, Lobster, Crayfish					Cheese, Mussels, Whelks, Oysters, Snails and Squid		Almonds, Hazelnuts, Walnuts, Pistachios, Brazil, Pistachios, Cashews and Macadamia				Sulphur Dioxide (E223) or E220's

COFFEES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Smashed Avocado on Toast	Avocado, Real Choc, Lime Juice, Cucumber, Chilli, Olive Oil, Salt, Pepper, Toast, Feta, 7 Seeds (Lentil, Chick Pea, Sunflower, Sesame, Pumpkin, Poppy)	V	Cereals containing gluten, Milk, Sesame Seeds		☑					☑					☑		
Virgin Mashed Avocado on Toast	Avocado, Real Choc, Lime Juice, Cucumber, Chilli, Olive Oil, Salt, Pepper, Toast, 7 Seeds (Lentil, Chick Pea, Sunflower, Sesame, Pumpkin, Poppy)	V/V	Cereals containing gluten, Sesame Seeds		☑					☑					☑		
Kala Rostita Avocado on Toast	Kala, Grilled with Olive Oil, Salt & Pepper, Avocado (DOP), Lemon, Mayo, Chilli, Parsley	V	Cereals containing gluten, Milk, Sesame Seeds		☑					☑					☑		
Salmon, Egg, Avocado on Toast	Avocado, Egg, Mayo, Mustard, Salmon, Parsley, Lime Juice, Toast - 7 Seeds (Lentil, Chick Pea, Sunflower, Sesame, Pumpkin, Poppy)	V	Cereals containing gluten, Fish, Egg, Mustard, Sesame Seeds		☑		☑				☑				☑		
Salmon Rostita, Avocado on Toast	Avocado, Salmon, Lime Juice, Parsley, Toast - 7 Seeds (Lentil, Chick Pea, Sunflower, Sesame, Pumpkin, Poppy)	V	Cereals containing gluten, Fish, Milk, Sesame Seeds		☑		☑			☑					☑		

BREAKFAST	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Egg & Bacon Scramble	Butter, Egg, Milk, Seasoning, Sausage, Shrimps	V	Cereals containing gluten, Milk, Egg		☑		☑			☑							
Egg & Bacon Scramble	Butter, Egg, Milk, Seasoning, Bacon, Shrimps	V	Cereals containing gluten, Milk, Egg		☑		☑			☑							
Scotch	Eggplant, Potato, Egg, Tomato, Chilli, Parsley	V/V	Cereals containing gluten, Egg, Sesame Seeds		☑		☑								☑		
Virgin Scramble - In Development	Eggplant, Potato, Tomato, Chilli, Parsley	V/V/V	Cereals containing gluten, Egg, Sesame Seeds		☑		☑								☑		
Breakfast, Spinach & Egg Wrap	Avocado, Spinach, Egg, Spinach, Mayo, Tomato, Olive Oil	V/V	Cereals containing gluten, Egg, Sesame Seeds		☑		☑								☑		
Spinach & Cream Cheese Toast	Spinach, Cheese, Cream Cheese, Lemon, 4 packs slices	V	Cereals containing gluten, Milk, Fish, Sesame Seeds, Sulphur Dioxide (E223)		☑		☑			☑							☑

BREAKFAST PASTRY	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Scrub & Egg	Scrub, 1 Egg, 2 packets - Chopped Salad / Roasted Veg - Tomato & Bacon / 1 Packet Spinach	V/V	Egg, Sesame Seeds, Mustard (E1504)		☑		☑	☑				☑					☑
Virgin Delishius	Delishius, Milk, Oil & Biscuits / Roasted Veg, wheat gluten & eggplant / Chopped Salad / Veg & Milk, Sausage	V/V/V	Sesame Seeds		☑										☑		
Salt Butter & Egg	1 Packet Spinach & 2 eggs / (Salt Butter) / Roasted Veg - Herb Breaded	V	Cereals containing gluten, Egg, Sesame Seeds		☑		☑								☑		
Delishius	Delishius, egg, Feta / Chopped Salad (veg) / Toast	V	Egg, Cereals containing gluten, Mustard, Sesame Seeds, Sulphur Dioxide (E223), Milk		☑		☑			☑					☑		
Scrub & Egg	2 Eggs, Butter, Wheat Spinach / Chopped Salad (veg) / Roasted Veg	V/V/Low Gluten	Cereals containing gluten, Trout, Gluten - 2x hour Egg Storage (E223)		☑		☑								☑		

COFFEES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Chocolate	Wheat Flour, butter, sugar	V	Cereals containing gluten, Milk		☑					☑							
Peanut Chocolate	Wheat Flour, butter, sugar, plain chocolate	V	Cereals containing gluten, Milk		☑					☑							
Almond Chocolate	Wheat Flour, butter, sugar, almonds	V	Cereals containing gluten, Milk, Nuts		☑					☑			☑				

COFFEES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Farmer 2 Pastas	Coconut oil, egg, orange, corn, jamon, parmesan, olive oil, salt, pepper, onion, paprika, garlic, honey, butter, golden spring, sunflower, sesame seeds	V/V	Dairy (Milk Butter)		☑					☑							
Almond Porridge	Oats, Almond Milk, Water	V/V/V	Cereals containing gluten (Oats), Nuts (Almonds)		☑								☑				
Blue Health Porridge	Oats, Flax Seed, Roasted Almonds (2%), Roasted Almond Flours (1%), Coconut, Blueberry, Sugar, Salt, Salt (E513), Almond Milk, Water	V/V/V	Cereals containing gluten (Oats), Nuts (Almonds)		☑								☑				

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- ☑ Does not contain dairy
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- ✓ Vegan

CELERY	CERIALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
	Ferme, Wheat, Rice, Barley, Oats, Spelt or Kamut	Prawn, Crab, Lobster, Crayfish					Clam, Mussel, Whelk, Oyster, Snail and Squid		Almonds, Hazelnut, Walnut, Pistachio, Brazil, Pecan, Cashew and Macadamia				Sulphur Dioxide, E299 (Sulphur) or E142 (Yellow 5)

NAME	INGREDIENTS	TABS	ALLERGENS	CELERY	CERIALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Charred Pork Steak	Beef (BHF), Worcestershire Sauce (Barley, Fish), Dijon Mustard, Red Wine Vinegar, Black Pepper, Garlic, Sunflower Oil	☑	Cereals containing gluten, Worcestershire Sauce (Fish)		✓			✓				✓					✓
Charred Tofu Steak	Tofu, Sesame Oil, Vegetables (Oil, Ginger, Spring Onion, Garlic, Rice Vinegar, White Miso, Mirin, Maple Syrup, Aubergine, Black & White Sesame Seeds)	☑ 4 / ✓ V ✓	Sesame Seeds (Oil & Sesame Seeds), Soya (Miso & Sesame)		✓											✓	
Grilled Chicken & Green Tabouli	Chicken, Pesto, Anchovies, Olive Oil, Salt, Pepper, Pineapple, Lemon Juice, Tomato, Red Onion, Parsley, Cilantro, Olive Oil, Chopped Ginger, Spinach, Cumin, Chilli Flakes, Honey, Garlic	☑ 4	Sesame Seeds (Oil)		✓											✓	
Malaysian Meatballs	Turkey Minced Meat, Garlic, Red Onions, Ginger, Dried Chilli Flakes, Coriander, Red Beans, Lime Leaf, Honey, Lime Juice, Red Chilli, Fresh Lime, Coconut Milk Leaf, Tomatoes, Parsley, Salt, Turmeric, Brown Sugar, Ginger, Garlic, Spring Onions, Soy Sauce	☑ 4	Soya (Soy Sauce), Fish Sauce													✓	
Grilled Prawns Chicken	Chicken thigh, Butter, Olive Oil, White Soft Spread, Parsley, Garlic, Pesto, Sea Salt, Cumin, Crushed Chilli, Aubergine, Regular (E299), Honey, Spring Onions, Parsley, Chilli, Crushed Black Pepper, Chopped Onions, Crushed Garlic, All Spices	☑ 4	N/A		✓											✓	
Mac & Cheese	Pasta (Wheat), Broccoli, Kale, Béchamel (Milk, Soya), Grana Padano, Neufchatel, Salt, Dry Red Chilli	✓	Cereals containing gluten (Wheat), Dairy (Milk, Cheese)		✓					✓						✓	
Salmonides	Salmon (BHF), Chickpeas (Oil), Oil, Sunflower Oil, Parsley, Coriander, Red Wine Vinegar, Garlic, Crushed Onion, Dill, Parsley, Cumin, Mustard	☑ 4	Fish (Salmon), Mustard (Wine Vinegar)					✓									✓

NAME	INGREDIENTS	TABS	ALLERGENS	CELERY	CERIALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Brown Rice	Brown Rice, Salt, Olive Oil, Parsley	☑ 4 / ✓ V ✓															
Breakfast	Freekeh, Parsley, Olive Oil	☑ 1 / ✓ V ✓	Cereals containing gluten (Barley wheat)		✓												
Fresh Greens	Freekeh, Cumin, Coriander, Red Peppers, Parsley, Red Onion, Garlic, Salt, Olive Oil	☑ 1 / ✓ V ✓	Cereals containing gluten (Wheat wheat)		✓												
Redly Spinach	Red Fennel, Redly Spinach	☑ 4 / ✓ V ✓															















NAME	INGREDIENTS	TABS	ALLERGENS	CELERY	CERIALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Crab & Cucumber	Broccoli, Cucumber (Crab), Cucumber, Onion, Garlic, Lemon, Olive Oil, Black Pepper, Salt, Tomato (Salt & Free)	☑ 4 / ✓ V ✓	N/A														
Mac & Cheese - Original	Pasta (Wheat), Broccoli, Kale, Béchamel (Milk, Soya), Grana Padano, Neufchatel, Salt, Dry Red Chilli	✓	Cereals containing gluten (Wheat), Dairy (Milk, Cheese)		✓					✓						✓	
Mac & Cheese - Kale & Cauli - Autumn 2018	Pasta (Wheat), Broccoli, Kale, Béchamel (Milk, Soya), Grana Padano, Neufchatel, Salt, Dry Red Chilli, Cauliflower & Kale	✓	Cereals containing gluten (Wheat), Dairy (Milk, Cheese)		✓					✓						✓	
Roasted Sweet Potatoes	Sweet Potatoes, Olive Oil, Parsley	☑ 1 / ✓ V ✓	Cereals containing gluten (Crab), Gluten (Salt)												✓		
Whole Cauliflower	Salt, Pepper, Coriander, Cumin, Parsley, Black Sesame, Olive Oil, Vegetables (Oil), Coriander, Spring Onions	☑ 4 / ✓ V ✓	Sesame Seeds												✓		
Whole Greens	Mushrooms, Rocket, Tomato, Onions, Spring Onions, Olive Oil, Salt & Pepper, Olive	☑ 4 / ✓ V ✓	N/A														
Roasted Butternut Squash Autumn 2018	Butternut Squash, Green Fennel, Olive Oil, Coriander, Salt & Pepper, Green Tabouli, Lemon Juice, Olive Oil, Chopped Ginger, Chopped Garlic, Salt & Pepper, Fresh Parsley, Fresh Coriander, Baked Spinach, Crushed Cumin, Crushed Black Pepper	☑ 1 / ✓ V ✓	Sesame Seeds												✓		

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CELESTIAL	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
	Flour, Wheat, Rice, Barley, Oats, Spelt or Kamut	Prawn, Crab, Lobster, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, Hazelnuts, Walnuts, Peanuts, Brazil, Pistachio, Cashew and Macadamia				Sulphur Dioxide, Citrus Oils or Citrus Juice

COOLDRINKS	INGREDIENTS	TAGS	ALLERGENS	CELESTIAL	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Broccoli, Red Pepper and Tuna Salad - Summer 2018	Broccoli, Red Pepper, Olive Oil, White Wine Vinegar, Lemon, Extra Virgin Sesame Seed, Soy, Pepper, Feta, Parsley	V Low Gluten	Dairy (Feta), Sesame (Vinegar), Sesame Seeds, Gluten (Wheat - Trace Amount)							✓					✓		
Roasted Chickpeas and Tomato Salad	Roasted Chickpeas, Cherry Tomatoes, Red Pepper, Cucumber, Parsley, Hummus Dressing - White, Sunflower Oil, Paprika, Garlic Powder, Sea Salt, Capers, Crushed Chickpeas, Parsley, Olive Oil, Sesame Seed, Lemon Juice, Dried Rose Petals, Crushed Black Pepper, Cinnamon, Ground Coriander, 40% Olive White Wine Vinegar	☑ 42 V V Va	Sulphur Dioxide (Vinegar)														✓
Farmer's Salad	Red Pile, Cucumber, Strawberry, Red Onion, Mint, Feta (Soft), 40% Olive Dressing - 40% Olive (Sour Cream), Olive Oil, White Wine Vinegar, Salt - 20% Olive, Sea Salt, Lemon Juice	V Low Gluten	Cornish Containing Gluten (Feta Cheese - 20% Olive)		✓					✓					✓		
Quinoa, Roasted Tomato & Cucumber Salad - Summer 2018	Roasted Tomatoes, Quinoa, Cucumber, Red Onion, Mixed Greens, Butterbean, Feta, Olive, Honey, White Wine Vinegar	☑ 42 V	Sulphur Dioxide (Vinegar), Mustard									✓					✓
Roasted Cucumber & Tomato Salad - Summer 2018	Spring Greens & Carrots Mix, Black Turb Beans, Coriander Leaf, Cucumber, Crushed Tomatoes, Red Onion, Cucumber, Tomatoes, Jalapeno, Tomato Dressing (Oil, Olive Oil, Garlic, Lemon Juice, Lime Juice, Tomato)	☑ 42 V V Va															
Beetroot Sprout, Feta & Red Pepper Salad - Autumn 2018	Roasted Beetroot, Sprouts, Roasted Red Pepper, Extra Virgin Olive Oil, White Wine Vinegar, Lemon Juice, Olive, Salt & Pepper Mix, Crushed Feta, Chopped Parsley - 20% Olive (Sour Cream)		Dairy (Feta), Sesame (Vinegar), Sesame Seeds, Gluten (Wheat - Trace Amount)		✓					✓				✓			✓
Avocado & Kale White Dressing 2018	Roasted Kale, Walnuts, Lemon, Cucumber, 40% Olive, Sunflower Oil, Cabbage, Mint, Marjoram, Avocado, Salt, 40% Olive, Lemon Juice, Mustard, Black & White Sesame Seeds - Mint, Marjoram, Mint, Ginger, Crushed Chickpeas, Spring Onions, Lemon Juice, Garlic, Mint, Vegetables Oil & Salt, White Wine Vinegar, White Wine Vinegar, Sunflower	☑ 42 V V Va	Sesame Seeds, Soya, Sulphur												✓	✓	✓
Egg Garden Salad	Tomato, Spring Greens, 40% Olive, Cucumber, Hard-boiled, Mixed Greens, Soft-boiled Eggs, Spring Onions, Sunflower Seeds, Crusty Bread, Salt, 40% Olive, White Wine Vinegar, 40% Olive, White Wine Vinegar	☑ 42 V V Va	Sulphur (Vinegar), Sesame, Soya														✓

SAUCES/DRESSINGS	INGREDIENTS	TAGS	ALLERGENS	CELESTIAL	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Tahini	Tahini (Ground), Water, Garlic, Lemon, Olive Oil, Black Pepper, Salt	☑ 42 V V Va	Sesame seeds												✓		
Chimichurri	Parsley, Bay Leaf, Garlic, Salt, Pepper, Red Wine Vinegar, Garlic, Crushed Red Onion, Olive Oil, Cumin, Coriander, Chili Flakes	☑ 42 V V Va	Sulphur Dioxide (Vinegar)														✓
Red Pepper	Red Pepper, Garlic, Onions, Thyme, Bay Leaf, Sesame Oil, Red Wine Vinegar, Crushed Chickpeas, Olive Oil, Olive Mustard, Salt, Black Pepper	☑ 42 V V Va	Mustard, Sulphur (Sodium Hydrogen Sulphite)									✓					✓

SANDWICHES - CP	INGREDIENTS	TAGS	ALLERGENS	CELESTIAL	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Beef Sandwich	Beef, Baby Spinach, Cheddar, Red Onion, Dijon Mustard, Multigrain Bap	☑ 42 V V Va	Cornish containing gluten, Fish Mustard (Sulphur Dioxide)		✓			✓				✓					✓
Roast Chicken and Broccoli Sandwich	Roast Chicken, Broccoli, Red Onion, Mayonnaise, Multigrain Bap		Cornish containing gluten, Eggs, Sesame (Dressing)		✓		✓										✓
Steakhouse Sandwich	Egg, Sausage, Tomato, Parsley, Chopped Tomatoes, Garlic, Red Pepper, Cornish, Paprika, Red Chilli, Bay Leaf, Salt, Sunflower Oil, Thyme, Black Pepper, Crushed Feta, Spanish Mustard, Bap	V	Cornish containing gluten, Eggs, Milk		✓												
Middle Eastern Veggie Sandwich	Avocado, Baby Spinach, Tomato, Chilli, Zucchini	V V Va	Cornish containing gluten, Sesame seeds		✓										✓		

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CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
	Freshly Whipped Cream, Dairy, Eggs, Spelt or Kamut	Prawns, Crabs, Lobsters, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, Hazelnuts, Walnuts, Peanuts, Brazil, Pistachios, Cashews and Macadamias				Sulphur Dioxide, D-Dimethyl or Dimethyl

BRUNCH FAVOURITES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Stack, Eggs & Green Salad	Eggs, Avocado, Steak, Chopped Salad, Grilled Veg (Tomato, Mushroom, Spinach), Sweet Potato, Green Beans	☑️	Eggs, Milk, Cereals (Gluten containing), Mustard, Sesame Seeds		✓		✓	✓				✓			✓		
Thai Stack	Protein, Baked Egg, 30 Year, Salad, Chili, Coriander, Red Onion, Olive Oil, Lemon Juice, Fish & Veg, Sweet, Salt & Pepper	✓	Eggs, Milk, Cereals containing gluten, Sesame Seeds		✓		✓			✓					✓		
2 Plate	Smoked Salmon, Beige, Cream Cheese, Oil, Herbs, Egg Mayo, Mustard, Tomato & Onion	✓	Fish, Cereals containing gluten, Milk, Egg				✓	✓		✓		✓					
Grilled Cheese Toastie	Butter, Banneton, Grated Cheese, Butter, Pickles, Salt & Pepper	✓	Cereals containing gluten, Milk, Sulphur Dioxide		✓					✓							✓
Veggie Burger	Broche, Mushroom, Aubergine, Cauliflower, Potatoes, Potatoes, Sweet Potato, Pickles, Oil, Salt, Red Pepper, Sauce	✓	Cereals containing gluten, Sesame Seeds, Sulphur Dioxide		✓										✓		✓
Stack, Eggs & Green Salad	Eggs, Avocado, Spinach, Chopped Salad, Grilled Veg (Tomato, Mushroom, Spinach), Sweet Potato, Green Beans	☑️	Fish, Sesame Seeds, Cereals (2x star - Trace Amount of Gluten)		✓		✓								✓		

AVO	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
The Classic Avoc	Protein, Red Onion, Lime, Garlic, Coriander, Chili, Olive Oil, Salt, Pepper, Feta, Toast, Toasted, Soft, Cold Oil	✓	Cereals containing gluten, Milk, Sesame Seeds		✓					✓					✓		
The Vegan Chisel Avoc	Avocado, Red Onion, Lime, Garlic, Coriander, Chili, Olive Oil, Salt, Pepper, Toast - 7 seeded loaf, Cold Oil	✓, 100%	Cereals containing gluten, Milk, Sesame Seeds		✓										✓		

SHARING	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Farmers Breakfast V	2 Fried Eggs with Mashed, 20 Year, Ham, Chops, Pickles, Fresh Salad, Fries & Lettuce	✓	Cereals containing gluten, Egg, Milk, Sulphur Dioxide, Sesame Seeds		✓		✓			✓					✓		✓
Smiley Split/Stack	20 Year Split/Stack, 20 Year Split/Stack, 20 Year Split/Stack, Sweet Potato, Wedges & Puny Red Pepper Sauce	✓	Cereals containing gluten, Sesame Seeds, Sulphur Dioxide		✓										✓		✓

WILD RICE	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Blue Plate Salmon	Raw Salmon, Rice or Baby Gem, Pickles, Cabbage, Cucumbers, Coriander, Avocado, Oil, Honey, Mustard, Dressing, Lime	☑️	Fish, 17					✓									
Blue Chicken	Chicken, High, Milk, Rice or Baby Gem, Pickles, Cabbage, Cucumbers, Coriander, Avocado, Oil, Honey, Mustard, Dressing, Lime	☑️	Soya, Sesame Seeds, 17												✓	✓	
Sesame Tofu	Tofu, Sesame Seeds, Rice or Baby Gem, Pickles, Cabbage, Cucumbers, Coriander, Avocado, Oil, Honey, Mustard, Dressing, Lime	☑️ ✓ ✓ ✓ ✓	Soya, Sesame Seeds, 17												✓	✓	
Wheat Rice	Wheat Rice with Olive Oil, Lemon	☑️ ✓ ✓ ✓ ✓															

SMALL	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Eggs (Protein) Fried	Eggs, Oil	☑️ ✓ ✓ ✓ ✓	Eggs				✓										
Grilled Veg & Mashed	Tomato, Mushroom, Cavendish, Nuts	☑️ ✓ ✓ ✓ ✓															
Smoked Salmon	Fish, Sesame Seeds	☑️ ✓ ✓ ✓ ✓	Fish, Sesame Seeds					✓							✓		
Hot 10 Cheese	Smoked Salmon, Oil, Sesame Seeds	✓	Cereals containing gluten, Milk, Soya		✓					✓						✓	
Smoked Salmon, Butter, Banneton & Marmite	Smoked Salmon, Butter, 7 Seeded Loaf	✓	Cereals containing gluten, Milk, Sesame (7 Seeded)		✓					✓				✓			

COMFORTING DRINK	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Strawberry French Toast	Banana, Cakes, Cream, Fresh, Strawberry, Tiramisu, Vanilla, Vanilla, Syrup	✓	Cereals containing gluten, Milk, Sesame Seeds		✓					✓					✓		
Toast, Dates & Yogurt	Custard, Yogurt, Strawberry, Raspberry, Tiramisu, Vanilla, Vanilla, Syrup	☑️ ✓ ✓ ✓ ✓	Sesame Seeds												✓		
Porridge (2 Plates)	Custard, Yogurt, Strawberry, Raspberry, Tiramisu, Vanilla, Vanilla, Syrup	☑️ ✓ ✓ ✓ ✓	Dairy (Milk, Butter)							✓							
Almond Porridge	Corn, Almond Milk, Water	☑️ ✓ ✓ ✓ ✓	Cereals containing gluten (Soya), Milk (Almond)		✓								✓				
Ruby Health Porridge	Corn, Flax, Seed, Flaxseed, Almonds (2%), Roasted Almond Flakes (1%), Coconut, Banana, Sugar, Salt, Apricot, Almond Milk, Water	☑️ ✓ ✓ ✓ ✓	Cereals containing gluten (Soya), Milk (Almond)		✓								✓				
Vegan Breakfast Waffles	Flour, Almond Milk, Vegetables, Oil, Baking Powder (Wheat-free), Baking Soda, Vanilla, Extract, Salt	☑️ ✓ ✓ ✓ ✓	Cereals containing gluten (Soya), Milk (Almond)		✓								✓				

# DINNER PRODUCTS AND THEIR ALLERGEN CONTENT

Our foods are freshly prepared in a clean, safe kitchen, so we can guarantee our food is free of allergen-free. Please take care and speak to our team about our ingredients before you or your family eat them.

Please remember to check our allergen information page for more information - the best thing we want is for anyone being sought out by a new table or an old favourite. If you have any further queries please don't hesitate to send us an email [info@porkies.com.au](mailto:info@porkies.com.au) or speak to a member of our team.

- ☑ Does not contain any
- ☒ Does not contain gluten
- ✓ Vegetarian

	<b>CEREALS CONTAINING GLUTEN</b>	<b>CRUSTACEANS</b>	<b>EGGS</b>	<b>FISH</b>	<b>LUPIN</b>	<b>MILK</b>	<b>MOLLUSC</b>	<b>MUSTARD</b>	<b>NUTS</b>	<b>PEANUTS</b>	<b>SESAME SEEDS</b>	<b>SOYA</b>	<b>SULPHUR DIOXIDE</b>	
	<b>CEREALS CONTAINING GLUTEN</b> Wheat, Wheat or Barley, Corn, Spelt or rye flour	<b>CRUSTACEANS</b> Shrimp, Crab, Lobster, Crayfish	<b>EGGS</b>	<b>FISH</b>	<b>LUPIN</b>	<b>MILK</b>	<b>MOLLUSC</b> Clams, Mussels, Whelks, Oysters, Snails and Squid	<b>MUSTARD</b>	<b>NUTS</b> Almonds, Hazelnuts, Walnuts, Peanuts, Brazil, Pistachios, Cashew and Macadamia				<b>SULPHUR DIOXIDE</b> Sulphur Dioxide, E122, E129 or E130	

ITEMS	INGREDIENTS	TAGS	ALLERGENS	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Cherry Chicken Sandwich	Chicken, Cheddar, Monterey Blue Cheese, Soft Roll, Softener, Prepared Grated Cheese, Olive Oil, Tomato Paste, Lemon Juice, Green Tabasco, Chopped Onion, Softener, Curry, Cheddar Cheese, Softener, Prepared Grated Cheese	☑ ✓		☑												
Onion Bread	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓ ✓		☑												
Onion Roll	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓ ✓		☑												
Sausages	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓ ✓		☑												

FAVOURITES	INGREDIENTS	TAGS	ALLERGENS	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Vegetarian Burger	Onion, Cheddar, Monterey Blue Cheese, Softener, Curry, Lemon Juice, Prepared Grated Cheese, Olive Oil, Tomato Paste, Lemon Juice, Green Tabasco, Chopped Onion, Softener, Curry, Cheddar Cheese, Softener, Prepared Grated Cheese	✓		✓										✓		✓

LAMB DAIRY	INGREDIENTS	TAGS	ALLERGENS	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Roasted Pork Sausages	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	✓		☑					✓					✓		✓
Charred Pork Steak	Pork Steak, Monterey Blue Cheese, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	✓		☑					✓					✓		✓
Pork Roll Beef & Tomato Tartare	Beef Topside, Tomato, Green Cheese, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓		☑					✓					✓		✓
Steak & Potatoes	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	✓		☑					✓					✓		✓

FROM THE FIELD	INGREDIENTS	TAGS	ALLERGENS	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Roasted Pork Sausages	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	✓		☑					✓					✓		✓
Roast Beef & Potato Salad	Roast Beef, Potato, Tomato, Green Cheese, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	✓		☑					✓					✓		✓
Big Burrito Bowl	Beef Topside, Tomato, Green Cheese, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓ ✓ ✓		☑					✓					✓		✓
Roasted Market Salad	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓		☑					✓					✓		✓

WORLD BOARDS-OR HALF BOARDS	INGREDIENTS	TAGS	ALLERGENS	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Cheese Focaccia	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓ ✓		☑					✓					✓		✓
Chicken	Chicken, Monterey Blue Cheese, Softener, Curry, Lemon Juice, Prepared Grated Cheese, Olive Oil, Tomato Paste, Lemon Juice, Green Tabasco, Chopped Onion, Softener, Curry, Cheddar Cheese, Softener, Prepared Grated Cheese	☑ ✓ ✓		☑					✓					✓		✓
Roast Beef	Roast Beef, Potato, Tomato, Green Cheese, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓		☑					✓					✓		✓

FIELD BOWL	INGREDIENTS	TAGS	ALLERGENS	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Slow Cooked Sausages	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓ ✓		☑					✓					✓		✓
Slow Cooked Chicken	Chicken, Monterey Blue Cheese, Softener, Curry, Lemon Juice, Prepared Grated Cheese, Olive Oil, Tomato Paste, Lemon Juice, Green Tabasco, Chopped Onion, Softener, Curry, Cheddar Cheese, Softener, Prepared Grated Cheese	☑ ✓ ✓ ✓		☑					✓					✓		✓
Slow Cooked Pork	Pork Steak, Monterey Blue Cheese, Softener, Curry, Lemon Juice, Prepared Grated Cheese, Olive Oil, Tomato Paste, Lemon Juice, Green Tabasco, Chopped Onion, Softener, Curry, Cheddar Cheese, Softener, Prepared Grated Cheese	☑ ✓ ✓ ✓		☑					✓					✓		✓

ADD ONE	INGREDIENTS	TAGS	ALLERGENS	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Beef & Potato	Roast Beef, Potato, Tomato, Green Cheese, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓ ✓		☑					✓					✓		✓
Chicken & Potato	Chicken, Monterey Blue Cheese, Softener, Curry, Lemon Juice, Prepared Grated Cheese, Olive Oil, Tomato Paste, Lemon Juice, Green Tabasco, Chopped Onion, Softener, Curry, Cheddar Cheese, Softener, Prepared Grated Cheese	☑ ✓ ✓ ✓		☑					✓					✓		✓

COMFORTING BREAD	INGREDIENTS	TAGS	ALLERGENS	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Cheese Bread	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	✓		☑					✓					✓		✓

ACROSS	INGREDIENTS	TAGS	ALLERGENS	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Soft Farmer's Mayo	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	✓		☑					✓					✓		✓
Farmer's Steak	Roast Beef, Potato, Tomato, Green Cheese, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓ ✓		☑					✓					✓		✓
Sausage & Potato Fries	Sausages, Potato, Tomato, Green Cheese, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	✓ ✓		☑					✓					✓		✓
Long Leaf Potatoes	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓		☑					✓					✓		✓
Herby Pumpkin Soup	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓		☑					✓					✓		✓
Cherry Tomato & Eggs	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	☑ ✓ ✓ ✓		☑					✓					✓		✓
Maple Smashed Potatoes	Onion, Herbs, Softener, Olive Oil, Softener, Curry, Lemon Juice, Olive Oil, Softener, Curry, Lemon Juice, Softener, Curry, Lemon Juice	✓		☑					✓					✓		✓