















BREAKFAST 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 <a href="mailto:hello@farmerj.com">hello@farmerj.com</a> or speak to a member of our team.				CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
					Freekeh, Wheat, Rye, Barley, Oats, Spelt or Khousan	Prawns, Crabs, Lobster, Crayfish							Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, Hazelnuts, Walnuts, Pecans, Brazil, Pistachio, Cashew and Macadamia		
Bread	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Avocado & Feta	Seeded sour dough, (Wholemeal flour, Water, Oats, Pumpkin seeds, Golden flaxseeds, Salt), Avocado, Lemon Juice, Salt, Feta, Shichimi (red pepper, orange peel, black sesame, yellow sesame, seaweed, ginger, Japanese pepper).	V	Gluten, Sesame(zaatar), Milk (feta).		✓					✓					✓		
Salmon & Egg Salad	Seeded sour dough, (Wholemeal flour, Water, Oats, Pumpkin seeds, Golden flaxseeds, Salt), Eggs, Mayo(Rapeseed oil, Egg Yolk, spirit vinegar, sugar, salt), Salt, black pepper, Smoked salmon(salmon, salt, demerara sugar), Cucumber, Spring onion.	D	Gluten, Egg, Sulphites, Fish.		✓		✓	✓									✓
Farmer's Egg Salad	Seeded sour dough, (Wholemeal flour, Water, Oats, Pumpkin seeds, Golden flaxseeds, Salt), Eggs, Mayo(Rapeseed oil, Egg Yolk, spirit vinegar, sugar, salt), Salt, black pepper, Baby spinach, Cucumber.	D / V	Gluten, Egg, Sulphites.		✓		✓										✓
Challah Egg Salad	Challah bun, (Wheat flour, Water, Whole egg, Honey, Rapeseed oil, Sesame seeds, Caster sugar, Milk, Za'atar spice, Yeast, Salt), Eggs, Mayo (Rapeseed oil, Egg Yolk, spirit vinegar, sugar, salt), Baby spinach, Cucumber.	V	Gluten, Egg, Milk(Challah), Sesame(Challah), Sulphites.		✓		✓			✓							✓
Challah BLT	Challah bun, (Wheat flour, Water, Whole egg, Honey, Rapeseed oil, Sesame seeds, Caster sugar, Milk, Za'atar spice, Yeast, Salt), Bacon-smoked streaky, Mayo (Rapeseed oil, Egg Yolk, spirit vinegar, sugar, salt), Tomato, Baby gem lettuce.		Gluten, Egg(Mayo), Milk(challah), Sesame, Sulphites.		✓		✓			✓							✓
Challah Bacon & Egg	Challah bun, (Wheat flour, Water, Whole egg, Honey, Rapeseed oil, Sesame seeds, Caster sugar, Milk, Za'atar spice, Yeast, Salt), smoked streaky Bacon, Eggs, Black pepper, Salt, Butter, Red pepper sauce(Red Pepper, Garlic, Oregano, Thyme, Bay Leaf, Serrano Chili, Red Wine Vinegar (Sulphur Dioxide), Olive Oil, Dijon Mustard, Salt, Black Pepper.		Gluten, Egg, Milk, Sesame(Challah), Sulphites.		✓		✓			✓							✓
Challah Bun	Challah bun, (Wheat flour, Water, Whole egg, Honey, Rapeseed oil, Sesame seeds, Caster sugar, Milk, Za'atar spice, Yeast, Salt)		Gluten, Egg, Milk, Sesame.		✓		✓			✓							✓
Z'atar and Gruyere Croissant	Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Unsalted Butter (Milk), Milk, Water, Mature Cheddar Cheese (Milk), Za'atar (Sesame), Whole Egg, Fresh Yeast, Sesame Seeds, Salt.		Gluten, Egg, Milk, Sesame,		✓		✓			✓							✓
Bowls	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
The Shak Bowl	Challah bun, (Wheat flour, Water, Whole egg, Honey, Rapeseed oil, Sesame seeds, Caster sugar, Milk, Za'atar spice, Yeast, Salt), Eggs, Shakshuka sauce, (tinned tomatoes, red onion, red pepper, rapeseed oil, tomato paste, salt, red chilli), Feta, Tahini dressing, (Tahini, garlic, citric Acid, sunflower Oil, Salt), Parsley, Olive oil.	V	Gluten, Egg, Milk(Feta), Sesame(Tahini& Challah).		✓		✓			✓							✓
Egg & Avo	Egg, Avocado, Lemon Juice, Salt, Baby Spinach, Feta, Kalamata Olives(red grape vinegar, sunflower oil), Zaatar.	G / V	Egg, Milk(Feta), Sulphites(Olives), Sesame(Zaatar)				✓			✓							✓
Egg & Salmon	Egg, Avocado, Lemon Juice, Salt, Baby Spinach, Smoked salmon(salmon, salt, demerara sugar), Zaatar.	G / D	Egg, Sesame(zaatar), Fish				✓	✓									✓
Porridge	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Porridge	Porridge, (Oat, Oat milk, salt), Maple.	D / V / Ve	Gluten		✓												
Pecan, Date Tahini & Banana	Porridge, (Oat, Oat milk, salt), Banana, Date tahini, (Raw tahini, Date syrup, Water), Pecans, Halva (Tahini, sugar, vanilla, food acid)	D / V / Ve	Gluten, Sesame, Nuts		✓								✓		✓		
Berry & Maple	Porridge, (Oat, Oat milk, Water, salt), Maple, Berry compote, (Strawberry, Inulin, Blackcurrant, Demerara sugar, Blackberry, Raspberry, Redcurrant, Novation), Blueberries.	D / V / Ve	Gluten		✓												