

| LUNCH 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 favorite. If you have any further queries please don't hesitate to send us an email <a href="mailto:hey@farmerj.com">hey@farmerj.com</a> or speak to a member of our team. |                                             |            | MILK                                                                                | EGGS                                                                                | FISH                                                                                | CRUSTACEAN SHELLFISH                                                                | TREE NUTS                                                                           | PEANUTS                                                                             | WHEAT                                                                               | SOYBEANS                                                                            | SESAME                                                                              |
| Jul-26                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                             |            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| MAINS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | ALLERGENS                                   | DIETARIES  | MILK                                                                                | EGGS                                                                                | FISH                                                                                | CRUSTACEAN SHELLFISH                                                                | TREE NUTS                                                                           | PEANUTS                                                                             | WHEAT                                                                               | SOYBEANS                                                                            | SESAME                                                                              |
| Amba Chicken + Green Tahini                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Soybeans, Sesame                            | G          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |
| Grass-Fed Bavette Steak + House Sauce                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Fish, Soybeans                              | G          |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |
| Harissa Chicken                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Soybeans                                    | G          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |
| Gochujang Salmon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Fish, Soybeans, Sesame                      | G          |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |
| Lime Leaf Tofu                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Soybeans, Sesame                            | G / V / Ve |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |
| BASE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | ALLERGENS                                   |            | MILK                                                                                | EGGS                                                                                | FISH                                                                                | CRUSTACEAN SHELLFISH                                                                | TREE NUTS                                                                           | PEANUTS                                                                             | WHEAT                                                                               | SOYBEANS                                                                            | SESAME                                                                              |
| Brown Rice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | None                                        | G / V / Ve |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Baby Leaves                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | None                                        | G / V / Ve |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Farmer's Grains                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Wheat, Soybeans, Sesame                     |            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   | ✓                                                                                   |
| Sesame Cabbage                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Soybeans, Sesame                            | G / V / Ve |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |
| WARM SIDES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | ALLERGENS                                   |            | MILK                                                                                | EGGS                                                                                | FISH                                                                                | CRUSTACEAN SHELLFISH                                                                | TREE NUTS                                                                           | PEANUTS                                                                             | WHEAT                                                                               | SOYBEANS                                                                            | SESAME                                                                              |
| Ponzu Sesame Broccoli                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Soybeans, Sesame                            | G / V / Ve |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |
| Broc' + Kale Cacio e Pepe Mac 'N' Cheese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Milk, Wheat                                 |            | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |
| Maple Spiced Sweet Potatoes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Wheat, Soybeans                             | V          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |                                                                                     |
| Roasted Harissa Cauliflower                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Soybeans, Sesame                            | G / V / Ve |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |
| Chili Ginger Eggplant                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Tree Nut (Cashew), Peanut, Soybeans, Sesame | G / V / Ve |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |                                                                                     | ✓                                                                                   | ✓                                                                                   |
| COLD SIDES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | ALLERGENS                                   |            | MILK                                                                                | EGGS                                                                                | FISH                                                                                | CRUSTACEAN SHELLFISH                                                                | TREE NUTS                                                                           | PEANUTS                                                                             | WHEAT                                                                               | SOYBEANS                                                                            | SESAME                                                                              |
| Harissa Corn Esquites                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Milk, Eggs, Soybeans                        | G / V      | ✓                                                                                   | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |
| J's Greek Salad                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Milk                                        | G / V      | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Kale Miso Slaw                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Soybeans, Sesame                            | G / V / Ve |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |
| Tomato, Butter Beans + Yellow Zucchini                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | None                                        | G / V / Ve |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |

| SAUCES + TOPPINGS     | ALLERGENS                                           |            | MILK | EGGS | FISH | CRUSTACEAN SHELLFISH | TREE NUTS | PEANUTS | WHEAT | SOYBEANS | SESAME |
|-----------------------|-----------------------------------------------------|------------|------|------|------|----------------------|-----------|---------|-------|----------|--------|
| Green Tahini          | Sesame                                              | G / V / Ve |      |      |      |                      |           |         |       |          | ✓      |
| Habanero Hot Sauce    | None                                                | G / V / Ve |      |      |      |                      |           |         |       |          |        |
| J's Aioli             | Milk, Eggs, Soybeans                                | G          | ✓    | ✓    |      |                      |           |         |       | ✓        |        |
| Babaganoush           | Sesame                                              | G / V / Ve |      |      |      |                      |           |         |       |          | ✓      |
| Organic Egg           | Eggs                                                | G          |      | ✓    |      |                      |           |         |       |          |        |
| Smashed Avo           | None                                                | G / V / Ve |      |      |      |                      |           |         |       |          |        |
| Sesame Cucumber       | Soybeans, Sesame                                    | G / V / Ve |      |      |      |                      |           |         |       | ✓        | ✓      |
| Pickled Red Onion     | None                                                | G / V / Ve |      |      |      |                      |           |         |       |          |        |
| Pickles               | None                                                | G / V / Ve |      |      |      |                      |           |         |       |          |        |
| FAVORITE 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         | Fish, Soybeans, Sesame                              | G          |      |      | ✓    |                      |           |         |       | ✓        | ✓      |
| Farmer's Catch        | Fish, Tree Nuts (Cashew), Peanuts, Soybeans, Sesame | G          |      |      | ✓    |                      | ✓         | ✓       |       | ✓        | ✓      |
| The Vegan Tofu        | Tree Nuts (Cashew), Peanuts, Soybeans, Sesame       | G / V / Ve |      |      |      |                      | ✓         | ✓       |       | ✓        | ✓      |
| SUMMER SALAD BOWLS    | ALLERGENS                                           |            | MILK | EGGS | FISH | CRUSTACEAN SHELLFISH | TREE NUTS | PEANUTS | WHEAT | SOYBEANS | SESAME |
| Harissa Chicken Salad | Soybeans, Sesame                                    | G          |      |      |      |                      |           |         |       | ✓        | ✓      |
| Salmon + Avo Salad    | Fish, Tree Nuts (Cashew), Peanut, Soybeans, Sesame  | G          |      |      | ✓    |                      | ✓         | ✓       |       | ✓        | ✓      |
| Steak + Corn Salad    | Milk, Egg, Fish, Soybeans                           | G          | ✓    | ✓    | ✓    |                      |           |         |       | ✓        |        |