



# MID-DAY

FEEL GOOD FOOD

## starters

**Soup of the Day**  
Made Fresh with  
Seasonal Ingredients / 7

**Bone Broth** gf  
"48 Hour" Roasted  
Chicken Broth / 6

**Butternut Squash  
Bisque** v/gf / 7

**Yellowfin Tuna Tartare**  
Ginger Chili Dressing,  
Avocado, Sesame Crackers,  
Wasabi Aioli / 17

**"FTA" Chicken Meatballs** gf  
Or  
**Quinoa Meatballs** v/gf  
House Made Mozzarella  
or Vegan Mozzarella,  
Joey's Mom's Tomato Sauce / 13

**Buffalo Cauliflower** v/gf  
Oven Fired Drumettes,  
Pickled Heirloom Carrots / 14

**Vegan "Crab Cake"** v/gf  
Lions Mane Mushrooms,  
Toasted Corn-Tomato Salad,  
Lemon Dijonnaise / 15

**Baby Back Ribs** gf  
All Natural Duroc Pork,  
Apple Cider BBQ Sauce,  
Celery Root & Apple Slaw/ 18

**Farmer's Hummus** v  
Peppadew & Pine Nuts,  
Toasted Za'atar Naan,  
Cucumber, EVOO / 14

**Cucumber Avocado  
"Tartare"** v  
Ginger-Lime Dressing,  
Lavash Herb Crisp / 13  
ADD: Tuna Tartare / 7

## flatbreads

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

**Cilantro Lime Chicken** gf  
Enchilada Sauce,  
Toasted Corn Pico,  
Cheddar & Manchego Cheese,  
Avocado Crema / 17

**Wild Mushroom  
& Goat Cheese** veg/gf  
Balsamic Fig Braised Onions,  
Savory Herbs / 17

**The Cyprus** veg/gf  
Roasted Eggplant Spread,  
Red Bell Peppers,  
Tomato-Kalamata Olive Relish,  
Halloumi Cheese / 17

## greens

**Namaste Raw** v/gf  
Living Salad, Cabbage,  
Broccoli, Peppers,  
Sunflower Sprouts & Seeds,  
Cucumbers, Onions,  
Koji Vinaigrette / 16

**Arugula & Roasted Beet** veg/gf  
Goat Cheese, Pickled Onions,  
Spiced Pistachios,  
Sherry Vinaigrette / 16

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

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

**Farmer's Table Cobb** gf  
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



## knife & fork

### **"Spasta" & Meatballs** gf

Choice of Chicken or Vegan Meatballs, Spaghetti Squash, Organic Spinach, Tomato Basil Sauce / 23  
ADD: Vegan Mozzarella or House Made Mozzarella / 2

### **Soy Roasted "FTA" Salmon** gf

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

### **Roasted Eggplant-Zucchini**

**Lasagna** v/gf  
Cashew Ricotta, Garlic Sautéed Spinach, Joey's Mom's Tomato Sauce / 23  
ADD: Vegan Mozzarella or House Made Mozzarella / 2

### **Grilled Chicken Paillard** gf

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

### **Ramen Bowl**

Cabbage, Carrots & Broccoli, Gingered Egg, Mushroom Dashi, Chicken or Tofu / 23  
SUBSTITUTE:  
Shrimp or Tuna / 4

### **Grass-Fed Beef Burger**

Brioche Bun, Fig Braised Onions, Lettuce, Tomato, Baked Yukon Gold Fries / 17  
ADD: Bacon, Cheddar or Avocado / 2 each

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

**Roasted Spaghetti Squash**

**Roasted Brussels Sprouts**

**Baked Yukon Gold  
Steak Fries**

**Maple Whipped  
Sweet Potatoes**

**Vegetable Japchae  
Glass Noodles**

**Wok Fired Quinoa  
Cauliflower**

**Beet Scented Jasmine Rice**

**Summer Squash & Zucchini**

### **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.

v: vegan | veg: vegetarian | gf: gluten free

## connect with us

dinefarmerstable.com   dinefarmerstable