

### 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

### Taco of the Day

#### Daily Designed Taco Special

#### "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

### 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

### supper

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

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

#### Herb 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

### 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

#### Pulled First Cut BBQ Brisket<sup>gf</sup>

Pepperonata, Cheddar Cheese, Arugula, Pickled Red Onions / 15

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

Balsamic Fig Braised Onions, Savory Herbs / 15

### favorites

#### Grass-Fed Beef Burger

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

#### "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

#### 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

### 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 v/sus	12	split
Mionetto Moscato, Italy v/sus	12	split
Mionetto Rosé Prosecco, Italy v/sus	12	split
Candoni Prosecco, Italy	11	40
Veuve Clicquot Brut, France (1/2 bottle)	/	65
Moët & Chandon Champagne, France	/	85

### CHARDONNAY

Oxford Landing, South Australia	9	32
La Crema, Monterey sus	12	44
Novellum, Languedoc, France	12	44
Hahn SLH, Santa Lucia Highlands	/	48
Duckhorn, Napa Valley	/	55
Chalk Hill, Russian River sus	15	56
Flowers, Sonoma	18	68
Plumpjack, Napa Valley	/	95

### 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
Cakebread, Napa Valley	/	59

### PINOT GRIGIO

Caposaldo, Italy sus	9	32
Tenuta Polvaro, DOC, Italy sus	12	44
King Estate, Willamette Valley	16	60

### ROSE & OTHER WHITES

Notorious Pink, Rose, France	10	36
Mathilde Chapoutier, Cotes De Provence	/	44
Conundrum, White Blend, California	/	40
Trimbach, Riesling, France	13	48
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
Silver Palm, North Coast sus	/	44
Bonanza by Caymus, California	12	44
Big Max, Central Coast	14	52
Textbook, Napa Valley sus	/	60
Greenwing by Duckhorn, Columbia Valley	16	60
Austin Hope, Paso Robles sus	/	75
Duckhorn, Napa Valley	/	90
Trueman, Hickinbotham, Australia sus	/	91
Jordan, Alexander Valley sus	/	110
Silver Oak, Alexander Valley	/	120
Cakebread, Napa Valley	/	125
Quilt Reserve, Napa Valley	/	128

### PINOT NOIR

Castle Rock, California	9	32
Sea Sun by Caymus, California	/	36
Acrobat, Oregon org	12	44
Meiomi, Sonoma sus	13	48
Golden Eye, Anderson Valley	/	65
Belle Glos Balade, Santa Maria Valley	18	68
Penner Ash, Willamette Valley	/	85

### MERLOT

Murphy-Goode, California sus	/	36
H3, Columbia Crest Merlot, Washington	11	40
Plumpjack, Napa Valley	/	105

### 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

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

### draft selections

**Corona Premier** Pale Lager  
Anahuac, Mexico / 7

**Bud Light** Lager Beer  
St. Louis, Missouri / 6

**Lagunitas** IPA  
Chicago, IL / 7

**Sailfish Tag & Release** Red Ale  
Fort Pierce, FL / 7

**Stella Artois** Belgian Pilsner  
Leuven, Belgium / 7

**Tequesta Chancellor**  
Classic German Style Kolsch Ale  
Tequesta, FL / 7

### traditional selections

**Amstel Light** Netherlands / 6

**Bud Light** St. Louis, MO / 5

**Coors Light** Colorado / 5

**Corona** Mexico / 6

**Heineken** Netherlands / 6

**Michelob Ultra** St. Louis, MO / 5

**Miller Lite** Milwaukee, WI / 5

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

**Stella Artois** Belgium / 6

### bottled selections

**Due South Category 3**  
American IPA  
Due South Brewing Co  
Boynton Beach, FL / 7

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

**Hop Gun**  
American IPA  
Funky Buddha/Fort Lauderdale, FL / 7

**Lagunitas Daytime**  
IPA  
Lagunitas Brewing Co/Chicago, IL / 7

**Lagunitas Hazy Wonder**  
IPA  
Lagunitas Brewing Co/Chicago, IL / 7

**Monk In the Trunk Organic**  
Belgian Amber Ale  
Inlet Brewing Co/Jupiter, FL / 7

**South Beach Mimosa**  
Sparkling Ale  
South Beach Brewing Co/Miami, FL / 7

**Wynwood La Rubia**  
Blonde Ale  
Wynwood Brewing Co/Miami, FL / 7

