



BREAKFAST MON – FRI
AVAILABLE 7:30AM TO 11AM

COUNTER BREAKFAST

Egg & Bacon Sarnie	3.50
Egg & Sausage Sarnie	3.50
Toast, Wraps & Rolls	FROM 2.45
Yoghurt & Granola	FROM 2.95
Farmer's Pastries	FROM 1.95

Look Down For Today's Specials

COUNTER FIELDTRAY

Salmon & Avo ^{Ⓟ/ⓖ}	6.50	Egg White Fritata ^{ⓖ/V}	5.50
2 Eggs, Wilted Greens, Smoked Salmon & Smashed Avo		Egg Whites, Broccoli, Feta, Greens & Chopped Salad	

SERIOUS PORRIDGE

Granola Grits	3.50
Forrest Fruits, Granola and Honey Porridge	
Jerusalem	3.50
Date Tahini, Banana and Cacao Nib Porridge	
The Nutter	3.50
Peanut, Almond and Maple Porridge	
Plain J	FROM 2.95

Made with Coconut Milk
 Honey or Maple Topping on Us
 Any Extra Topping 0.50 / Ask for Today's Toppings

BREAKFAST FIELDTRAY - MADE TO ORDER

Steak & Egg ^{Ⓟ/ⓖ}	6.00	Green Eggs ^{Ⓟ/ⓖ/V}	4.75
Poached Egg, Charred Flank Steak, Chopped Salad, Roasted Veg, Wilted Greens & Pickles		2 Poached Eggs, Za'atar, Wilted Greens, Roasted Veg & Chopped Salad	
Vegan Shakshuka ^{Ⓟ/ⓖ/V/Ve}	5.00	Full Forkin' English	6.50
Spiced Tomato & Red Pepper Base, Chopped Salad, Grilled Aubergine & Mushroom, Wilted Greens & Tahini		2 Poached Eggs, Sausage, Bacon, Roasted Veg & Za'atar Sourdough Toast	
Shakshuka [∨]	4.75		
2 Poached Eggs on Spiced Tomato & Red Pepper Base with Crumbled Feta, Chopped Salad & Za'atar Sourdough Toast			

ADD EXTRA

Poached Egg	0.50
Za'atar Toast	0.90
½ Avocado	0.90
Bacon or Sausage	1.00
Grilled Veg	1.20
Smoked Salmon	1.50
Farmer's Relish	FREE

PORRIDGE & COFFEE SPECIAL

Order any Porridge and Coffee	4.50
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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.
 Ⓟ Does not contain dairy | ⓖ Does not contain gluten | V Vegetarian | Ve Vegan | Our Chicken is Halal



LUNCH & DINNER

FIELDTRAY

STEP 1 – CHOOSE A BASE

- Brown Rice ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Lemon, Extra Virgin Olive Oil & Herbs
- Farmer's Grains ^{Ⓟ/Ⓥ/Ⓦe}
- Freekeh, Beluga Lentils, Chermoula & Herbs
- Baby Spinach ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Fresh Baby Spinach

STEP 2 – CHOOSE A MAIN

- Charred Flank Steak [Ⓟ] 7.95
- Charred Tofu Steak ^{Ⓟ/ⓖ/Ⓥ/Ⓦe} 7.25
- Grilled Chermoula Chicken ^{Ⓟ/ⓖ} 7.50
- Malaysian Meatballs ^{Ⓟ/ⓖ} 7.50
- Grilled Harissa Chicken ^{Ⓟ/ⓖ} *7.60
- Mac N' Cheese [Ⓥ] 6.50
- Chimichurri Salmon Fillet ^{Ⓟ/ⓖ} 9.50
- Veggie Tray 6.50
- Choose Any 3 Sides Plus a Grain

STEP 3 – CHOOSE TWO SIDES

- Grilled Broccoli ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Mac N' Cheese [Ⓥ]
- Roasted Sweet Potato ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Whole Cauliflower ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Sesame & Ginger Greens ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Roasted Chickpea & Tomato Salad ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Farmer's Salad ^{ⓖ/Ⓥ}
- Avocado Kale Miso Slaw ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Purple Garden Salad ^{Ⓟ/ⓖ/Ⓥ}
- Seasonal Salad
- Look Down for Today's Special

ADD EXTRA

- Meatballs 3.75
- Chicken 3.75
- Salmon 5.50
- Steak 4.50
- Tofu 3.75
- Sides 2.20

ADD SAUCE

- Tahini ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Chimichurri ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}
- Red Pepper ^{Ⓟ/ⓖ/Ⓥ/Ⓦe}



*0.10 will go towards Action Against Hunger, a charity that saves the lives of malnourished children and fights for a world free from hunger.

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