



DINNER

FEEL GOOD FOOD

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 *veg*

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

"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 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

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

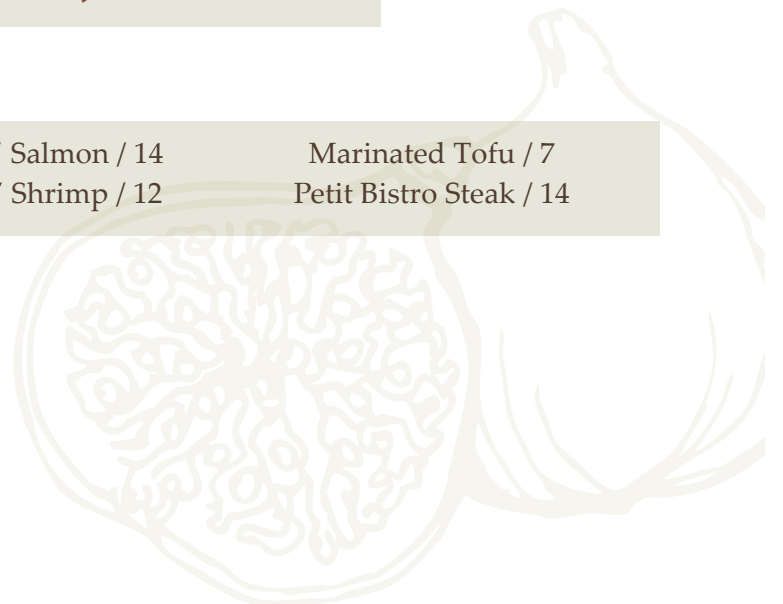
Chef's Daily Garden / \$MP

ADD

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

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

Marinated Tofu / 7
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

Chickpea Crusted Salmon

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

Grass-Fed Beef Short Rib **gf**

Roasted Brussels Sprouts, Maple Whipped Sweet Potatoes, Mushroom Bordelaise / 34

Black Pearl Lentil Bolognese **veg**

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

Grilled Chicken Paillard **gf**

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

Roasted Eggplant-Zucchini Lasagna **v/gf**

Cashew Ricotta, Garlic Sautéed Spinach, 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

Grass-Fed Beef Burger

Toasted Pretzel Roll, Fig Braised Onions, Lettuce, Tomato / 17

ADD: Bacon, Cheddar or Avocado / 2 each

Florida Orange Roasted Chicken **gf**

Warm Organic Kale Parmesan Walnut Salad, Sweet Mash Potatoes Thyme Gravy / 26

Vegan Buddha Bowl **v/gf**

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

ADD: Egg / 2.5 Tofu / 5

"FTA" Salmon / 14 "FTA" Chicken / 7

"FTA" Shrimp or Tuna / 12

Seared Tuna Steak **gf**

Sesame Garden Vegetable Fried Rice, GGS Broccoli, Korean BBQ Sauce, Chili Dust / 34

Double Cut Pork Chop **gf**

Caramelized Apples, Crushed Fingerling Potatoes, Charred Asparagus, Brandy Demi-Glace / 36

plant forward sides

All sides are 8 each

Roasted Spaghetti Squash

Roasted Brussels Sprouts

Japchae Noodles

Roasted Broccoli

Artichoke Barigoule

Baked Yukon Gold Steak Fries

Maple Whipped Sweet Potatoes

Mediterranean Cous Cous

Baby Bok Choy

Garden Vegetable Fried Rice

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.

Some items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood,

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

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

