

# BREAKFAST MENU

CREATE YOUR OWN FARMSTAND BREAKFAST POT IN 2 EASY STEPS

## STEP 1. CHOOSE YOUR BASE

Multigrain porridge <sup>GF, VG</sup>	£2.99
Dairy free yoghurt <sup>GF, VG</sup>	£2.99
Yoghurt <sup>GF</sup>	£2.99
Banana bread <sup>GF, VG</sup>	£2.99
Berry Granola Bread <sup>GF, VG</sup>	£2.99

## STEP 2. PICK YOUR 2 TOPPINGS

Strawberry compote <sup>GF, VG</sup>	Summer berries <sup>GF, VG</sup>
Raspberry compote <sup>GF, VG</sup>	Banana <sup>GF, VG</sup>
Granola <sup>GF, VG</sup>	Toasted seeds <sup>GF, VG</sup>
Peanut butter <sup>GF, VG</sup>	Honey <sup>GF</sup>
	Maple syrup <sup>GF, VG</sup>

Add extra topping 50p

## BOOST YOUR BRAINPOWER

Add dark chocolate <sup>GF, VG</sup>	60p
Add spirulina <sup>GF, VG</sup>	60p
Add omega seed mix <sup>GF, VG</sup>	60p
Add chia seeds <sup>GF, VG</sup>	60p



## EGGS

Shakshuka <sup>GF</sup>	£2.99
Smoky beans <sup>GF</sup>	£2.50
Smoked salmon & smashed avocado <sup>GF</sup>	£4.85
Bagel soldiers	75p

## RYE

Sundried salsa & herb oil <sup>VG</sup>	£2.75
Cream cheese, cucumbe & lemon	£2.75
Smashed avocado & toasted seeds <sup>VG</sup>	£3.45
Add boiled egg <sup>GF</sup>	50p

## BAGELS

Sausage, egg Farmstand ketchup	£4.25
Smoked salmon & egg Cream cheese & black pepper	£4.85
Cream cheese & black pepper	£2.99
Vegan BLT <sup>VG</sup>	£3.50



# LUNCH MENU

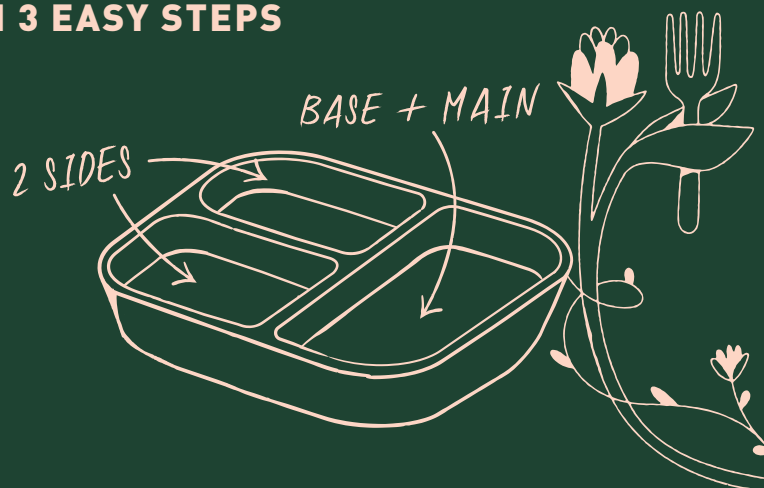
CREATE YOUR OWN FARMSTAND BOX IN 3 EASY STEPS

## STEP 1. CHOOSE YOUR BASE

Brown rice <sup>GF, VG</sup>

Lemon quinoa & lentils <sup>GF, VG</sup>

Herby pearl couscous <sup>VG</sup>



## STEP 2. CHOOSE YOUR MAIN

Harissa chicken <sup>GF</sup> £7.80

Thai green chicken <sup>GF</sup> £7.80

Grilled chicken <sup>GF</sup> £7.80

Summer meatballs £8.25

Slow cooked sesame beef <sup>GF</sup> £8.25

Chana masala <sup>GF, VG</sup> £6.95

Halloumi bake <sup>GF</sup> £7.80

Sicilian aubergine <sup>GF, VG</sup> £6.95

Add extra main £3.00

## STEP 3. CHOOSE YOUR 2 SIDES

Broccoli, lime & sesame <sup>GF, VG</sup>

Miso-tahini roots <sup>GF, VG</sup>

Za'atar bean & pepper salad <sup>GF, VG</sup>

Horseradish new potatoes <sup>GF, VG</sup>

Farmstand slaw <sup>GF, VG</sup>

Feta summer salad <sup>GF</sup>

Roasted sumac cauliflower <sup>GF, VG</sup>

Plant-powered penne <sup>GF, VG</sup>

Coconut dal <sup>GF, VG</sup>

Sweet potato chips <sup>GF, VG</sup> £3.00

Add extra side £2.00

Top your box with our selection of sauces and seasoning



## SOUPS & SALADS

Summer veg & chickpea soup <sup>GF, VG</sup> £3.50

Plant-powered salad <sup>GF, VG</sup> £5.25

Farmstand club salad <sup>GF</sup> £5.95

Smoked salmon salad <sup>GF</sup> £6.50

Garden salad pot <sup>GF</sup> £3.50

Plant-powered penne salad pot <sup>GF</sup> £4.25