















BREAKFAST PRODUCTS & THEIR ALLERGEN CONTENT

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

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On Toast & Rolls	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Avocado & Preserved Lemon Toast	Seeded Sourdough (Wheat Flour, Water, Brown Linseed, Golden Linseed, Millet Seed, Sesame Seed, Sunflower Seed, Wholemeal Flour, Salt, Malted Barley), Avocado, Lemon Juice, Salt, Coriander, Chilli flakes, Preserved lemon (lemon, salt).	⊘ / V / Ve	Gluten, Sesame		✓										✓		
Salmon & Egg Toast	Seeded Sourdough (Wheat Flour, Water, Brown Linseed, Golden Linseed, Millet Seed, Sesame Seed, Sunflower Seed, Wholemeal Flour, Salt, Malted Barley), Eggs, Mayo (Rapeseed oil, Egg Yolk, spirit vinegar, sugar, salt), Salt, Black pepper, Smoked salmon (salmon, salt, demerara sugar), Cucumber, Dill.	⊘	Gluten, Egg, Fish, Sesame, Sulphites,		✓		✓	✓							✓		✓
Vegan Pesto & Superstraccia Toast	Seeded Sourdough (Wheat Flour, Water, Brown Linseed, Golden Linseed, Millet Seed, Sesame Seed, Sunflower Seed, Wholemeal Flour, Salt, Malted Barley), Tomato, Basil, Salt, Vegan cheese: (SOYA MILK, COCONUT OIL, WATER, SALT, STABILISER (XANTHAN GUM, CARRAGEENAN), DEXTROSE, VEGAN FERMENTATION CULTURES, ACIDITY REGULATOR: LACTIC ACID (VEGAN), VEGETABLE FIBRES, EMULSIFIER: SOYA LECITHIN), Vegan Pesto: Basil Puree, Prosciutto (Vegan), garlic	⊘ / V / Ve	Gluten, Sesame, Soya		✓										✓	✓	
Farmer's Egg and Bacon Roll	Sesame Roll (Flour, Water, Oat Milk, Caster Sugar, Sunflower Oil, Yeast, Sea Salt, improver (Soya flour, acidity regulator (E170), emulsifiers (E472e, E481), Wheat Flour, flour treatment agent (E300)), Sesame Seed), Eggs: Streaky Bacon, Harissa Ketchup (Red Pepper, Garlic, Oregano, Thyme, Bay Leaf, Serrano Chilli, Red Wine Vinegar, Olive Oil, Dijon Mustard, Rose Petal Harissa (Sunflower Oil, Paprika Flakes, Garlic Puree, Sea Salt, Cumin, Coriander, Crushed Chilli, Acidity Regulator (Citric Acid (E330)), Black Pepper, Smoked Paprika, Dried Rose Petals, Cinnamon, All Spice)]	⊘	Gluten, Egg, Mustard, Sesame, Soy Sulphites		✓		✓					✓			✓	✓	✓
Egg Pots	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Shak Bowl	Eggs, Shakshuka sauce (Tomatoes, Red Onion, Red Pepper, Rapeseed oil, Tomato paste, Salt, Red Chilli), Feta, Tahini dressing, (Tahini, garlic, citric acid, sunflower oil, salt), Coriander.	G / V	Egg, Milk, Sesame				✓			✓					✓		
Salmon & Avo Pot	Eggs, Smoked salmon (salmon, salt, demerara sugar), Avocado, Lemon Juice, Salt, Preserved lemon (lemon, salt), Spinach	⊘ / G	Eggs, Fish				✓	✓									
Green Egg Pot	eggs, Spinach, Butter, parmesan, avocado, Labaneh yogurt (MILK), Za'atar (Hyssop, Oregano, Thyme, Sesame seeds, Sumac, salt, citric acid) Lemon.	G / V	Eggs, Sesame, Milk				✓			✓					✓		
Egg & Bacon Pot	Eggs, Streaky Bacon, Smoked Beans (TOMATOES Tomato (60.00%) Tomato Juice (39.85%) Citric Acid (.15%), HARICOT BEANS, ONION DICED, REFINED RAPESEED OIL, TOMATO PASTE, PAPRIKA SMOKED)	⊘ / G	Eggs				✓										
Porridge	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Plain Porridge	Porridge, (Oat, Oat milk, salt)	⊘ / V / Ve	Gluten		✓												
Almond, Date Tahini & Banana Porridge	Porridge, (Oat, Oat milk, salt), Banana, Date tahini (Raw tahini, Date syrup), Almonds, Halva (Tahini, sugar, vanilla, food acid)	⊘ / V / Ve	Gluten, Sesame, Nuts		✓								✓		✓		
Berry & Maple Porridge	Porridge, (Oat, Oat milk, Water, salt), Maple, Berry compote (Strawberry, Inulin, Blackcurrant, Demerara sugar, Blackberry, Raspberry, Redcurrant, Novation), Blueberries.	⊘ / V / Ve	Gluten		✓												
Cold Pots	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Peanut Butter Overnight Oats Pot	Overnight Oats (oat, oat milk, water, salt, sugar), Peanut Butter (peanuts, salt), Berry compote (Strawberry, Inulin, Blackcurrant, Demerara sugar, Blackberry, Raspberry, Redcurrant, Novation), Banana.	⊘ / V / Ve	Peanuts, Gluten		✓									✓			
Berries Coconut Overnight Oats Pot	Overnight Oats (oat, oat milk, water, salt, sugar), Coconut Yogurt (organic coconut milk, organic coconut water, organic tapioca starch, live vegan cultures), Date syrup (100% dates), Strawberries, Blueberries, Pomegranate.	⊘ / V / Ve	Gluten		✓												
Coconut Yoghurt and Seasonal Berry Pot	Coconut Yogurt (organic coconut milk, organic coconut water, organic tapioca starch, live vegan cultures), Berry compote (Strawberry, Inulin, Blackcurrant, Demerara sugar, Blackberry, Raspberry, Redcurrant, Novation), Strawberries, Blueberries, Pomegranate.	⊘ / G / V / Ve															
Pastries	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Pain Au Chocolate	Flour, Water, Unsalted Butter, Dark Chocolate (sugar, cocoa mass, cocoa butter, emulsifier, soya lecithin, natural vanilla flavouring)	V	Gluten, Eggs, Milk, Soy		✓		✓			✓						✓	
Butter Croissant	Wheat Flour, Water, Unsalted Butter, Caster Sugar, Sunflower Oil, Salt, Malted Barley, Improver (Wheat flour, emulsifier (E472e), flour treatment agent, (E300)), Yeast, Sea Salt, Eggs	V	Gluten, Eggs, Milk		✓		✓			✓							
Other	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Seeded Sourdough and Cultured Butter	Seeded Sourdough (Wheat Flour, Water, Brown Linseed, Golden Linseed, Millet Seed, Sesame Seed, Sunflower Seed, Wholemeal Flour, Salt, Malted Barley), Salted Butter	V	Gluten, Milk, Sesame		✓					✓					✓		