

LUNCH

FEEL GOOD FOOD

starters

Signature Split Pea Soup v/gf/8

Buffalo Cauliflower v/gf

Oven Fired Cauliflower Drumettes, Pickled Heirloom Carrots / 14

Famous Chicken Meatballs gf or Vegan Quinoa Meatballs v/gf

House Made Mozzarella or Vegan Mozzarella, Pomodoro Sauce / 14

Blackened Mahi Tacos (2) gf

Locally Made Corn Tortillas, Avocado, Pineapple Pico de Gallo, Sour Cream, Shredded Lettuce / 16 ADD: Taco (1) / 7

Grass Fed Beef and Black Bean Chili

White Cheddar Cheese, Pico De Gallo / 10

Baby Back Ribs gf

Maple-Pepper Glaze, Celery Root & Apple Slaw / 18

Peppadew & Pine Nut Hummus v

Heirloom Carrots, Cucumber, Warm Pita Bread / 14

Cucumber & Avocado "Tartare" v

Ginger-Lime Dressing, Crispy Everything Crackers / 12

Warm Bavarian Pretzel Sticks

Sea Salt, Four Cheese Truffle Dip, Grain Mustard Butter / 14

flatbreads All Flatbreads are prepared on a Cauliflower Crust

Roasted Wild Mushroom veg/gf Margherita veg/gf

White Cheddar & Goat Cheese, Fig Braised Onion Jam, Savory Herbs / 18

Hand Made Mozzarella, Blistered Grape Tomatoes, Fresh Basil, Pomodoro / 16

Prosciutto di Parma gf

White Sauce, Blistered Grape Tomatoes, House Made Mozzarella, Arugula, Aged Balsamic Vinegar / 19

greens

Hail Caesar! veg

Hearts of Romaine, Shaved Parmesan, White Anchovy, Croutons, Caesar Dressing / 16

Florida 77 veg/gf

Field Greens, Avocado, Oranges, Carrots, Hearts of Palm, Candied Cashews, Mile Marker 77 Vinaigrette / 17

Garden Salad veg

Field Greens, Cucumbers, Organic Tomatoes, Carrots, Choice of House Made Dressings / 12

Superfood Goji Berry veg/gf

Chopped Romaine Hearts, Blueberries, Cucumbers, Organic Seedless Grapes, Crushed Avocado, Toasted Pistachios, Goji Berry Vinaigrette / 17

Farmer's Table Cobb gf

Romaine Hearts, Chicken, Egg, Avocado, Cucumbers, Organic Tomatoes, Carrots, Crumbled Blue Cheese, Chopped Bacon, Wildflower Honey Vinaigrette / 19

ADD

Norwegian Salmon / 15 White Shrimp / 13

Grass Fed Skirt Steak / 16 Marinated Domestic Tofu / 7 Springer Mountain Chicken Paillard / 10

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.



handhelds Served with Choice of Yukon Gold Steak Fries, Crispy Fries, or Fresh Fruit

Farmer's Table Cheeseburger

Grass Fed - Grass Finished Beef Burger, Toasted Brioche Bun, LTO, Pickle / 18 Choice of: Cheddar, Mozzarella, Feta, or Blue Cheese

Griddled Turkey Meatloaf Sandwich

Melted White Cheddar, Wild Mushrooms, Cranberry Aioli, Toasted French Bread / 17

Short Rib French Dip

Grass-Fed Braised Beef, Carmelized Onions, Griddled French Bread, Natural Jus, Horseraddish Sauce / 23

Pressed Turkey B.A.L.T.

Sliced Oven Roasted Turkey Breast Bacon, Avocado, Lettuce, Tomato, Dijon Aioli Griddled Multi-Grain Toast / 16

Norwegian Salmon Club

Grilled Salmon Fillet, Nitrate Free Bacon, LTO, Toasted Multi-Grain, Pickle, Citrus Aioli / 23

Caprese Chicken Club Melt

Grilled Chicken Paillard & Beefsteak Tomato, House Made Mozzarella, Basil Pesto Toasted Multi-Grain Bread/19

club specialties

"Spasta" & Meatballs gf

Choice of Chicken or Vegan Meatballs, Spaghetti Squash, Organic Spinach, Tomato Basil Sauce / 24 ADD: Vegan Mozzarella or House Made Mozzarella / 2

Florentine Omelette gf

Organic Tomatoes & Spinach, White Cheddar, Baked Yukon Gold Steak Fries / 16

Skirt Steak 'n Eggs gf

Grass-Fed/Grass-Finished Skirt Steak, Cage Free Scrambled Eggs, Pico Di Gallo, FT Steak Fries / 30

Petite Ramen Noodle Bowl

Asian Vegetbales, Mushroom Dashi, Gingered Egg, Diced Springer Mtn. Chicken / 19 Substitute: Tofu / nc Shrimp / 7 Salmon / 12

Grilled Chicken Paillard gf

Baby Arugula, Organic Grape Tomatoes, Red Onions, Shaved Parmesan, Lemon-Oregano Vinaigrette / 24

Roasted Norwegian Salmon Fillet gf

Honey Balsamic Glaze, Herbed Vegetable Quinoa, Organic Bell Pepper Puree / 34

plant forward sides All Sides are Vegan & Gluten-Free / 8 each

Make it a Meal: 3 Sides for 21

Roasted Spaghetti Squash

Baked Yukon Gold Steak Fries

Balsamic Agave Brussels Sprouts

Herbed Vegetable Quinoa

Roasted Baby Heirloom Carrots

Savory Roasted Wild Mushrooms

For Parties of 8 and more, there will be a 20% service charge added

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. We strictly adhere to the Environmental Working Group's Dirty Dozen Food philosophy, sourcing only organic products for their



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

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