

starters

Soup of the Day

Made Fresh with Seasonal Ingredients / 8

Bone Broth *gf*

"48 Hour" Roasted Chicken Broth / 6

FT Vegetable Garden Soup *v/gf* / 8

Yellowfin Tuna Tartare

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

FT Caprese Salad *v*

Toasted Focaccia, Basil Powder, Balsamic Reduction / 17

Chicken Meatballs *gf*

Or Quinoa Meatballs *v/gf*

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

Buffalo Cauliflower "Drumettes" *v/gf*

Oven Roasted Drumettes, Served with Vegan Ranch Dip / 14

Bread -N- Spread *v*

"Feel Good" Hummus, Chive Butter, Olives Tapenade, Giardiniera House Made Sour Dough, Pretzel & Focaccia Breads / 17

"Feel Good" Turmeric Hummus *v*

Sweet Potato, Chickpea & Turmeric, Toasted Naan, Heirloom Carrots, Toasted Pumpkin Seeds / 14

Cucumber Avocado "Tartare" *v*

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

Maple Pepper Glazed Baby Back Ribs *gf*

"Fork Tender" Ribs, Celery Root & Apple Slaw / 18

flatbreads

All flatbreads are baked on a Lavash Crust - Substitute Cauliflower Crust \$3 (gf)

Garlic Shrimp

New England Style Parmesan Garlic Sauce, Blistered Tomatoes, Torn Basil, Balsamic / 17

Wild Mushroom & Goat Cheese *veg*

Balsamic Fig Braised Onions, Savory Herbs / 17

The Cyprus *veg*

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

Mediterranean *veg/gf*

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

Farmer's Table Cobb *gf*

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

Chef's Daily Garden / \$MP

ADD

Grilled Chicken / 7
Seared Atlantic Tuna / 12

Salmon / 14
Shrimp / 12

Marinated Tofu / 7
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

Toasted Housemade Pretzel Roll, Fig Braised Onions, Lettuce, Tomato / 17
ADD: Bacon, Cheddar or Avocado / 2 each

Wild Mushroom Burger *v/gf*

Toasted Housemade Pretzel Roll, Truffled Mushroom Relish, Carrot & Celeriac Slaw / 17

Chicken Pita

Toasted Naan, Marinated Grilled Chicken, Tzatziki, Romaine, Tomatoes, Onions, Olives / 16

Salmon Burger "Banh Mi"

Toasted Housemade Pretzel Roll, Vietnamese Pickled Veggie Slaw, Thai Glaze / 17



breakfast

Breakfast items are served with a choice of Yukon Gold Potato Hash or Seasonal Fruit

Crushed Avocado Toast [veg](#)

Toasted Mountain Bread, Crushed Avocado, Flashed Roasted Tomato, Sunny Side Eggs, Arugula / 17

Classic Rise & Shine [gf](#)

Scrambled Eggs, Applewood Smoked Bacon / 14

Provencale Mushroom Omelet [veg/gf](#)

Organic Grape Tomato & Spinach, Roasted Garlic, Fresh Herbs/ 16

Farmer's Table Palooza

Blueberry Multigrain Pancakes, Scrambled Eggs, Chicken Sausage, Applewood Smoked Bacon / 18

brunch favorites

Chicken & Waffles

Multigrain "Bubble" Waffle, Crumbled Nitrate Free Bacon, Maple Mustard Crispy Chicken, Strawberries / 18

Carne Asada & Egg Huarache [gf](#)

Grilled Skirt Steak, Sopos, Scrambled Eggs, Black Refried Beans, Salsa Roja, Avocado Crema, Lettuce, Oaxaca Cheese / 25

Bakers Biscuits & Jam [veg](#)

Freshly Baked Buttermilk Biscuits, Honey "Butter", Housemade Jam/ 9

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

Grilled Chicken Paillard [gf](#)

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

Chickpea Crusted Salmon

Mediterranean Cous Cous, Tzatziki Sauce, Tomato & Olive / 32

Vegan Buddha Bowl [v/gf](#)

Sweet Potato Noodles, Baby Bok Choy, Local Mushrooms, Cabbage & Carrots, Mushroom Dashi, Toasted Sesame Seeds, Scallions / 23

Black Pearl Lentil Bolognese [veg](#)

Slow Braised Lentils & Mushrooms, Parmesan, Rigatoni Pasta / 22

ADD: Egg / 2.5 Tofu / 5

"FTA" Salmon / 14 "FTA" Chicken / 7
"FTA" Shrimp or Tuna / 12

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 Idaho Steelhead Red Trout [gf](#)

Artichoke & Fingerling Potato Barigoule, Organic Grape Tomato Salad, Fresh Herb Oil / 32

plant forward sides

All sides are 8 each

Roasted Spaghetti Squash

Roasted Broccoli

Roasted Brussels Sprouts

Maple Whipped Sweet Potatoes

Baked Yukon Gold Steak Fries

Mediterranean Cous Cous

Artichoke Barigoule

Japchae Noodles

MAKE A MEAL
Any 3
Plant Forward Sides / 21

Consciously Sourced

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.

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](#)

For parties of 10 or more, there will be an
20 percent service charge added.