



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

COUNTER BREAKFAST

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|---|-----------|
| Toast, Wraps & Rolls | FROM 2.45 |
| Yogurt & Granola Porridge ^{Ⓓ/Ⓔ/Ⓥ/Ⓥe} | FROM 2.95 |
| Farmer's Pastries | FROM 1.95 |
| Ask For Today's Specials | |

PORRIDGE & COFFEE SPECIAL

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| Order any Porridge and Coffee | 4.50 |
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SERIOUS PORRIDGE

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| 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 Topping | |

COUNTER FIELDTRAY

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

BREAKFAST FIELDTRAY

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

ADD EXTRA

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|------------------|------|
| 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 |



LUNCH MON – FRI

FIELDTRAY

STEP 1 – CHOOSE A BASE

- Brown Rice ^{Ⓓ/Ⓔ/V/Ve}
- Lemon, Extra Virgin Olive Oil & Herbs
- Farmer's Grains ^{Ⓓ/V/Ve}
- Freekeh, Beluga Lentils, Chermoula & Herbs
- Baby Spinach ^{Ⓓ/Ⓔ/V/Ve}
- Fresh Baby Spinach

STEP 2 – CHOOSE A MAIN

- Charred Flank Steak [Ⓓ] 7.95
- Charred Tofu Steak ^{Ⓓ/Ⓔ/V/Ve} 7.25
- Grilled Chermoula Chicken ^{Ⓓ/Ⓔ} 7.50
- Malaysian Meatballs ^{Ⓓ/Ⓔ} 7.50
- Grilled Harissa Chicken ^{Ⓓ/Ⓔ} *7.60
- Mac N' Cheese ^V 6.50
- Friday's Special – Chimichurri Salmon Fillet 9.50
- Veggie Tray ^{CHOOSE ANY 3 SIDES PLUS A GRAIN} 6.50

ADD EXTRA

- Meatballs 3.75
- Chicken 3.75
- Salmon 5.00
- Steak 4.50
- Tofu 3.75
- Sides 2.20

STEP 3 – CHOOSE TWO SIDES

- Grilled Broccoli ^{Ⓓ/Ⓔ/V/Ve}
- Mac N' Cheese ^V
- Roasted Sweet Potato ^{Ⓓ/Ⓔ/V/Ve}
- Whole Roasted Cauliflower ^{Ⓓ/Ⓔ/V/Ve}
- Sesame & Ginger Greens ^{Ⓓ/Ⓔ/V/Ve}
- Roasted Chickpea and Tomato Salad ^{Ⓓ/Ⓔ/V/Ve}
- Farmer's Salad ^{Ⓔ/V}
- Avocado Miso Slaw ^{Ⓓ/Ⓔ/V/Ve}
- Purple Garden Salad ^{Ⓓ/Ⓔ/V}
- Seasonal Salad
- Ask For Today's Special

ADD SAUCE

- Tahini ^{Ⓓ/Ⓔ/V/Ve}
- Chimichurri ^{Ⓓ/Ⓔ/V/Ve}
- Red Pepper ^{Ⓓ/Ⓔ/V/Ve}



*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.

12.5% discretionary service charge will be added to the bill. We are cashless.

Allergies & Intolerances: Please speak to our team about our ingredients before you order your food and drinks.

Ⓓ Does not contain dairy | Ⓔ Does not contain gluten | V Vegetarian | Ve Vegan | Our Chicken is Halal