

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 hey@farmerj.com or speak to a member of our team.	MILK	EGGS	FISH	CRUSTACEAN SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME

Oct-26

MAINS	ALLERGENS	DIETARIES	MILK	EGGS	FISH	CRUSTACEAN SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME
Amba Chicken + Green Tahini	Wheat**, Soybeans, Sesame	G							✓	✓	✓
Grass-Fed Bavette Steak + House Sauce	Fish, Soybeans	G			✓					✓	
Harissa Chicken	Wheat**, 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 Charred Broccoli + Kale	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	Wheat**, 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
Chickpea + Pickles	Sesame	G / V / Ve									✓
J's Greek Salad	Milk	G / V	✓								
Walnut Feta Caesar	Milk, Eggs, Tree Nuts (Walnut), Soybeans, Sesame	G / V / Ve	✓	✓			✓			✓	✓
Kale Miso Slaw	Soybeans, Sesame	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									

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MILK	EGGS	FISH	CRUSTACEAN SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME

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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									
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	Wheat, Milk, Eggs, Fish, Tree Nuts (Walnut), Soybeans, Sesame		✓	✓	✓		✓		✓	✓	✓
Farmer's Catch	Fish, Tree Nuts (Cashew), Peanuts, Soybeans, Sesame	G			✓		✓	✓		✓	✓
The Vegan Tofu	Tree Nuts (Cashew), Peanuts, Soybeans, Sesame	G / V / Ve					✓	✓		✓	✓

** The wheat contained our Harissa and Amba marinades (derived from soya sauce) has been processed such that the marinade contains less than 20 ppm of gluten, below the threshold certified as Gluten-Free by the FDA (USA). However, those with allergies to wheat (but not gluten) should not consume.