

Brunch

ALL DAY

Toast 4.50 DF V
with almond butter & strawberry jam

Avocado Toast 8.00 V
lemon juice, fresh coriander & pomegranate
+ a poached egg 2.00

Yoghurt & Fruit Bowl 6.50 GF
greek yoghurt topped with seasonal fruit &
chlorophyll

House Granola 7.50 GF
a nutty blend of oats, elderflower & orange zest
served with natural yoghurt & berries
+ coconut yoghurt instead 2.50

Berry Pancakes 12.00 GF
Benoit's buckwheat mix with amber maple syrup,
berries & coconut shavings
+ coconut yoghurt 2.50

Açai Bowl 8.00 GF V
organic frozen Amazonian berries with frozen
banana & almond milk topped with winter fruit
& chia seeds
+ almond butter 1.50 + granola 3.00

Teff Porridge 7.00 GF
teff, almond, winter berries, bee pollen
& amber maple syrup

Eggs (any style) 7.50 DF
3 poached, fried or scrambled (with almond milk)
& toasted sourdough

Farm Omelette 7.50 DF
3 eggs cooked in coconut oil with toasted sourdough
+ mushrooms 2.50

Oven Baked Aubergine 8.00
traditionally baked in a tomato & chickpea sauce
with a mint & tahini yoghurt dressing
+ freekeh 2.50 + poached egg 2.00

EXTRAS

poached egg 2.00, fried egg 2.00, scrambled egg 2.00, green salad 3.00, gluten free bread 2.50,
maple syrup 1.00, granola 3.00, coconut bacon 3.50, cashew cream 3.00, diced tomato 75p,
avocado 2.50, steamed spinach 2.00, mozzarella 1.00, mushrooms 2.50, chicken 3.00, smoked salmon 6.00

Sweet

matilde's donuts 3.50 GF V
other treats & cakes on our counter

DF = dairy free GF = gluten free V = suitable for vegans
*Bacon: smoked & seasoned coconut flesh V



Please advise us of any allergies. We cannot guarantee the absence of allergens in our dishes due to being produced in a kitchen that contains allergens.

@farmgirlcafe 9 Park Walk SW10 0AJ

Drink

COFFEE

By THE ROASTING PARTY

Espresso 2.20

Long Black 2.50

Coco Long Black 3.00
long black blended with a
teaspoon of coconut oil

Macchiato / Piccolo 2.60

Flat White 2.90

Cappuccino 2.90

Latte 2.90

Mocha 3.10

Rose Latte 3.60
double shot with rose water
infused milk & petals

Lavender Latte 3.80
double shot with lavender water
infused milk

Cold Drip 4.00
home brewed
+ hot coconut milk 40p

Hot Chocolate 3.60
cacao & date syrup
+ coconut milk 40p

Bubbachino 1.30

Chai Latte 3.70
home brewed with cinnamon

Liquid Gold latte 3.90
tumeric, cinnamon, astragalus,
honey
+coconut milk 40p

Latte Black 4.00
activated charcoal, date syrup
& cashew milk

Matcha Latte 3.70
organic Japanese Green tea
powder

Hibiscus Matcha 4.10
organic red matcha latte with
coconut milk

Butterfly Matcha 4.10
organic blue matcha latte with
almond milk

EXTRAS

Almond Milk 40p

Coconut Milk 40p

Hazelnut Milk 40p

Cashew Milk 60p

Oat Milk 40p

Brown Rice Milk 40p

All by Rude Health

A Teaspoon of Coconut Oil 50p

Extra Shot 50p | Decaf 50p

SMOOTHIES

Sunny Morning 6.95
cashew milk, cacao, maca, shot
of espresso, banana & almond
butter

Baby Pink 6.95
coconut water, aloe vera, rose
water, chia seeds, strawberry
& fresh mint

JUICE

Fresh Orange Juice 3.50

Fresh Apple Juice 3.50

Green Juice 200ml 4.00
lime, apple, cucumber, parsley
& spinach

Purple Juice 200ml 4.00
carrot, beetroot, apple, lemon,
ginger & lime

TEA

Loose Leaf

Fresh Ginger 2.30

Fresh Mint 2.30

Lemon, Honey & Ginger 2.30

Earl Grey 2.50

English Breakfast 2.60
with milk

Chai 2.50

Peppermint 2.50

Green 2.50

Fennel 2.50

Hibiscus 3.10

Chamomile 3.10

Liquid Gold 3.90
Turmeric, astragalus, ginger root
ground nutmeg, honey & lime

Lemon & Hot Water 2.30

ACV Cleanse 3.00
apple cider vinegar honey
& milk thistle

BOTTLED

Jax Coconut Water 3.50
100% pure coconut water

Jax Sparkling Coco 3.50
100% pure coconut water
ginger & lemon | raspberry

Belu Bottled Water 2.50
still / sparkling

Kombucha Kat 3.60

BOOZE

on request

Dinner

SMALL

Paolo's Market Vegetables 4.00 V, GF
cashew aoli

Seeded Crispbread 4.50 V, GF
carrot & cumin hummous

Cod Croquettes 8.00 DF
miso tartar

BBQ Jackfruit Tostadas 8.50 V, GF
guacamole

Popcorn Cauliflower 6.50 GF
spicy yoghurt

Whole Sardinian Artichoke 8.00 V, GF
mustard vinaigrette

Bitter Leaf Salad 8.50 GF
trevisano red gem leaves, endive, pear, parsley
and a sherry vinegar & mustard dressing

Blossom & Cashew Salad 9.00 V, GF
green papaya, sugar snap, shredded carrot,
banana blossom & a creamy almond dressing

Ecuadorean Prawns 8.50 GF, DF
cucumber pico de gallo, fresh lime, chilli & avocado

Purple Salmon 9.00 GF, DF
baby beet gravelax, wasabi avocado &
house crisp bread

Duck Filled Charcoal Buns 9.50 DF
mini buns with marinated duck & rainbow vegetables

MAIN

Farmer's Veggie Plate 12.00 V
roast vegetables with carrot hummous, a heritage
tomato & purple kale salad on a sweet potato
flatbread

Khymer Curry 12.50 V, GF
spinach, sweet potato, sugar snaps, coconut milk
& bok choy

Dukkah Crusted Cod 16.50
herby garden salad

Farro Tagliatelle 14.50
ancient farro, french spinach, parmesan, mixed
mushrooms

Crispy Turkey Schnitzel 14.50 DF
radish & pickled cucumber with lemon & thyme
infused breadcrumbs & a cashew aoli

Ant's Bird 19.50
free range chicken marinated in buttermilk, freekeh
pilaf & muhammara

Slow Cooked Lamb & Ararat bread 15.50
roasted pistachio yoghurt & heritage tomato salad

SIDES All sides 4.50

Freekeh

Basil Mash

Herb Garden Salad

Charred Broccoli toasted almonds

Roasted Cauliflower, tahini & smoked coconut

SWEETS

Seasonal Sorbet & Ice cream 3.00

Lemon & Cashew Cheesecake 8.50 V GF

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Drink

SPARKLING

Prosecco Vinvita Doc NV
5.50 / 28.00

Serafini & Bollicine Rosé NV
6.50 / 35.00

WHITE

2016 Gruner Veltliner, Huber
5.50 / 25.00

2016 Vernaccia di San Gimignano
6.50 / 29.50

2016 Sauvignon Blanc, Black Cottage, NZ
6.50 / 29.50

2016 Albarino, Lagar de Costa
35.50

2017 Watervale Riesling, Adelina
45.00

2016 Chenin Blanc Sirkel, Scali
7.25 / 50.00

ROSÉ

2016 Zwigelt Rosé, Huber- Traisental, Austria
7.00 / 28.50

RED

2016 Sangiovese di Toscana
5.50 / 22.50

2015 Magnifico Rosso
6.50 / 28.50

2016 Veneto Rosso, Gran Passione
7.00 / 30.00

2015 Ruche di Castagnole Monferrato Vegan,
Montalbera
7.50 / 33.50

2014 Vino Nobile di Montepulciano, Salcheto
42.00

2015 Lussac-Saint-Emilion Chateau Chereau
Bordeaux
45.00

BEER

Beavertown 4.95
Neck Oil, Gamma Ray or Lupuloid

CIDER

Sassy Apple Cidre 5.50

COFFEE

By THE ROASTING PARTY

Espresso 2.20

Long Black 2.50

Macchiato 2.60

Cappuccino 2.90

Hot Chocolate 3.60
cacao & date syrup
+ coconut milk 40p

Latte Black 4.00
activated charcoal, date syrup
& cashew milk

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still / sparkling

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TEA

Loose Leaf

Fresh Ginger 2.30

Fresh Mint 2.30

Lemon and Hot water 2.30

Peppermint 2.50

Fennel 2.50

Chamomile 3.10

ACV Cleanse 3.00
Apple cider vinegar,
honey & milk thistle

Bar Menu

COCKTAILS

Clemmie Spritz 8.50

Prosecco, Aperitivo Del Professore, fresh clementine juice & tonic water

The Muse 9.00

Menzanilla La Gitana, vermouth, quaglia orange brandy, bob's cardamom bitters

Berry Cobbler 8.00

lemon, lime, orange, raspberries, red wine & Quaglia Lampone

A British Thing 11.00

Illegal Joven, Kamm & Son's Ginseng spirit, Mandarine Napoleon, lemon juice, soda

The Espresso Drink 8.00

Gin Del Professore Monsieur, Wyborowa vodka, espresso, cream & Quaglia Ciliegia (Cherry Liqueur)

Original White Lady 8.00

Briottet creme de menthe verte, Cointreau, lemon juice, Briottet Blue Curaçao & white crème de cacao

Sorbetto 8.50

Prosecco, Lemon sorbet, Quaglia Bergamotto

Up the ...stairs 8.50

G Miclo Poire William (pear), Chateau du Breuil Fine Calvados, Freshly squeezed lime juice, basil leaves & sugar syrup

Orchard Special 9.50

Yaguara Branca, lemon juice, Brottet crème de peche de vigne, Quaglia Camomille Liqueur, egg white & Blue matcha powder

Guilty as Charged! 8.00

lemon & basil sorbet, Dolin Chamberyzette, apple puree, Briottet Manzana Verde & basil leaves

Royal Air Mail 9.50

Plantation Pineapple, freshly squeezed lime juice, velvet Falernum, cointreau

Avelã 8.00

Yaguara Branca, freshly squeezed lime juice, Frangelico.

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