

starters

Soup of the Day

Made Fresh with Seasonal Ingredients / 6

Bone Broth^{gf}

"48 Hour" Roasted Chicken Broth / 5

Magical Split Pea Soup^{v/gf} / 7

Farmer's Meatballs^{gf}

"FTA" Chicken or Vegan Quinoa Meatballs

House Made Mozzarella or Vegan Mozzarella, Joey's Mom's Tomato Sauce / 10

Farmer's Hummus^v

Peppadew & Pine Nuts, Cucumber, Toasted Za'atar Naan, EVOO / 10

Cucumber Avocado "Tartare"^v

Ginger-Lime Dressing, Lavash Herb Crisp / 11
ADD: Tuna Tartare / 5

Baked Honey Sriracha Wings^{gf}

Slivered Scallions & Cilantro / 12

Maple Pepper Glazed

Baby Back Ribs^{gf}

"Fork Tender" Ribs, Toasted Corn Potato Salad / 15

Buffalo Cauliflower "Drumettes"^{v/gf}

Oven Roasted served with Vegan Ranch Dip / 11

Sesame Ginger Tuna Tartare^{gf}

Chili Oil, Rice Noodle Salad / 14

"FTA" - Farmer's Table Approved

We do our best every day to consciously source the cleanest ingredients for our guests. Where ever you see "Farmer's Table Approved" (FTA) on our menu, it means we carefully sourced that item to be of the highest quality available. We proudly serve grass-fed and grass-finished beef; antibiotic, hormone- and steroid-free chicken, chemical-free shrimp, and sustainable seafood. We support local farms for fresh produce when available and harvest produce from our own organic garden. We strictly adhere to the Environmental Working Group's Dirty Dozen Food philosophy, sourcing only organic products for their recommended fruits and vegetables. Ask your server for more information.

Some items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Your meal may contain traces of flour as we are not a gluten-free facility.

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v: vegan | veg: vegetarian | gf: gluten free

breakfast

All items are served with a choice of Yukon Gold Potato Hash or Seasonal Fruit

Classic Rise & Shine^{gf}

Scrambled Eggs, Applewood Smoked Bacon / 12

Farmer's Omelet Florentine^{veg/gf}

Organic Tomatoes & Spinach, Cheddar Cheese / 12

Crushed Avocado Toast^{veg}

Multigrain Bread, Sunny Side-Up Eggs, Guacamole, Organic Tomato, Arugula, Lemon Dressing / 14

Farmer's Table Palooza

Blueberry Multigrain Pancakes, Scrambled Eggs, Applewood Smoked Bacon, Chicken Sausage / 15

Steak & Egg^{gf}

Grilled Bistro Steak, Sunny Side Up Eggs, Garlic Roasted Organic Tomato / 19

Multigrain Pancakes^{veg}

Vanilla Greek Yogurt, Maple Strawberries Short Stack (3) / 11 Tall Stack (5) / 14

greens

Namaste Raw^{v/gf}

Living Salad, Cabbage, Broccoli, Peppers, Sunflower Sprouts & Seeds, Cucumbers, Onions, Koji Vinaigrette / 13

Mediterranean^{veg/gf}

Romaine Hearts, Feta, Cucumbers, Peppers, Red Onions, Olives, Tomatoes, Lemon-Oregano Vinaigrette / 13

Florida 77^{veg/gf}

Field Greens, Avocado, Oranges, Carrots, Hearts of Palm, Candied Cashews, Mile Marker 77 Vinaigrette / 13

Farmer's Table Cobb^{gf}

Chiffonade Romaine, Chicken, Egg, Avocado, Cucumbers, Tomatoes, Carrots, Bacon, Wildflower Honey Vinaigrette or Ranch Dressing / 15

Arugula & Roasted Beet^{veg/gf}

Goat Cheese, Pickled Onions, Spiced Pistachios, Sherry Vinaigrette / 13

ADD

"FTA" Grilled Chicken / 6
Seared Atlantic Tuna / 8

"FTA" Salmon / 10
"FTA" Shrimp / 8

Marinated Tofu / 5
Petit Bistro Steak / 10

flatbreads

All Flatbreads are baked on a Cauliflower Crust

Cilantro Lime Chicken^{gf}

Enchilada Sauce, Cheddar & Manchego Cheese, Toasted Corn Pico, Avocado Crema / 15

Wild Mushroom & Goat Cheese^{veg/gf}

Balsamic Fig Braised Onions, Savory Herbs / 15

Cauliflower Brie^{veg/gf}

Fig Jam, Caramelized Onions, Arugula Salad / 15

ADD TO YOUR FLATBREAD:

"FTA" Grilled Chicken / 6 "FTA" Shrimp / 8

handhelds

All items are served with your choice of Baked Yukon Gold Fries, Mixed Greens or Wildflower Honey Cole Slaw

Grass-Fed Beef Burger

Brioche Burger Bun, Fig Braised Onions, Lettuce, Tomato / 15
ADD: Bacon, Cheddar or Avocado / 2 each

Falafel Veggie Burger^v

Vegan Bun, Toasted Chili Aioli, Organic Tomato Cilantro Relish / 14

Salmon Burger "Banh Mi"

Brioche Roll, Thai Glaze, Vietnamese Pickled Veggie Slaw / 15

Baja Chicken Taco

Shaved Chili Lime Cabbage, Guacamole, Pico de Gallo / 14
ADD: Taco / 5

knife & fork

Soy Roasted "FTA" Salmon^{gf}

Wok Fired Quinoa with Cauliflower, Peas & Carrots, Sesame Citrus Dressing / 26

Roasted Eggplant-Zucchini

Lasagna^{v/gf}

Cashew Ricotta, Garlic Sautéed Spinach, Joey's Mom's Tomato Sauce / 19
ADD: Vegan Mozzarella or House Made Mozzarella / 2

Grilled Chicken Paillard^{gf}

Arugula, Organic Grape Tomatoes, Red Onions, Shaved Parmesan Cheese, Lemon-Oregano Vinaigrette / 18

Ramen Bowl

Cabbage & Carrots, Broccoli, Gingered Egg, Mushroom Dashi, Chicken or Tofu / 20
SUBSTITUTE: Shrimp or Tuna / 3

Grilled Rainbow Trout^{gf}

Fingerling Potatoes, Roasted Peppers & Beans, Toasted Almond Parsley Pesto / 25

Farmer's Signature

"Spasta" & Meatballs^{gf}
Choice of Chicken or Vegan Meatballs, Spaghetti Squash, Organic Spinach, Tomato Basil Sauce / 19
ADD: Vegan Mozzarella or House Made Mozzarella / 2

plant forward

All Sides are vegan and gluten-free / 8 each

Roasted Spaghetti Squash

Baked Yukon Gold Steak Fries

Maple Whipped Sweet Potatoes

Roasted Brussels Sprouts

Wok Fired Quinoa Cauliflower

Fingerling Potatoes, Peppers & Beans

Roasted Green Beans

Rice Noodle Salad

MAKE A MEAL

Any 3 Plant Forward Sides / 20

WHITE Glass / Bottle

WINE SPRITZER

Pinot Grigio, Grapefruit Soda, Fresh Orange 10 /

BUBBLES

Mionetto Prosecco, Italy v/sus	12	split
Mionetto Moscato, Italy v/sus	12	split
Mionetto Rosé Prosecco, Italy v/sus	12	split
Candoni Prosecco, Italy	11	40
Moët & Chandon Champagne, France	/	85

CHARDONNAY

Oxford Landing, South Australia	9	32
La Crema, Monterey sus	13	39
Duckhorn, Napa Valley	/	55
Chalk Hill, Russian River sus	15	56

SAUVIGNON BLANC

Clifford Bay, New Zealand sus	9	32
Emmolo, Napa Valley	11	40
Kim Crawford, New Zealand sus	13	48
Rombauer Vineyards, Napa Valley sus	/	52

PINOT GRIGIO

Caposaldo, Italy sus	9	32
Tenuta, Polvaro, DOC, Italy sus	12	44
King Estate, Willamette Valley	/	60

ROSE & OTHER WHITES

Notorious Pink, Rose, France	10	36
Conundrum, White Blend, California	/	40
50 Degree Dry Riesling, Rheingau, Germany	12	44
Whispering Angel Rose, France	14	52

RED Glass / Bottle

FARMER'S RED SANGRIA

Cabernet, Cointreau, Brandy, Agave, Organic Apples & Orange 10 /

CABERNET SAUVIGNON

Fetzer, California sus	9	32
Bonanza by Caymus, California	12	44
Textbook, Napa Valley sus	16	60
Austin Hope, Paso Robles sus	/	75
Duckhorn, Napa Valley	/	90
Jordan, Alexander Valley sus	/	110

PINOT NOIR

Castle Rock, California	9	32
Sea Sun by Caymus, California	/	36
Acrobat, Oregon org	12	44
Meiomi, Sonoma sus	13	48

MERLOT

Murphy-Goode, California	10	36
H3, Columbia Crest Merlot, Washington sus	/	40

TUSCANY

Candoni, Chianti, Italy	12	44
Carletto, Montepulciano, Italy	/	36
Super Tuscan, Tenuta Polvaro Nero, DOC, Italy	13	48
Il Poggione Rosso Di Montalcino, Italy	/	71

INTERESTING REDS

Zinfandel, Grayson, Napa	/	40
Bodega Norton, Reserva Malbec, Mendoza	12	44
Z. Alexander, Red Blend, North Coast	12	44
Red Blend, The Riddler, Napa	15	56
Zinfandel, Rombauer Vineyards, Napa sus	/	73
Red Blend, The Prisoner, Napa	/	84

garden to glass

Spa-Day

Crop Organic Cucumber Vodka, Coconut Water, Lemonade, Smashed Cucumber & Mint / 11

Butterfly Margarita

One With Life Organic Tequila, Passion Fruit, Grapefruit Juice, Organic Agave / 12

Key Lime Martini

Stoli Vanilla, Organic Coconut Cream, Lime Juice & Organic Agave / 13

Pineapple Express Mojito

Rum Haven Coconut, Pineapple Express Elixir, Mint, Lime and Agave / 14

Farmer's Margarita

Hiatus Blanco, Organic Lemon & Lime Juice, Splash OJ, Garnished with Fennel Pollen & Kosher Salt / 14

Misunderstood Mule

Misunderstood Ginger Whiskey, Organic Lime Juice, Ginger Beer / 12

refresh & revive

Organic Iced Tea

Jasmine Peach or Black / 3

Rebirth Of Cool

Iced Cold Brewed Coffee, Almond Milk, Vanilla-Cinnamon Turbinado Syrup / 7

Farmer's Lemonade

Pressed Lemon, Florida Honey / 3

Craft Sodas

We proudly serve consciously sourced craft sodas. Ask your server for available flavors.

elixirs

The Essential **v/gf**

Organic Blackberries & Raspberries, Fresh Rosemary, Organic Aloe Vera, Organic Cold Pressed Beet, Carrot, Apple, Ginger & Lemon Juices / 9

Cuke Of Earl **v/gf**

Smashed Cucumber, Organic Coconut Water, Plant Chlorophyll, Mint, Organic Lemon Juice, Organic Agave Nectar / 9

Butterfly Effect **v/gf**

Passion Fruit, Butterfly Tea, Tangerine Kombucha, Grapefruit Juice, Organic Agave / 9

What's Up Doc **v/gf**

Organic Carrot Juice, Organic Pineapple Juice, Mint Leaves, Organic Aloe Vera, Organic Agave Nectar, Turmeric, Ginger, Lemon Juice, Organic Apples / 9

The Remedy **v/gf**

Organic Raspberries & Blueberries, Mint Leaves, Pomegranate Juice, Lemon Juice, Green Tea, Organic Agave, Splash of Club Soda / 9

Pineapple X-Press **v/gf**

Organic Pineapple & Apple, Orange Juice, Coconut Milk, Mint, Orange Blossom Water / 9

craft beer

bottled selections

Wynwood La Rubia

Blonde Ale
Wynwood Brewing Co/Miami, FL / 7

Monk In the Trunk Organic

Belgian Amber Ale
Inlet Brewing Co/Jupiter, FL / 7

Due South Category 3

American IPA
Due South Brewing Co
Boynton Beach, FL / 7

Hop Gun

American IPA
Funky Buddha/Fort Lauderdale, FL / 7

Sam Smith Cider

Organic Apple Cider
Sam Smith Brewery/England / 8

Sam Smith Chocolate Stout

Organic Chocolate Stout
Sam Smith Brewery/England / 9

Grapefruit Radler

Beer and Grapefruit Soda
Stiegl Brewery/Austria / 8

Florida Cracker

Belgian Style White Ale
Cigar City Brewing/Tampa, FL / 7

draft selections

Barrel Of Monks Seasonal

Ask Your Server for Details
Barrel Of Monks Brewery/Boca Raton, FL / 8

Copperpoint Lager Amber Lager

Copperpoint Brewing Co./
Boynton Beach, FL / 8

Floridian Hefeweizen

Funky Buddha/Fort Lauderdale, FL / 8

Jai Alai American IPA

Cigar City Brewing/Tampa, FL / 8

traditional selections

O'Doul's N/A St. Louis, MO / 5

Miller Lite Milwaukee, WI / 6

Michelob Ultra St. Louis, MO / 6

Heineken Netherlands / 7

Stella Artois Belgium / 7

Corona Mexico / 7