

NUTRITIONAL INFORMATION

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 full allergen guide regularly as recipes do change from time to time – the last thing we want is for anyone to be 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 at hello@farmerj.com or speak to a member of our team. Please also note portion size is not exact, as we do not weigh the food when we serve it to you.

LUNCH					
CATEGORY	PRODUCT	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING
BUILD YOUR OWN FIELDTRAY: BASES	BABY SPINACH	30g	Calories (kcal)	19	6
			Fat (g)	0.6	0.2
			Of which saturates (g)	0.1	0
			Carbohydrates (g)	0.2	0.1
			Of which sugars (g)	0	0
			Fibre (g)	1	0.3
			Protein (g)	2.6	0.8
	BROWN RICE	140g	Calories (kcal)	192	269
			Fat (g)	8.2	11.5
			Of which saturates (g)	1.2	1.7
			Carbohydrates (g)	25.4	35.6
			Of which sugars (g)	0.1	0.1
			Fibre (g)	1.4	2.0
			Protein (g)	3.4	4.8
	FARMER'S GRAINS	140g	Calories (kcal)	224	314
			Fat (g)	11.0	15.4
			Of which saturates (g)	1.6	2.24
			Carbohydrates (g)	24.5	34.3
			Of which sugars (g)	0.6	0.84
			Fibre (g)	2.7	3.78
			Protein (g)	5.6	7.84
	Salt (g)	0.9	1.26		

NUTRITIONAL INFORMATION - FARMER J

BUILD YOUR OWN FIELDTRAY: MAINS	CHARRED FLANK STEAK	120g (raw weight)	Calories (kcal)	163	196
			Fat (g)	9.2	11.0
			Of which saturates (g)	2.9	3.5
			Carbohydrates (g)	0.7	0.8
			Of which sugars (g)	0.3	0.4
			Fibre (g)	0.3	0.4
			Protein (g)	19	22.8
			Salt (g)	0.9	1.0
	SEASONAL MAC & CHEESE	250g	Calories (kcal)	177	443
			Fat (g)	11.6	29.0
			Of which saturates (g)	6.1	15.3
			Carbohydrates (g)	11.6	29.0
			Of which sugars (g)	3	7.5
			Fibre (g)	0.9	2.3
			Protein (g)	7.4	18.5
			Salt (g)	1.3	3.3
	GOCHUJANG SALMON	110g (raw weight)	Calories (kcal)	219	241
			Fat (g)	13.2	14.5
			Of which saturates (g)	2.2	2.4
			Carbohydrates (g)	6.6	7.3
			Of which sugars (g)	5.7	6.3
			Fibre (g)	0.2	0.2
			Protein (g)	18.1	19.9
			Salt (g)	1.1	1.2
	CHERMOULA CHICKEN + TAHINI	120g	Calories (kcal)	288	346
			Fat (g)	19.7	23.6
			Of which saturates (g)	3	3.6
			Carbohydrates (g)	1.8	2.2
			Of which sugars (g)	0.7	0.9
			Fibre (g)	1.1	1.3
			Protein (g)	25.9	31.1
			Salt (g)	1.8	2.1
CHARRED HARISSA CHICKEN	120g	Calories (kcal)	230	276	
		Fat (g)	15.5	18.6	
		Of which saturates (g)	2.7	3.2	
		Carbohydrates (g)	1.2	1.4	
		Of which sugars (g)	0.5	0.6	
		Fibre (g)	0.5	0.6	
		Protein (g)	21.2	25.4	
		Salt (g)	0.4	0.5	
LIME LEAF TOFU CURRY	213g	Calories (kcal)	88	187	
		Fat (g)	7.3	15.5	
		Of which saturates (g)	3.0	6.4	
		Carbohydrates (g)	2.1	4.5	
		Of which sugars (g)	1.1	2.4	
		Fibre (g)	0.8	1.7	
		Protein (g)	3.5	7.4	
		Salt (g)	0.3	0.6	

NUTRITIONAL INFORMATION - FARMER J

BUILD YOUR OWN FIELDTRAY: HOT SIDES	SESAME BROCCOLI	100g	Calories (kcal)	152	152
			Fat (g)	13.9	13.9
			Of which saturates (g)	2.1	2.1
			Carbohydrates (g)	1.9	1.9
			Of which sugars (g)	1.5	1.5
			Fibre (g)	2.9	2.9
			Protein (g)	4.8	4.8
			Salt (g)	0.4	0.4
	SEASONAL MAC & CHEESE	145g	Calories (kcal)	177	257
			Fat (g)	11.6	16.8
			Of which saturates (g)	6.1	9.0
			Carbohydrates (g)	11.6	16.9
			Of which sugars (g)	3	4.4
			Fibre (g)	0.9	1.3
			Protein (g)	7.4	10.6
			Salt (g)	1.3	1.9
	SPICED SWEET POTATOES	120g	Calories (kcal)	186	223
			Fat (g)	5.3	6.4
			Of which saturates (g)	0.7	0.8
			Carbohydrates (g)	34.7	41.6
			Of which sugars (g)	9.2	11.0
			Fibre (g)	4.2	5.0
			Protein (g)	2.0	2.4
			Salt (g)	0.8	1.0
	WHOLE ROASTED CAULIFLOWER	130g	Calories (kcal)	100	130
			Fat (g)	7.8	10.1
			Of which saturates (g)	1.0	1.3
			Carbohydrates (g)	4.0	5.2
Of which sugars (g)			2.5	3.3	
Fibre (g)			2.0	2.6	
Protein (g)			2.5	3.3	
Salt (g)			0.3	0.4	
MISO HISPI & AUBERGINE	120g	Calories (kcal)	148	178	
		Fat (g)	14.0	16.8	
		Of which saturates (g)	1.7	2.0	
		Carbohydrates (g)	3.7	4.4	
		Of which sugars (g)	2.9	3.5	
		Fibre (g)	1.7	2.0	
		Protein (g)	1.6	1.9	
		Salt (g)	0.7	0.8	

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BUILD YOUR OWN FIELDTRAY: COLD SIDES	KALE MISO SLAW	80g	Calories (kcal)	115	92
			Fat (g)	9.9	7.9
			Of which saturates (g)	1.6	1.3
			Carbohydrates (g)	4.1	3.3
			Of which sugars (g)	3.1	2.5
			Fibre (g)	2.1	1.7
			Protein (g)	2.0	1.6
			Salt (g)	0.7	0.6
	TAHINI AUBERGINE & CHICKPEA	120g	Calories (kcal)	122	146
			Fat (g)	7.2	8.6
			Of which saturates (g)	1.1	1.3
			Carbohydrates (g)	9.0	10.8
			Of which sugars (g)	1.9	2.3
			Fibre (g)	3.6	4.3
			Protein (g)	4.2	5.0
			Salt (g)	1.0	1.1
	FETA CAESAR	65g	Calories (kcal)	233	163
			Fat (g)	17.9	12.5
			Of which saturates (g)	3.4	2.4
			Carbohydrates (g)	12.5	8.8
			Of which sugars (g)	1.8	1.2
			Fibre (g)	1.8	1.3
			Protein (g)	5.3	3.7
			Salt (g)	1.3	0.9
	GREEN DUKKAH SLAW	95g	Calories (kcal)	486	112
			Fat (g)	10.1	9.6
			Of which saturates (g)	1.3	1.3
			Carbohydrates (g)	3.8	3.6
Of which sugars (g)			2.7	2.6	
Fibre (g)			2.4	2.3	
Protein (g)			2.8	2.7	
Salt (g)			1.4	1.4	

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SAUCES	RED PEPPER SAUCE	20g	Calories (kcal)	207	41
			Fat (g)	20.7	4.1
			Of which saturates (g)	1.4	0.3
			Carbohydrates (g)	3.4	0.7
			Of which sugars (g)	3.0	0.6
			Fibre (g)	1.9	0.4
			Protein (g)	1.0	0.2
			Salt (g)	0.8	0.2
	CHIMICHURRI	15g	Calories (kcal)	662	94
			Fat (g)	72.6	10.4
			Of which saturates (g)	2.9	0.4
			Carbohydrates (g)	1.2	0.2
			Of which sugars (g)	0.1	0.0
			Fibre (g)	0.0	0.0
			Protein (g)	0.8	0.1
			Salt (g)	0.7	0.1
	TAHINI	28g	Calories (kcal)	355	99
			Fat (g)	32.7	9.2
			Of which saturates (g)	5.4	1.5
			Carbohydrates (g)	5.3	1.5
			Of which sugars (g)	0.5	0.1
			Fibre (g)	1.4	0.4
			Protein (g)	10.9	3.1
			Salt (g)	1.2	0.3
	J's AIOLI	15g	Calories (kcal)	291	44
			Fat (g)	28.7	4.3
			Of which saturates (g)	4.1	0.6
			Carbohydrates (g)	2.6	0.4
Of which sugars (g)			2.4	0.4	
Fibre (g)			0.1	0.0	
Protein (g)			6.0	0.9	
Salt (g)			3.5	0.5	

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SET FIELDBOWLS	CHERMOULA SLAW	290g	Calories (kcal)	351	1052
			Fat (g)	15.3	45.9
			Of which saturates (g)	2.2	6.7
			Carbohydrates (g)	11.7	35.0
			Of which sugars (g)	1.3	4.0
			Fibre (g)	2.2	6.7
			Protein (g)	13.4	40.3
			Salt (g)	1.5	4.5
	HARISSA HABIBI	300g	Calories (kcal)	211	612
			Fat (g)	12.2	35.3
			Of which saturates (g)	1.9	5.6
			Carbohydrates (g)	13.6	39.6
			Of which sugars (g)	1.1	3.1
			Fibre (g)	2.5	7.3
			Protein (g)	10.8	31.3
			Salt (g)	0.8	2.5
	LIME LEAF TOFU & RICE	330g	Calories (kcal)	136	447
			Fat (g)	8.6	28.5
			Of which saturates (g)	2.2	7.3
			Carbohydrates (g)	10.5	34.8
			Of which sugars (g)	0.8	2.6
			Fibre (g)	1.3	4.4
			Protein (g)	3.7	12.1
			Salt (g)	0.4	1.3
	SABICH	200g	Calories (kcal)	134	267
			Fat (g)	9.4	18.7
			Of which saturates (g)	1.9	3.8
			Carbohydrates (g)	5.4	10.8
Of which sugars (g)			1.3	2.6	
Fibre (g)			2.1	4.2	
Protein (g)			6.3	12.7	
Salt (g)			0.7	1.5	

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SET FIELDTRAYS (DELIVEROO & CATERING)	J'S CLASSIC	505g	Calories (kcal)	189	954
			Fat (g)	12.0	60.8
			Of which saturates (g)	3.2	16.0
			Carbohydrates (g)	11.0	55.8
			Of which sugars (g)	1.3	6.6
			Fibre (g)	1.3	6.8
			Protein (g)	9.0	45.6
			Salt (g)	0.7	3.5
	THE MIDDLE EASTERN	510g	Calories (kcal)	168	891
			Fat (g)	10.2	53.8
			Of which saturates (g)	1.5	7.9
			Carbohydrates (g)	10.1	53.8
			Of which sugars (g)	1.2	6.6
			Fibre (g)	1.9	10.2
			Protein (g)	8.3	44.1
			Salt (g)	0.8	4.3
	FARMER'S CATCH	460g	Calories (kcal)	159	732
			Fat (g)	9.6	44.1
			Of which saturates (g)	1.5	6.7
			Carbohydrates (g)	11.2	51.3
			Of which sugars (g)	2.6	12.1
			Fibre (g)	1.4	6.5
			Protein (g)	6.4	29.5
			Salt (g)	0.6	2.9
	BUTCHER'S CUT	365g	Calories (kcal)	221	808
			Fat (g)	14.4	52.7
			Of which saturates (g)	5.8	21.2
			Carbohydrates (g)	10.6	38.7
			Of which sugars (g)	2.5	9.1
			Fibre (g)	1.2	4.3
			Protein (g)	12.5	45.8
			Salt (g)	1.4	5.3
WHERE MY VEGANS AT?	550g	Calories (kcal)	133	729	
		Fat (g)	9.5	52.0	
		Of which saturates (g)	2.2	11.9	
		Carbohydrates (g)	7.9	43.5	
		Of which sugars (g)	1.0	5.2	
		Fibre (g)	1.6	8.9	
		Protein (g)	3.8	20.8	
		Salt (g)	0.4	2.0	
SEASON'S GREENS	434g	Calories (kcal)	134	581	
		Fat (g)	12.2	53.1	
		Of which saturates (g)	1.6	7.0	
		Carbohydrates (g)	3.1	13.4	
		Of which sugars (g)	2.3	10.2	
		Fibre (g)	2.1	9.1	
		Protein (g)	2.7	11.7	
		Salt (g)	0.8	3.3	

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SET FIELDTRAYS (CATERING ONLY)	HELLO HARISSA	520g	Calories (kcal)	184	959
			Fat (g)	9.4	49.0
			Of which saturates (g)	1.5	7.6
			Carbohydrates (g)	17.0	88.2
			Of which sugars (g)	2.8	14.8
			Fibre (g)	2.6	13.7
			Protein (g)	7.8	40.7
			Salt (g)	0.7	3.8
	MAC + GREENS	450g	Calories (kcal)	170	764
			Fat (g)	12.4	55.6
			Of which saturates (g)	4.4	19.8
			Carbohydrates (g)	8.8	39.8
			Of which sugars (g)	2.3	10.2
			Fibre (g)	1.5	6.8
			Protein (g)	6.2	27.8
			Salt (g)	1.0	4.6
	STEAK BROCCOLI	320g	Calories (kcal)	161	517
			Fat (g)	11.8	37.6
			Of which saturates (g)	2.5	8.0
			Carbohydrates (g)	3.6	11.6
			Of which sugars (g)	1.0	3.1
			Fibre (g)	1.5	4.9
			Protein (g)	10.0	32.1
			Salt (g)	0.7	2.4

NUTRITIONAL INFORMATION - FARMER J

BREAKFAST					
CATEGORY	PRODUCT	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING
PORRIDGES & OVERNIGHT OATS	PORRIDGE PLAIN	220g	Calories (kcal)	102	225
			Fat (g)	2.2	4.9
			Of which saturates (g)	0.3	0.7
			Carbohydrates (g)	17.3	38.1
			Of which sugars (g)	7.0	15.4
			Fibre (g)	1.8	3.9
			Protein (g)	2.3	5.1
			Salt (g)	0.5	1.0
	PORRIDGE: ALMOND, DATE TAHINI + BANANA	277g	Calories (kcal)	147	406
			Fat (g)	7.2	19.9
			Of which saturates (g)	0.9	2.4
			Carbohydrates (g)	15.9	44.2
			Of which sugars (g)	7.0	19.3
			Fibre (g)	2.1	5.9
			Protein (g)	4.1	11.4
			Salt (g)	0.4	1.0
	PORRIDGE: BERRY + MAPLE	260g	Calories (kcal)	134	349
			Fat (g)	1.9	5.0
			Of which saturates (g)	0.3	0.7
			Carbohydrates (g)	16.3	42.3
			Of which sugars (g)	7.2	18.8
			Fibre (g)	3.3	8.5
			Protein (g)	2.1	5.4
			Salt (g)	0.4	1.0
	OVERNIGHT OATS: PEANUT BUTTER + COMPOTE	240g	Calories (kcal)	191	459
			Fat (g)	6.6	15.9
			Of which saturates (g)	0.9	2.1
			Carbohydrates (g)	24.9	59.8
Of which sugars (g)			8.7	20.9	
Fibre (g)			5.2	12.4	
Protein (g)			5.8	14.0	
Salt (g)			0.3	0.8	
OVERNIGHT OATS: COCONUT YOGURT + BERRIES	220g	Calories (kcal)	151	331	
		Fat (g)	6.1	13.5	
		Of which saturates (g)	4.1	9.1	
		Carbohydrates (g)	19.9	43.7	
		Of which sugars (g)	8.2	18.1	
		Fibre (g)	2.3	5.0	
		Protein (g)	3.0	6.5	
		Salt (g)	0.2	0.4	

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J'S DOUBLE EGG POTS	THE SHAK BOWL	243g	Calories (kcal)	174	423
			Fat (g)	15.0	36.4
			Of which saturates (g)	3.3	8.1
			Carbohydrates (g)	3.2	7.7
			Of which sugars (g)	2.7	6.6
			Fibre (g)	0.7	1.8
			Protein (g)	7.3	17.7
			Salt (g)	1.1	2.6
	EGG, BACON + BEANS	214g	Calories (kcal)	171	366
			Fat (g)	14.7	31.4
			Of which saturates (g)	4.1	8.8
			Carbohydrates (g)	1.8	3.9
			Of which sugars (g)	0.7	1.4
			Fibre (g)	1.6	3.4
			Protein (g)	8.2	17.5
			Salt (g)	0.7	1.6
	SALMON + AVO'	251g	Calories (kcal)	143	359
			Fat (g)	10.9	27.4
			Of which saturates (g)	2.7	6.7
			Carbohydrates (g)	4.1	10.4
			Of which sugars (g)	3.7	9.4
			Fibre (g)	1.0	2.6
			Protein (g)	7.1	17.8
			Salt (g)	0.7	1.6
	GREEN EGGS + LABNEH	188g	Calories (kcal)	156	294
			Fat (g)	12.8	24.1
			Of which saturates (g)	3.1	5.8
			Carbohydrates (g)	1.5	2.7
Of which sugars (g)			0.4	0.8	
Fibre (g)			1.1	2.1	
Protein (g)			9.9	18.5	
Salt (g)			1.1	2.1	

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TOASTS & ROLLS	EGG + BACON ROLL	135g	Calories (kcal)	257	348
			Fat (g)	15.6	21.0
			Of which saturates (g)	4.2	5.6
			Carbohydrates (g)	20.4	27.5
			Of which sugars (g)	3.6	4.9
			Fibre (g)	1.0	1.4
			Protein (g)	12.4	16.7
			Salt (g)	1.7	2.3
	AVO' + PRESERVED LEMON TOAST	150g	Calories (kcal)	191	287
			Fat (g)	13.4	20.2
			Of which saturates (g)	2.7	4.1
			Carbohydrates (g)	14.9	22.4
			Of which sugars (g)	0.8	1.2
			Fibre (g)	3.0	4.4
			Protein (g)	3.4	5.2
			Salt (g)	1.4	2.1
	SALMON + EGG TOAST	166g	Calories (kcal)	196	326
			Fat (g)	11.6	19.2
			Of which saturates (g)	1.9	3.2
			Carbohydrates (g)	13.6	22.7
			Of which sugars (g)	0.5	0.9
			Fibre (g)	0.7	1.1
			Protein (g)	11.3	18.7
			Salt (g)	1.6	2.7
	VEGAN SEASONAL PESTO TOAST	178g	Calories (kcal)	202	359
			Fat (g)	13.0	23.2
			Of which saturates (g)	7.0	12.5
			Carbohydrates (g)	16.6	29.6
Of which sugars (g)			1.6	2.9	
Fibre (g)			2.7	4.7	
Protein (g)			4.0	7.2	
Salt (g)			0.9	1.6	

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YOGURT & PASTRIES	YOGURT POT: COCONUT YOGURT + SEASONAL BERRIES	210g	Calories (kcal)	141	296
			Fat (g)	10.9	23.0
			Of which saturates (g)	9.7	20.4
			Carbohydrates (g)	7.8	16.4
			Of which sugars (g)	5.5	11.5
			Fibre (g)	2.5	5.4
			Protein (g)	1.4	3.0
			Salt (g)	0.0	0.0
	CROISSANT	75g	Calories (kcal)	323	242
			Fat (g)	17.0	12.8
			Of which saturates (g)	11.0	8.3
			Carbohydrates (g)	35.0	26.3
			Of which sugars (g)	5.7	4.3
			Fibre (g)	1.2	0.9
			Protein (g)	7.1	5.3
			Salt (g)	0.8	0.6
	PISTACHIO PAIN AU CHOCOLATE	100g	Calories (kcal)	409	409
			Fat (g)	21.3	21.3
			Of which saturates (g)	11.0	11.0
			Carbohydrates (g)	31.4	31.4
			Of which sugars (g)	8.2	8.2
			Fibre (g)	1.8	1.8
			Protein (g)	7.3	7.3
			Salt (g)	0.6	0.6
	SEEDED SOURGOUGH AND CULTURED BUTTER	70g	Calories (kcal)	311	218
			Fat (g)	15.4	10.8
			Of which saturates (g)	8.4	5.9
			Carbohydrates (g)	38.3	26.8
Of which sugars (g)			0.4	0.2	
Fibre (g)			1.9	1.3	
Protein (g)			6.4	4.5	
Salt (g)			1.3	0.9	

NUTRITIONAL INFORMATION - FARMER J

SNACKS					
CATEGORY	PRODUCT	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING
SNACKS	FARMER J BROWNIES	90g	Calories (kcal)	332	299
			Fat (g)	25.8	23.2
			Of which saturates (g)	10.6	9.5
			Carbohydrates (g)	18.5	16.7
			Of which sugars (g)	12.0	10.8
			Fibre (g)	3.5	3.2
			Protein (g)	6.5	5.9
			Salt (g)	0.1	0.1
	FARMER J BANANA BREAD	90g	Calories (kcal)	281	253
			Fat (g)	13.3	12.0
			Of which saturates (g)	6.1	5.5
			Carbohydrates (g)	35.3	31.8
			Of which sugars (g)	23.3	21.0
			Fibre (g)	1.4	1.3
			Protein (g)	5.0	4.5
			Salt (g)	0.4	0.4
	ALMOND BAKEWELL FLAPJACK	120g	Calories (kcal)	425	510
			Fat (g)	16.9	20.3
			Of which saturates (g)	3.0	3.6
			Carbohydrates (g)	60.0	72.0
			Of which sugars (g)	33.0	39.6
Fibre (g)			4.1	4.9	
Protein (g)			6.1	7.3	
Salt (g)			0.3	0.3	

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COOKIES	DOUGHLICIOUS VEGAN DOUBLE CHOCOLATE COOKIE	90g	Calories (kcal)	426	383
			Fat (g)	22.0	19.8
			Of which saturates (g)	16.0	14.4
			Carbohydrates (g)	50.0	45.0
			Of which sugars (g)	34.0	30.6
			Fibre (g)	3.8	3.4
			Protein (g)	5.5	5.0
			Salt (g)	0.5	0.5
	DOUGHLICIOUS VEGAN CHOCOLATE CHIP COOKIE	90g	Calories (kcal)	453	408
			Fat (g)	24.0	21.6
			Of which saturates (g)	14.0	12.6
			Carbohydrates (g)	53.0	47.7
			Of which sugars (g)	32.0	28.8
			Fibre (g)	2.5	2.3
			Protein (g)	4.9	4.4
			Salt (g)	0.5	0.4
	DOUGHLICIOUS VEGAN SALTED CARAMEL & DARK CHOCOLATE CHIP COOKIE	90g	Calories (kcal)	420	378
			Fat (g)	20.0	18.0
			Of which saturates (g)	15.0	13.5
			Carbohydrates (g)	55.0	49.5
			Of which sugars (g)	30.0	27.0
			Fibre (g)	3.0	2.7
			Protein (g)	3.7	3.3
			Salt (g)	0.8	0.7
	DOUGHLICIOUS GF MATCHA & WHITE CHOCOLATE COOKIE	50g	Calories (kcal)	467	234
			Fat (g)	28.0	14.0
			Of which saturates (g)	17.0	8.5
			Carbohydrates (g)	46.0	23.0
Of which sugars (g)			29.0	14.5	
Fibre (g)			2.8	1.4	
Protein (g)			5.5	2.8	
Salt (g)			0.6	0.3	