

# Farmstand®

NUTRITIONAL INFORMATION  
Farmstand Covent Garden

LAST UPDATE: JULY 2019

**KEY:**  
DF: DAIRY FREE  
GF: GLUTEN FREE  
V: VEGETARIAN  
VG: VEGAN

*We handle all allergens in our kitchen and whilst every effort is made to ensure that there has been no cross contamination, we cannot guarantee that any item is free from any allergenic ingredients.*

SEASONAL MENU – SUMMER 2019	Dietary	Allergens	Portion size (g)	Kcal (g)	Fat (g)	Of Sats (g)	Carbs (g)	of Sugars (g)	Fibre (g)	Protein (g)
<b>BREAKFAST</b>										
<b>PORRIDGE</b>										
Multigrain Porridge (H)	GF, DF, V, VG	--	140g	106	2.9	0.4	15	1.6	3.5	3.7
Dairy Free Yoghurt	GF, DF, V, VG	--	130g	197	15	10	6	6	0.5	9
Yoghurt	GF, V	MILK	130g	119	7	6	12	7	0.3	0.9
Banana Bread	GF, DF, V, VG	TREENUTS (ALMONDS)	1 EA	214	2.4	0.3	44	20	1.1	2.9
Berry Granola Bread	GF, DF, V, VG	TREENUTS (ALMONDS), PEANUTS	1 EA	283	11	6.6	42	19	1.9	3.7
<b>TOPPINGS</b>										
Strawberry Compote	GF, DF, V, VG	--	15g	17	0	0	3.7	3.3	0.6	0
Raspberry Compote	GF, DF, V, VG	--	15g	18	0	0	4	3.5	0.7	0
Granola	GF, DF, V, VG	PEANUTS	15g	81	4.5	1.3	7.3	2.3		2
Peanut Butter	GF, DF, V, VG	PEANUTS	15g	89	6.9	1.2	1.7	0.9	1.3	4.4
Summer Berries	GF, DF, V, VG	--	15g	7	0	0	1.1	1.1	0	0

Banana	GF, DF, V, VG	--	30g	27	0	0	6	5.4	0	0
Toasted Seeds	GF, DF, V, VG	--	15g	90	7	1	2.4	0	1	3.8
Honey	GF, DF, V	--	15g	46	0	0	11	11	0	0
Maple Syrup	GF, DF, V, VG	--	15g	39	0	0	9.7	8.7	0	0
<b>PREMIUM TOPPINGS</b>										
Dark Chocolate	GF, DF, V, VG	SOYA	10g	218	53	4.2	2.6	2.3	2.8	1.1
Spirulina	GF, DF, V, VG	--	10g	172	41	0.8	0.3	2.5	0	0
Omega Seed Mix	GF, DF, V, VG	SESAME	10g	241	58	4.7	0.7	1.6	0	0.6
Chia Seeds	GF, DF, V, VG	--	10g	192	46	3.1	0.3	0.8	0	3.9
<b>EGG POTS</b>										
Shakshuka (H)	GF, DF, V	EGG	190g	254	21	3.5	7.2	5.3	1	9
Smoky Beans (H)	GF, DF, V	EGG	190g	183	9.5	2	11	4.6	3.4	11
Smoked Salmon & Smashed Avocado	GF, DF, V	EGG, FISH	100g	210	16	3.2	0.6	0	0	16
Bagel Soldiers	DF, V	WHEAT	HALF EA	116	0.5	0.1	23	2.5	1.4	4.5
<b>BAGELS</b>										
Sausage, Egg & Farmstand Ketchup (H)	DF	WHEAT, GLUTEN, EGG, SUPHITES	250g	507	22	3.7	48	4.7	2.7	28
Smoked Salmon & Egg (H)	DF	WHEAT, GLUTEN, EGG, FISH, SOYA, MUSTARD	210g	363	12	7.7	50	6.2	2.8	12
Cream Cheese & Black Pepper (H)	V	WHEAT, GLUTEN, MILK	150g	491	25	2.2	53	8.9	4.3	10
Vegan BLT (H)	DF, V, VG	WHEAT, GLUTEN, SOYA, MUSTARD	220g	507	22	3.7	48	4.7	2.7	28
<b>RYE</b>										
Sundried Salsa & Herb Oil	DF, V, VG	RYE	180g	307	5.1	0.8	45	25	13	6.1
Cream Cheese & Cucumber	DF, V,	RYE, MILK	180g	348	22	15	25	6.5	6.4	8.3
Smashed Avocado & Toasted Seeds	DF, V, VG	RYE	125g	302	18	3.5	24	2.7	9.4	7.1
Boiled Egg	DF, GF, V	EGG	50g	298	71	4.8	1.4	0	0	0
<b>LUNCH / DINNER</b>										
<b>MAINS</b>										

Harissa Chicken (H)	GF, DF	--	150g	264	11	3	6.1	2.7	2.2	33
Thai Green Chicken (H)	GF, DF	CRUSTACEAN, FISH	150g	300	25	16	3.7	2	0	15
Grilled Chicken (H)	GF, DF	--	125g	243	10	1.8	0	0	0	37
Summer Meatballs (H)	DF	WHEAT, MUSTARD								
Slow Cooked Sesame Beef (H)	GF, DF	CRUSTACEAN, FISH, SOY, SESAME	150g	198	9.9	3.4	0.8	0	0	27
Chana Masala (H)	GF, DF, V, VG	MUSTARD	150g	187	13	10	11	4.1	3.9	4.4
Halloumi Bake (H)	GF, V	MILK	150g	229	15	8.8	6.7	6.4	2.8	14
Silician Aubergine	GF, DF, V, VG	CELERY, SOYA	150g	204	14	2.3	11	9.1	1	4
<b>GRAINS</b>										
Brown Rice (H)	GF, DF, V, VG	--	125g	175	3.9	0.6	32	6.9	0.8	2.9
Lemon Quinoa & Lentils (H)	GF, DF, V, VG	MUSTARD	125g	277	12	1.6	29	1.6	6.6	10
Herby Pearl Couscous (H)	DF, V, VG	WHEAT	125g	144	7.4	1.1	14	0.5	3.4	3.4
<b>SIDES</b>										
Broccoli, Lime & Sesame	GF, DF, V, VG	SESAME, SOYA	100g	103	6.5	1	4.9	3	3.9	4.3
Miso-Tahini Roots	GF, DF, V, VG	SOYA, SESAME	100g	117	3.5	0.6	18	8.9	4.4	1.1
Za'atar Bean & Pepper Salad	GF, DF, V, VG	SESAME	100g	65	0.55	0.15	9.5	2.05		3.75
Horseradish New Potatoes	GF, DF, V, VG	--	100g	125	6.3	0.9	14	1.3	1.9	1.9
Farmstand Slaw	GF, DF, V, VG	SESAME	75g	70	4.8	0.7	3.8	3.4	2.6	1.6
Feta Summer Salad	GF, V	MILK	100g	150	8.7	3.1	9.2	4.6	3	5.8
Roasted Sumac Cauliflower	GF, DF, V, VG	--	100g	123	9.2	1.3	7.4	2.9	2.1	2.6
Plant-Powered Penne	GF, DF, V, VG	--	100g	175	7.5	1.1	22	0.5	2	4.1
Coconut Dal (H)	GF, DF, V, VG	MUSTARD	100g	136	7	5.1	12	2.2	2.2	5.1
Sweet Potato Chips (H)	GF, DF, V, VG	--	150g	165	0.7	0.2	36	8.4	3.8	2.4
<b>TOPPINGS</b>										
Spicy Ketchup	GF, DF, V, VG	--	75g	70	4.8	0.7	3.8	3.4	2.6	1.6
Garden Herb Dressing	GF, DF, V, VG	--	100g	150	8.7	3.1	9.2	4.6	3	5.8

Coconut & Lime Yoghurt	GF, DF, V, VG	--	100g	123	9.2	1.3	7.4	2.9	2.1	2.6
Chopped Fresh Herbs	GF, DF, V, VG	--	100g	175	7.5	1.1	22	0.5	2	4.1
Toasted Seeds	GF, DF, V, VG	--	100g	136	7	5.1	12	2.2	2.2	5.1
<b>SOUP</b>										
Summer Veg & Chickpea	GF, DF, V, VG	--	300ml	373	32	4.5	13	4	5.2	6.2
<b>READY TO GO</b>										
Blondie	GF, DF, V, VG	EGG, SOYA	1 EA	205	8.6	4.6	28	22	3	4.2
Brownie	GF, DF, V, VG	EGG, SOYA	1 EA	214	9.1	5.7	28	21	4.3	4.1
Granola Bar	GF, DF, V, VG	PEANUTS	1 EA	215	12	6.2	21	8.8	2.5	4.6
Berry Granola Bread	GF, DF, V, VG	TREENUTS (ALMONDS)	1 EA	283	11	6.6	42	19	1.9	3.7
Banana Bread & Cashew Cream	GF, DF, V, VG	TREENUTS (ALMONDS + CASHEW)	1 EA	348	12	2	52	24	2.1	7.3
Blueberry Muffin	GF, DF	EGG	1 EA	383	15	3.5	55	15	2.3	6.6
Cinnamon Muffin	GF, DF, V, VG	EGG	1 EA	409	18	4	57	29	4	3.3
<b>READY TO GO</b>										
Yoghurt & Strawberry Compote	GF, V	MILK	150g	108	11	7.2	2	0	0	
Yoghurt, Strawberry Compote & Granola	GF, V	MILK, PEANUTS	150g	179	4.4	13	1.4	8.5	4.5	
Bircher Muesli	GF, DF, V, VG	--	150g	167	10	6.8	12	11	1.1	5.9
Plant Powered Salad	GF, DF, V, VG	SESAME	250g	283	18	8.9	20	11	2.6	9.1
Farmstand Club Salad	GF, DF	EGG	250g	284	7.8	2	43	12	4.7	8.2
Smoked Salmon, Dill & Potato Salad	GF, DF	FISH	250g	281	21	1.2	12	6.5	6.8	6.2
Garden Salad Pot	GF, V	MUSTARD, MILK	200g	400	16	3.7	35	7	7.3	23
Protein Penne Salad Pot	GF, DF	--	200g	249	14	2.1	19	2.8	3.7	10
Carrot, Cucumber & Hummus Pot	GF, DF, V, VG	SESAME	150g	320	12	3.4	34	5.8	8.6	14
Egg Protein Pot	GF, DF, V	EGG	60g	310	11	1.7	28	1	2.5	24
<b>SNACKS</b>										
Tyrells Crisps	GF, DF, V, VG	--	30g	491	27.2	3	51.8	0.6	0	5.2

Oambar Mylk	GF, DF, V, VG	--	35g	594	45	16	44	30	0	6.8
Oambar Dark	GF, DF, V, VG	--	35g	583	44	27	43	25	0	9.3
Banana	GF, DF, V, VG	--	90g	87	0.5	0.1	20	18	0.8	1.2
Apple	GF, DF, V, VG	--	100g	55	0.1	0	11.8	11.8	2.4	0.4