

## starters

### Soup of the Day

Made Fresh with Seasonal Ingredients / 7

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

"48 Hour" Roasted Chicken Broth / 6

### Butternut Squash Bisque <sup>v/gf</sup> / 7

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

Ginger-Lime Dressing,  
Lavash Herb Crisp / 13  
ADD: Tuna Tartare / 7

### "FTA" Chicken Meatballs <sup>gf</sup>

Or

### Vegan Quinoa Meatballs <sup>v/gf</sup>

House Made Mozzarella or Vegan Mozzarella,  
Joey's Mom's Tomato Sauce / 13

### Yellowfin Tuna Tartare

Ginger Chili Dressing, Avocado,  
Sesame Crackers, Wasabi Aioli / 17

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

Peppadew & Pine Nuts, Cucumber,  
Toasted Za'atar Naan, EVOO / 14

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

All Natural Duroc Pork,  
Apple Cider BBQ Sauce,  
Celery Root & Apple Slaw / 18

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

Oven Fired Drumettes,  
Pickled Heirloom Carrots / 14

### Vegan "Crab Cake" <sup>v/gf</sup>

Lions Mane Mushrooms, Lemon Dijonnaise,  
Toasted Corn-Tomato Salad / 16

## flatbreads

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

### The Cyprus <sup>veg/gf</sup>

Roasted Eggplant Spread, Red Bell Peppers,  
Tomato-Kalamata Olive Relish,  
Halloumi Cheese / 17

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

Balsamic Fig Braised Onions,  
Savory Herbs / 17

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

Enchilada Sauce, Toasted Corn Pico,  
Cheddar & Manchego Cheese,  
Avocado Crema / 17

## greens

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

Living Salad, Cabbage, Broccoli, Peppers,  
Sunflower Sprouts & Seeds, Cucumbers,  
Onions, Koji Vinaigrette / 16

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

Field Greens, Avocado, Oranges, Carrots,  
Hearts of Palm, Candied Cashews,  
Mile Marker 77 Vinaigrette / 16

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

Goat Cheese, Pickled Onions,  
Spiced Pistachios, Sherry Vinaigrette / 16

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

Romaine Hearts, Feta, Cucumbers,  
Peppers, Red Onions, Olives, Tomatoes,  
Lemon-Oregano Vinaigrette / 16

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

Chiffonade Romaine, Chicken, Egg,  
Avocado, Cucumbers, Tomatoes, Carrots,  
Bacon, Wildflower Honey Vinaigrette or  
Ranch Dressing / 19

## ADD

"FTA" Grilled Chicken / 7  
Seared Atlantic Tuna / 12

"FTA" Salmon / 14  
"FTA" Shrimp / 12

Marinated Tofu / 5  
Petit Bistro Steak / 14

## handhelds All items are served with 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 / 17  
ADD: Bacon, Cheddar or  
Avocado / 2 each

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

Vegan Bun,  
Organic Tomato Cilantro Relish,  
Toasted Chili Aioli / 16

### Salmon Burger "Banh Mi"

Brioche Roll,  
Vietnamese Pickled Veggie Slaw,  
Thai Glaze / 17

## knife & fork

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

Choice of Chicken or Vegan  
Meatballs, Spaghetti Squash,  
Organic Spinach,  
Tomato Basil Sauce / 23  
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 / 23  
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 / 4

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

Wok Fired Quinoa with  
Cauliflower, Peas & Carrots,  
Sesame Citrus Dressing / 32

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

Arugula, Red Onions,  
Organic Grape Tomatoes,  
Shaved Parmesan Cheese,  
Lemon-Oregano Vinaigrette / 22

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

Beet Scented Jasmine Rice,  
Shaved Carrot Slaw,  
Turmeric Romesco Sauce / 28

## plant forward sides All sides are vegan and gluten-free / 8 each

### Roasted Spaghetti Squash

### Summer Squash & Zucchini

### Roasted Brussels Sprouts

### Wok Fired Quinoa Cauliflower Fried Rice

### Baked Yukon Gold Steak Fries

### Maple Whipped Sweet Potatoes

### MAKE A MEAL

Any 3  
Plant Forward Sides / 20

### "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.

<sup>v</sup>: vegan | <sup>veg</sup>: vegetarian | <sup>gf</sup>: gluten free

## connect with us

dinefarmerstable.com   dinefarmerstable