

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 is NOT Halal.

CELERY	CEREALS CONTAINING GLUTEN <small>French Wheat, Dur, Barley, Oats, Spelt or Kamut</small>	CRUSTACEANS <small>Prawns, Crabs, Lobster, Crayfish</small>	EGGS	FISH	LUPIN	MILK	MOLLUSC <small>Clams, Mussels, Snails, Oysters, Squids and Seals</small>	MUSTARD	NUTS <small>Almonds, Hazelnuts, Walnuts, Pecans, Brazil, Pistachios, Cashew and Macadamia</small>	PEANUTS	SESAME SEEDS	SOYA
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MAINS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA
Charred Flank Steak	Steak (Beef), Worcestershire Sauce (Barley, Fish), Dijon Mustard, Red Wine Vinegar, Black Pepper, Garlic, Sunflower Oil	D	Cereals containing gluten (Worcestershire Sauce), Fish (Worcestershire Sauce), Mustard, Sulphites (Vinegar)		✓			✓				✓				
Lime Leaf Tofu Curry	Tofu, Bok Choy, portobello, Shitake, chilli ginger sauce (Tamar, Maple Syrup, Rice Vinegar, Red Chilli, Garlic, Ginger, Black and White Sesame Seeds, Sesame Oil), Lime Leaf sauce (Sunflower oil, water, tomato puree, ginger, tamar, salt, sugar cane, koji, lime juice, red chilli, garlic, turmeric, lime leaf, raw cane sugar & crushed chilli), coconut milk, Thai basil, spring onion, coriander & Sesame Seeds.	D / G / V / Ve	Sesame (Sesame Seeds), Soya (Tofu/Soya Sauce), Sulphur (rice vinegar)												✓	✓
Grilled Chermoula Chicken & Green Tahini	Chicken, Ras Al Hanout, Zaatar, Salt, Pepper, Preserved Lemon Puree, Olive Oil, Tomato Puree, Lemon Juice, Citric Acid, Parsley, Coriander, Tahini, Spinach, Parsley, Bay Leaf, Garlic, Salt, Pepper, Red Wine Vinegar (Sulphur Dioxide), Sunflower Oil, Olive Oil, Oregano, Coriander, Chilli Flakes, & Parsley.	D / G	Sesame Seeds (Tahini, Za'atar), Sulphites.												✓	
Grilled Harissa Chicken	Chicken Thigh, Rose Petal Harissa - Water, Sunflower Oil, Paprika, Water, Sunflower Oil, Paprika, Garlic Puree, Sea Salt, Cumin, Crushed Chilli, Acidity Regulator (Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black Pepper, Cinamon, Ground Coriander, All Spice	D / G	NA													
Shrooms' Mac' N' Cheese	Pasta (Wheat), Portobello, Parsley, Béchamel (Milk, Soya flour, nutmeg, salt, white pepper, Cornflour), Black pepper, Grana Padano, Mozzarella, cheddar, Nutmeg, Salt,		Cereals Containing Gluten (Wheat), Dairy (Milk, Cheese), Soya		✓					✓						✓
Gochujang Salmon	Salmon, gotcha marinade (Water, Tomatoes, Starch, Sugar, Salt, Vinegar, Potassium Sorbate, Spices, Sweetener, Granulated Sugar, Rice Wine Vinegar, Gochujang, Glucose Syrup, Black Beans, Red Pepper Juice, Soy Sauce Powder, Onion Powder, Onion Juice, Tomato Powder, White Wine Vinegar, Vegetable Oil, Ground Cayenne, Salt, Acetic Acid, Rice Flour, Dijon Mustard, Mustard Seeds, Spirit Vinegar, Waxy Maize Starch	D / G	Fish, Mustard, Soya & Sulphites.					✓				✓				✓
BASE	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA
Farmer's Rice	Brown Rice, Salt, Olive Oil, Parsley	D / G / V / Ve														
Baby Spinach	Raw Fresh Baby Spinach	D / G / V / Ve														
Field Grains	Freekah (Durum Wheat), Chickpea, Za'atar, Parsley, Fried Onion, Rapeseed Oil, Olive Oil, Harissa Rose Petal Paste (Water, Sunflower Oil, Paprika, Garlic, Salt, Cumin, Coriander seeds, Chilli, Acidity regulator (Citric Acid (E330))), Black, Pepper, Smoked Paprika, Dried Rose Petals, Cinnamon, All Spice, Black Sesame Seeds.	D / V / Ve	Cereals containing gluten (durum wheat), Sesame		✓										✓	
WARM SIDES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA
Grilled Broccoli	Broccoli, Olive Oil, Black Pepper, Salt	D / G / V / Ve	NA													
Shrooms' Mac' N' Cheese	Pasta (Wheat), Portobello, Parsley, Béchamel (Milk, Soya flour, nutmeg, salt, white pepper, Cornflour), Black pepper, Grana Padano, Mozzarella, cheddar, Nutmeg, Salt,		Cereals Containing Gluten (Wheat), Dairy (Milk, Cheese), Soya		✓					✓						✓
Roasted Sweet Potato	Sweet Potatoes, Za'atar, Olive Oil, Harissa Rose Petal Paste (Water, Sunflower Oil, Paprika, Garlic, Salt, Cumin, Coriander seeds, Chilli, Acidity regulator (Citric Acid (E330))), Black, Pepper, Smoked Paprika, Dried Rose Petals, Cinnamon, All Spice	D / G / V / Ve	Sesame Seeds (Za'atar)												✓	
Whole Cauliflower	Cauliflower, Coriander Cumin, Rose Petal Harissa - Sunflower Oil, Paprika, Water, Garlic Puree, Sea Salt, Cumin, Crushed Chilli, Acidity Regulator (Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black Pepper, Cinamon, Ground Coriander, All Spice, Black Sesame, Coriander, Spring Onion.	D / G / V / Ve	Sesame Seeds												✓	
Oregano Aubergine Greens	Aubergine, Chickpeas, Romano peppers, Cavolo Nero, salt, Black Pepper, Olive oil, Oregano, Rosemary	D / G / V / Ve														
COLD SIDES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA
Za'atar Chickpea Salad	Toasted Za'atar Chickpeas, Cherry Tomatoes, Cucumber, Radish, Spring Onion, Dill, Feta, Za'atar, Sumac, Lemon Oil Dressing: Olive Oil, Lemon Juice & Salt	G / V	Milk, Sesame Seeds							✓					✓	
Sesame Spring Greens	Asparagus, Broccoli, Green beans, Edamame, Spinach, Pickle Red Onion (Onion, sugar, salt, red wine vinegar), Sesame oil, Olive oil, Lime, Rice vinegar, Salt, Thai Basil, Sesame, Tahini.	D / G / V / Ve	Sulphur Dioxide, Sesame seeds and Soya												✓	✓
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	D / G / V / Ve	Sesame Seeds, Soya, Sulphur												✓	✓
Beets & Leaves	Lettuce, Treviso, beetroots, Grana Padano, Olives, Olive Oil, Mustard, red wine vinegar, salt	G / V	Milk, Mustard, Sulphur Dioxide							✓		✓				
SAUCES / DRESSING	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA
Tahini	Tahini (Sesame) Water, Garlic, Citric Acid Olive Oil, Black Pepper, Salt	D / G / V / Ve	Sesame seeds												✓	
Chimichurri	Parsley, Bay Leaf, Garlic, Salt, Pepper, Red Wine Vinegar (Sulphur Dioxide), Sunflower Oil, Olive Oil, Oregano, Coriander, Chilli Flakes	D / G / 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	D / G / V / Ve	Mustard, Sulphites (Sodium Hydrogen Sulphite)									✓				