










# LUNCH PRODUCTS & THEIR ALLERGEN CONTENT

								
MILK	EGGS	FISH	CRUSTACEAN SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME

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 favorite. If you have any further queries please don't hesitate to send us an email [hey@farmerj.com](mailto:hey@farmerj.com) or speak to a member of our team.

Jan-26

MAINS	ALLERGENS	MILK	EGGS	FISH	CRUSTACEAN SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME
Amba Chicken + Green Tahini	Soybeans, Sesame								✓	✓
Bavette Steak	Fish, Soybeans			✓					✓	
Harissa Chicken	Soybeans								✓	
Gochujang Salmon	Fish, Soybeans, Sesame			✓					✓	✓
Lime Leaf Tofu	Soybeans, Sesame								✓	✓
BASE	ALLERGENS	MILK	EGGS	FISH	CRUSTACEAN SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME
Brown Rice	None									
Baby Leaves	None									
Farmer's Grains	Wheat, Soybeans, Sesame							✓	✓	✓
Sesame Cabbage	Soybeans, Sesame								✓	✓
WARM SIDES	ALLERGENS	MILK	EGGS	FISH	CRUSTACEAN SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME
Ponzu Sesame Broccoli	Soybeans, Sesame								✓	✓
Seasonal Mac 'N' Cheese	Milk, Wheat	✓						✓		
Maple Spiced Sweet Potatoes	Wheat, Soybeans, Sesame							✓	✓	✓
Roasted Cauliflower	Soybeans, Sesame								✓	✓
Miso Eggplant	Soybeans, Sesame								✓	✓
COLD SIDES	ALLERGENS	MILK	EGGS	FISH	CRUSTACEAN SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME
Chickpea + Pickles	Sesame									✓
Crunchy Greens + Cashew Nori	Tree Nuts, Peanuts, Soybeans, Sesame					✓	✓		✓	✓
J's Feta Caesar	Milk, Eggs, Soybeans	✓	✓						✓	
Kale Miso Slaw	Soybeans, Sesame								✓	✓

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SAUCES + TOPPINGS	ALLERGENS	MILK	EGGS	FISH	CRUSTACEAN SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME
Green Tahini	Sesame									✓
Habanero Hot Sauce	None									
J's Aioli	Milk, Eggs, Soybeans	✓	✓						✓	
Smoky Eggplant	Sesame									✓
Organic Egg	Eggs		✓							
Smashed Avo	None									
Sesame Cucumber	Soybeans, Sesame								✓	✓
Pickled Red Onion	None									
Pickles	None									
SET FIELDTRAYS	ALLERGENS	MILK	EGGS	FISH	CRUSTACEAN SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME
J's Classic	Milk, Wheat, Soybeans, Sesame	✓						✓	✓	✓
The Med	Wheat, Soybeans, Sesame							✓	✓	✓
Butcher's Cut	Milk, Eggs, Fish, Wheat, Soybeans, Sesame	✓	✓	✓				✓	✓	✓
Farmer's Catch	Fish, Tree Nuts, Peanuts, Soybeans, Sesame			✓		✓	✓		✓	✓
The Vegan Tofu	Tree Nuts, Peanuts, Soybeans, Sesame					✓	✓		✓	✓