















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](mailto:hello@farmerj.com) or speak to a member of our team. Our Chicken is NOT Halal.

⊘ Does not contain dairy | ⚠ Does not contain gluten | V Vegetarian | Ve Vegan

													
CELERY	CEREALS CONTAINING GLUTEN Freekeh, Wheat, Rye, Barley, Oats, Spelt or Kamran	CRUSTACEANS Prawns, Crabs, Lobster, Crayfish	EGGS	FISH	LUPIN	MILK	MOLLUSC Clams, Mussels, Whelks, Oysters, Snails and Squid	MUSTARD	NUTS Almonds, Hazelnuts, Walnuts, Pecans, Brazil, Pistachio, Cashew and Macadamia	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE Sulphur Dioxide (>10mg/kg or 10mg/L)

MAINS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Charred Flank Steak	Steak (Beef), Worcestershire Sauce (Barley, Fish), Dijon Mustard, Red Wine Vinegar, Black Pepper, Garlic, Sunflower Oil	⊘	Cereals containing gluten (Worcestershire Sauce), Fish (Worcestershire Sauce), Mustard, Sulphites (Vinegar)		✓			✓				✓					✓
Lime Leaf Tofu Curry	Tofu, Bok Choy, portobello, Shitake, chilli ginger sauce(Tamari, Maple Syrup, Rice Vinegar, Red Chilli, Garlic, Ginger, Black and White Sesame Seeds, Sesame Oil), Lime Leaf sauce (Sunflower oil,water, tomato puree, ginger, tamari, 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.	⊘ / ⚠ / V / Ve	Sesame (Sesame Seeds), Soya (Tofu/Soy Sauce), Sulphur (rice vinegar)												✓	✓	✓
Yaffo Chicken	Chicken, Yogurt, Mint, Lemon, Parsley, Spring Onion, Yaffo Marinade (yogurt, olive oil, veg oil, lemon juice, tomato paste, garlic, salt, black pepper, oregano, turmeric, fennel seeds, coriander seeds, cardamom, allspice, ginger)	⚠	Milk							✓							
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, Cinnamon, Ground Coriander, All Spice	⊘ / ⚠	NA														
Gotcha 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	⊘ / ⚠	Fish, Mustard, Soya & Sulphites.					✓				✓				✓	✓
BASE	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Brown Rice	Brown Rice, Salt, Olive Oil, Parsley	⊘ / ⚠ / V / Ve	NA														
Baby Spinach	Raw Fresh Baby Spinach	⊘ / ⚠ / V / Ve	NA														
Farmer's Grains	Freekeh, Bulgur 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.	⊘ / 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	SULPHUR DIOXIDE
Broccoli	Broccoli, Olive Oil, Black Pepper, Salt	⊘ / ⚠ / V / Ve	NA														
Squash' Mac' N' Cheese	Pasta (Wheat), Butternut squash, 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		✓					✓						✓	

