















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 hello@farmerj.com 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
				<small>Fresh: Wheat, Rye, Barley, Oats, Spelt or Hordeum</small>	<small>Peanut, Crab, Lobster, Crayfish</small>						<small>Clams, Mussels, Whelks, Oysters, Snail and Squid</small>		<small>Almonds, Hazelnuts, Walnuts, Peanuts, Brazil, Pistachio, Cashew and Macadamia</small>				<small>Sulphur Dioxide, D-Sorbitol or Sorbitol</small>
Bread	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Avocado & Feta On Toast	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, Milk	✓						✓					✓		
Salmon & Egg On Toast	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, Dill.	B	Gluten, Egg, Sulphites, Fish.	✓			✓	✓									✓
Egg & Bacon with Harissa Ketchup On Toast	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, Bacon, Harissa Ketchup (Red Pepper, Garlic, Oregano, Thyme, Bay Leaf, Serrano Chili, Red Wine Vinegar (Sulphur Dioxide), Olive Oil, Dijon Mustard, Rose Petal Harissa (Sunflower Oil, Paprika Flakes, Garlic Puree, Sea Salt, Cumin, Coriander, Crushed Chili, Acidity Regulator [Citric Acid (E330)], Black Pepper		Gluten, Egg, Sulphites, Mustard.	✓			✓					✓					✓
Egg Roll	Challa roll(wheat flour, egg, rapeseed oil, milk, sugar, sesame seeds, za'atar, yeast, salt), Eggs, Mayo (Rapeseed oil, Egg Yolk, spirit vinegar, sugar, salt), Baby spinach, Cucumber.	V	Gluten, Egg, Milk, Sesame, Sulphites.	✓			✓			✓					✓		✓
BLT Roll	Challa roll(wheat flour, egg, rapeseed oil, milk, sugar, sesame seeds, za'atar, yeast, salt), Bacon- smoked streaky, Mayo (Rapeseed oil, Egg Yolk, spirit vinegar, sugar, salt), Tomato, Baby gem lettuce.		Gluten, Egg, Milk, Sesame, Sulphites.	✓			✓			✓					✓		✓
Bacon & Egg Roll	Challa roll(wheat flour, egg, rapeseed oil, milk, sugar, sesame seeds, za'atar, 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, Sulphites.	✓			✓			✓					✓		✓
Full Breakfasts	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
The Shak Bowl	Eggs, Shakshuka sauce (Tomatoes, Red Onion, Red Pepper, Rapeseed oil, Tomato paste, Salt, Red Chili), Feta, Tahini dressing, (Tahini, garlic, citric acid, sunflower oil, salt), Parsley, Olive oil	G / V	Egg, Milk, Sesame				✓			✓					✓		
The Shak Bowl + Challa roll	Eggs, Shakshuka sauce (Tomatoes, Red Onion, Red Pepper, Rapeseed oil, Tomato paste, Salt, Red Chili), Feta, Tahini dressing, (Tahini, garlic, citric acid, sunflower oil, salt), Parsley, Olive oil, Challah roll (wheat flour, egg, rapeseed oil, milk, sugar, sesame seeds, Za'atar, yeast, salt).	V	Gluten, Egg, Milk, Sesame	✓			✓			✓					✓		
The Farmer's Breakfast	Eggs, Avocado, Smoked Salmon, baby Spinach, Feta cheese, Tomatoes, Zaatar (Hyssop, Oregano, Thyme, Sesame seeds, Sumac, salt, citric acid) Lemon.	G	Egg, Milk, Fish, Sesame				✓	✓		✓					✓		
The Farmer's Breakfast + Challa roll	Eggs, Avocado, Smoked Salmon, baby Spinach, Feta cheese, Tomatoes, Zaatar (Hyssop, Oregano, Thyme, Sesame seeds, Sumac, salt, citric acid) Lemon, Challa roll(wheat flour, egg, rapeseed oil, milk, sugar, sesame seeds, za'atar, yeast, salt).		Gluten, Egg, Milk, Fish, Sesame	✓			✓	✓		✓					✓		
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.	B / V / Ve	Gluten		✓												
Pecan, Date Tahini & Banana	Porridge, (Oat, Oat milk, salt), Banana, Date tahini (Raw tahini, Date syrup), Pecans, Halva (Tahini, sugar, vanilla, food acid)	B / 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.	B / V / Ve	Gluten		✓												
Croissants	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Zaatar & Gruyere Croissant	Wheat flour, Butter, Milk, Mature Cheddar Cheese, Za'atar, Whole Egg, Fresh Yeast, Sesame Seeds, Salt.	V	Gluten, Sesame, Milk	✓						✓					✓		
Butter Croissant	Wheat flour, Butter, Milk, Whole Egg, Fresh Yeast, Salt.	V	Gluten, Milk	✓						✓							