



farmer's table

EXPRESS

Fresh & Healthy Choices Made Easy
These prepared foods are prepackaged and ready to eat!
Available Daily, Starting at 11:30am

VACUUM SEALED ITEMS

These items will stay fresh for up to 2 weeks unopened in the refrigerator! Our plastic bags are BPA-free and completely safe to refrigerate, freeze, boil, or microwave.

Proteins

- Grilled Salmon / \$8 gf
- Blackened Salmon / \$8 gf
- Citrus Shrimp / \$8 gf
- Blackened Shrimp / \$8 gf
- Grilled Chicken / \$6 gf
- Blackened Chicken / \$6 gf
- Kale Pesto Chicken / \$6 gf
- Chicken Meatballs (3) / 6 gf
- Short Rib, Mushroom Bordelaise / \$10 gf

Sides

- Quinoa Cauliflower "Fried Rice" / \$5 v/gf
- Caramelized Brussels Sprouts / \$5 v/gf
- Roasted Cauliflower / \$5 v/gf
- Sweet Mashed Potatoes / \$5 v/gf
- Spaghetti Squash / \$5 v/gf
- House-Made Mozzarella / \$5 veg/gf
- Daily Side Special / \$5



Ask about our **DAILY CHEF'S SPECIALS & SIDES!**



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Breakfast

- Coconut Yogurt Parfait, Mixed Berry / \$5 v/gf
- Chia Seed Pudding, Mixed Berry / \$5 v/gf
- Raw Overnight Oats / \$4.95 v/gf



Salads

- Namaste Raw / \$8.50 v/gf
- Arugula & Roasted Beet / \$8.50 v/gf
- Side Salad / \$5

Soups

- 16oz. frozen \$5 | 16oz. \$6 | 32oz. \$11
- Farmer's Table Veggie Stew v/gf
- Butternut Squash Soup v/gf
- Bone Broth v/gf
- Soup of the Day

Handhelds

- Albacore Tuna Sandwich / \$9.50
- Turkey Sandwich / \$9.50
- Lemon Dill Non-Tuna Collard Wrap / \$8 v/gf
- Chicken Pesto Wrap / \$10.50 gf
- Blackened Chicken Wrap / \$10.50 gf
- Tuna Salad Wrap / \$12
- Shrimp Salad Wrap / \$12
- Curry Chicken Salad Wrap / \$9.50
- Plant Power Burger / \$8 v/gf

Dressings & Sauces

- Lemon Oregano Vinaigrette / \$8 v/gf
- Fig Balsamic Vinaigrette / \$8 v/gf
- Vegan Caesar Dressing / \$8 v/gf
- Florida 77 Vinaigrette / \$8 v/gf
- Marinara Sauce (32oz.) / \$11 v/gf

Entrées

- "Spasta" & Chicken Meatballs (4) / \$11 gf
- "Spasta" & Vegan Meatballs (4) / \$11 v/gf
- Pastaless Vegetable Lasagna / \$11 v/gf
- Vegan Eggplant Parmesan / \$12 v/gf
- Short Rib, Sweet Mash, Brussels Sprouts / \$17 gf
- Daily Salmon Special / \$14 gf
- Daily Chicken Special / \$13 gf

Snacks

- Albacore Tuna Salad / \$7.50 gf
- Chicken Salad / \$6 gf
- Shrimp Salad / \$8 gf
- Lemon Dill Non-Tuna Salad / \$5 v/gf
- Fresh Fruit Cup / \$4.50 v/gf
- Hummus, Crudité / \$5 v/gf
- Vegan Ranch, Crudité & Tomato / \$5 v/gf

Sweet Bites

- Granola Peanut Butter Bites / \$5 v
- Granola Peanut Butter Praline / \$5.50 v
- Granola Bars / \$2.50 v

Beverages

- Just Water / \$3
- Karma Water / \$4.50
- Kombucha / \$5
- Juicera Juices / \$5
- Beer & Wine / ask for availability



**Menu is subject to change daily due to availability of products.
Pricing and packaging may vary.*