

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 / 15

Cucumber Avocado "Tartare" v
Ginger-Lime Dressing, Lavash Herb Crisp / 12
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

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

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

Farmer's Table Cobb gf
Romaine, Chicken, Egg, Avocado, Cucumbers,
Tomatoes, Carrots, Bacon, /Ranch Dressing or
Wildflower Honey Vinaigrette / 19

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

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

Chicken Pita

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

Wild Mushroom Burger v/gf

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

Salmon Burger "Banh Mi"

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

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

Black Pearl Lentil Bolognese veg

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

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

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

plant forward sides

All sides are 8 each

Roasted Spaghetti Squash

Roasted Brussels Sprouts

Baked Yukon Gold Steak Fries

Roasted Broccoli

Japchae Noodles

Artichoke Barigoule

Maple Whipped Sweet Potatoes

Mediterranean Cous Cous

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.

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

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

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