

### starters

#### Soup of the Day

Made Fresh with Seasonal Ingredients / 7

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

"48 Hour" Roasted Chicken Broth / 6

#### 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 / 13

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

Peppadew & Pine Nuts, Cucumber, Toasted Za'atar Naan, EVOO / 12

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

Ginger-Lime Dressing, Lavash Herb Crisp / 12  
ADD: Tuna Tartare / 6

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

Slivered Scallions & Cilantro / 14

#### Maple Pepper Glazed

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

"Fork Tender" Ribs, Toasted Corn Potato Salad / 17

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

Oven Roasted served with Vegan Ranch Dip / 12

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

Chili Oil, Rice Noodle Salad / 16

### Taco of the Day

#### Chef's Daily 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 / 14

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

Romaine Hearts, Feta, Cucumbers, Peppers, Red Onions, Olives, Tomatoes, Lemon-Oregano Vinaigrette / 14

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

Field Greens, Avocado, Oranges, Carrots, Hearts of Palm, Candied Cashews, Mile Marker 77 Vinaigrette / 14

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

Goat Cheese, Pickled Onions, Spiced Pistachios, Sherry Vinaigrette / 14

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

Romaine Hearts, Chicken, Egg, Avocado, Cucumbers, Tomatoes, Carrots, Bacon, Wildflower Honey Vinaigrette or Ranch Dressing / 16

### ADD

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

"FTA" Salmon / 10  
"FTA" Shrimp / 9

Marinated Tofu / 5  
Petit Bistro Steak / 10

### flatbreads

All Flatbreads are baked on a Cauliflower Crust  
Great for sharing as an appetizer!

#### Cilantro Lime Chicken<sup>gf</sup>

Enchilada Sauce, Toasted Corn Pico, Cheddar & Manchego Cheese, 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

### handhelds

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

#### Grass-Fed Beef Burger

Brioche Burger Bun, Fig Braised Onions, Lettuce, Tomato / 16  
ADD: Bacon, Cheddar or Avocado / 2 each

#### Falafel Veggie Burger<sup>v</sup>

Vegan Bun, Toasted Chili Aioli, Organic Tomato Cilantro Relish / 15

#### Salmon Burger "Banh Mi"

Brioche Roll, Thai Glaze, Vietnamese Pickled Veggie Slaw / 16

### knife & fork

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

Choice of Chicken or Vegan Meatballs, Spaghetti Squash, Organic Spinach, Tomato Basil Sauce / 21  
ADD: Vegan Mozzarella or House Made Mozzarella / 2

#### Ramen Bowl

Cabbage, Carrots & Broccoli, Gingered Egg, Mushroom Dashi, Chicken or Tofu / 23  
SUBSTITUTE: Shrimp or Tuna / 3

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

Cashew Ricotta, Garlic Sautéed Spinach, Joey's Mom's Tomato Sauce / 22  
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 / 20

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

Beet Scented Jasmine Rice, Shaved Carrot Slaw, Turmeric Romesco Sauce / 27

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

Wok Fired Quinoa with Cauliflower, Peas & Carrots, Sesame Citrus Dressing / 29

### plant forward sides

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

#### Beet Scented Jasmine Rice

#### Summer Squash & Zucchini

#### Rice Noodle Salad

### MAKE A MEAL

Any 3 Plant Forward  
Sides / 20