

### starters

#### Soup of the Day

Made Fresh with Seasonal Ingredients / 6

#### Bone Broth<sup>gf</sup>

"48 Hour" Roasted Chicken Broth / 5

#### Magical Split Pea Soup<sup>v/gf</sup> / 7

#### Farmer's Meatballs<sup>gf</sup>

#### "FTA" Chicken or Vegan Quinoa Meatballs

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

#### Farmer's Hummus<sup>v</sup>

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

#### Cucumber Avocado "Tartare"<sup>v</sup>

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

#### Baked Honey Sriracha Wings<sup>gf</sup>

Slivered Scallions & Cilantro / 12

#### Maple Pepper Glazed

#### Baby Back Ribs<sup>gf</sup>

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

#### Buffalo Cauliflower "Drumettes"<sup>v/gf</sup>

Oven Roasted served with Vegan Ranch Dip / 11

#### Sesame Ginger Tuna Tartare<sup>gf</sup>

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.

### greens

#### Namaste Raw<sup>v/gf</sup>

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

#### Mediterranean<sup>veg/gf</sup>

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

#### Florida 77<sup>veg/gf</sup>

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

#### Arugula & Roasted Beet<sup>veg/gf</sup>

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

#### Farmer's Table Cobb<sup>gf</sup>

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

### — ADD TO YOUR GREENS —

"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<sup>gf</sup>

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

#### Wild Mushroom & Goat Cheese<sup>veg/gf</sup>

Balsamic Fig Braised Onions, Savory Herbs / 15

#### Cauliflower Brie<sup>veg/gf</sup>

Fig Jam, Caramelized Onions, Arugula Salad / 15

### supper

#### Soy Roasted "FTA" Salmon<sup>gf</sup>

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

#### Grilled Rainbow Trout<sup>gf</sup>

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

#### Spice Seared Tuna Steak<sup>gf</sup>

Coconut Brown Rice with Black Eyed Peas, Red Pepper Lemon Sauce, Mango Relish / 29

#### Grass-Fed Beef Short Rib<sup>gf</sup>

Roasted Brussels Sprouts, Maple Whipped Sweet Potatoes, Mushroom Bordelaise / 27

#### Mushroom & Artichoke "Paella"<sup>v/gf</sup>

Saffron Spanish Rice, Peppers & Peas / 19  
ADD: Chicken / 6 Shrimp / 8

#### Herb Brick Chicken<sup>gf</sup>

Garlic Mashed Potatoes & Roasted Green Beans, Thyme Au Jus / 24

#### Butcher Block Special

Chef's Daily Steak Selection

### favorites

#### Grass-Fed Beef Burger

Brioche Bun, Fig Braised Onions, Lettuce, Tomato, Baked Yukon Gold Fries / 15  
ADD: Bacon, Cheddar or Avocado / 2 each

#### "Spasta" & Meatballs<sup>gf</sup>

Choice of Chicken or Vegan Meatballs, Spaghetti Squash, Organic Spinach, Tomato Basil Sauce / 19  
ADD: Vegan Mozzarella or House Made Mozzarella / 2

#### Roasted Eggplant-Zucchini Lasagna<sup>v/gf</sup>

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

#### Grilled Chicken Paillard<sup>gf</sup>

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

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### 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

#### Coconut & Black Eyed Pea Brown Rice

#### Fingerling Potatoes, Peppers & Beans

#### Garlic Mashed Potatoes

#### Rice Noodle Salad

#### Roasted Green Beans

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

### CHARDONNAY

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

### SAUVIGNON BLANC

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

### PINOT GRIGIO

Caposaldo, Italy <b>sus</b>	9	32
Tenuta, Polvaro, DOC, Italy <b>sus</b>	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 <b>sus</b>	9	32
Bonanza by Caymus, California	12	44
Textbook, Napa Valley <b>sus</b>	16	60
Austin Hope, Paso Robles <b>sus</b>	/	75
Duckhorn, Napa Valley	/	90
Jordan, Alexander Valley <b>sus</b>	/	110

### PINOT NOIR

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

### MERLOT

Murphy-Goode, California	10	36
H3, Columbia Crest Merlot, Washington <b>sus</b>	/	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 <b>sus</b>	/	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