



farmer's table

EXPRESS

Breakfast

- Very Berry Overnight Oats / \$4.95 v/gf
- Breakfast Granola Bar / \$2.75 v
- Peach Mango Chia Pudding / \$4.75 v/gf

Snacks

- Albacore Tuna Salad / \$8 gf
- Curry Chicken Salad / \$6 gf
- Curry Chickpea Salad / \$5 v/gf
- Hummus & Crudité / \$5 v/gf

Salads

- Namaste Salad / \$9 v/gf
- Roasted Beet / \$9 gf
- Florida 77 / \$9 v/gf
- Farmer's Side Salad / \$5 v/gf

Soups

16oz. \$5 | 32oz. \$10

- Farmer's Table Veggie Stew v/gf
- Bone Broth gf
- Magic Split Pea v/gf

Frozen Soups

- Butternut Squash Soup / \$5 v/gf
- Bone Broth Soup / \$5 gf
- Split Pea Soup / \$5 v/gf
- French Lentil Soup / \$5 v/gf
- White Bean Soup / \$5 v/gf

Sandwiches & Wraps

- Albacore Tuna Wrap / \$12
- Curry Chickpea Collard Wrap / \$9 v/gf
- Chicken Pesto Wrap / \$11 gf
- Blackened Chicken Wrap / \$11 gf
- Curry Chicken Wrap / \$11
- Turkey & Brie Wrap / \$11
- Falafel Burger / \$8 v/gf

Entrées

- "Spasta" & Chicken Meatballs / \$13 gf
- "Spasta" & Vegan Meatballs / \$13 v/gf
- Vegan Eggplant Parmesan / \$12 v/gf
- Spice Roasted Shrimp / \$13.50 gf
- Roasted Salmon / \$14.50 gf
- Fitness Chicken / \$14 gf
- Salmon Entrée w/ Sweets / \$16.50 gf
- Short Rib Entrée / \$18 gf
- Koji Chicken Entrée / \$12 gf
- Mushroom Paella Rice / \$11 v/gf
- Vegan Pad Thai / \$12 v/gf
- Mediterranean Vegan Bowl / \$12 v

Proteins

- Blackened Salmon / \$8.50 gf
- Grilled Salmon / \$8.50 gf
- Blackened Shrimp / \$7.50 gf
- Citrus Poached Shrimp / \$7.50 gf
- Short Rib, Mushroom Bordelaise / \$10 gf
- Grilled Chicken / \$6 gf
- Blackened Chicken / \$6 gf
- Kale Pesto Chicken / \$6 gf
- Chicken Meatballs, Marinara / 6 gf

Sides

- Cauliflower- Quinoa "Fried Rice" / \$5 v/gf
- Caramelized Brussels Sprouts / \$5 v/gf
- Buffalo Cauliflower / \$5 v/gf
- Sweet Mashed Potatoes / \$5 v/gf
- Pee Wee Potato Hash / \$5 v/gf
- Spaghetti Squash / \$5 v/gf

Dressings & Sauces

- Lemon Oregano Vinaigrette / \$8 gf
- Fig Balsamic Vinaigrette / \$8 v/gf
- Florida Citronette / \$8 gf
- Balsamic Vinaigrette / \$8
- Marinara Sauce / \$8 v/gf

Sweet Bites

- Granola Peanut Butter Bites / \$5.50 v
- Energy Bites / \$5.50 v/gf
- Granola PB Praline / \$5.50 v

Desserts

- Opera Cake / \$7 v
- Vegan Chocolate Truffles / \$5 v/gf
- Strawberry Shortcake / \$7
- Chocolate Pudding / \$4.75 v/gf
- Carrot Cake / \$7 v
- Key Lime Pie / \$6 veg
- Dark Chocolate Macaroons / \$7 gf/veg
- Chocolate Coconut Bars / \$5 v/gf
- Date Walnut Brownie / \$6 v/gf
- Pecan Coffee Cake / \$5 v
- Almond Butter Chocolate Chip Cookies / \$6 gf/veg
- Coconut Macaroons / \$6 gf/veg
- Blueberry Scone / \$3.75 v
- Chocolate Chip Scone / \$3.75 v
- Peanut Butter Fudge / \$6 v/gf
- Coffee Chip Ice Cream / \$5 v/gf
- Mint Chip Ice Cream / \$5 v/gf
- Chocolate Ice Cream / \$5 v/gf