

starters

Soup of the Day

Made Fresh with Seasonal Ingredients / 8

Bone Broth gf

"48 Hour" Roasted Chicken Broth / 7

FT Vegetable Garden Soup v/gf / 8

Yellowfin Tuna Tartare gf

Ginger Chili Dressing, Avocado, Sesame Crackers, Wasabi Aioli / 18

Maple Pepper Glazed Ribs gf

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

Farmer's Chicken Meatballs gf or Vegan Quinoa Meatballs v/gf

House Made Mozzarella or Vegan Mozzarella, Pomodoro Sauce / 14

Buffalo Cauliflower v/gf

Oven Roasted Cauliflower "Drumettes", Vegan Ranch Dip & Celery / 14

Bread -N- Spread veg

Hummus, Chive "Butter", Olive Tapenade, Giardiniera, House Made Sour Dough, Pretzel & Focaccia Bread / 18

Farmer's Hummus v

Heirloom Carrots, Toasted Za'atar Naan, Roasted Pumpkin Seeds & EVOO / 14

Cucumber Avocado "Tartare" v

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

Vegan "Chorizo" Tostado v/gf

Potato & Peppers, Grilled Avocado, Cabbage Slaw, Salsa Roja, Cilantro, Charred Lime / 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 / 17

Tri-Color & Sweet Potato Salad veg/gf

Radicchio, Arugula & Frisse, Toasted Pecans, Maple Roasted Sweet Potato, Dried Cranberries, Crumbled Goat Cheese / 18

Farmer's Table Cobb gf

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

Mediterranean veg/gf

Romaine Hearts, Feta, Cucumbers, Peppers, Red Onions, Olives, Tomatoes, Lemon-Oregano Vinaigrette / 17

Florida 77 veg/gf

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

ADD

Grilled Chicken / 7

Seared Atlantic Tuna / 13

Salmon / 15

Shrimp / 13

Marinated Tofu / 7

Petit Bistro Steak / 16

Consciously Sourced

We proudly serve grass-fed 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

flatbreads Substitute Cauliflower Crust \$3 (gf)

Garlic Shrimp

New England Style Parmesan Garlic Sauce,
Blistered Tomatoes, Torn Basil, Balsamic
Lavash Crust / 18

Roasted Butternut & Bacon

Caramelized Onions, Housemade Mozzarella,
Cashew Ricotta, Spiced Honey, Pepitas,
Lavash Crust / 17

Wild Mushroom & Goat Cheese veg

Balsamic Fig Braised Onions, Savory Herbs,
Lavash Crust / 17

Grilled Focaccia Caprese veg

House Made Focaccia Crust, Fresh Mozzarella,
Basil, Roasted Garlic Marinara, Tri-Color Salad,
Heirloom Tomatoes, Shaved Parmesan,
EVOO & Balsamic Reduction / 18

knife & fork

"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

Roasted Eggplant-Zucchini Lasagna v/gf

Cashew Ricotta, Garlic Sautéed Spinach,
Pomodoro 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 / 24

Florida Orange Roasted Chicken gf

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

Grass-Fed Beef Burger

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

Brown Rice "Risotto" veg/gf

Roasted Butternut Squash, Zucchini & Tomato,
Caramelized Onions, Sage, Parmesan / 22
ADD: Salmon / 15 ~ Shrimp / 13 ~ Petit Bistro Steak / 16

Vegan Buddha Bowl v/gf

Sweet Potato Noodles, Baby Bok Choy,
Local Mushrooms, Cabbage & Carrots, Scallions,
Mushroom Dashi, Toasted Sesame Seeds / 23
ADD: Tuna / 13 ~ Shrimp / 13 ~ Petit Bistro Steak / 16
Tofu / 7 ~ Chicken / 7 ~ Egg / 2.5

Grilled 14-ounce Pork Porterhouse

Baked Beans & Toasted Corn,
Jalapeno Cheddar Drop Biscuits,
Apple Bourbon BBQ Sauce / 32

Grass-Fed Short Rib gf

Roasted Brussels Sprouts, Mushroom Bordelaise,
Maple Whipped Sweet Potatoes / 35

Thai Roasted Salmon gf

Quinoa "Fried Rice", Green Peas,
Avocado Crema, Pickled Cucumber / 34

Yuzu Sesame Chia Crusted Tuna gf

Black Pearl Lentil & Hearts of Palm,
Passionfruit Emulsion, Pineapple Relish / 35

Grilled Branzino gf

Herb Jasmine Rice, Citrus Rosemary "Butter",
Asparagus, Blistered Tomatoes,
Roasted Lemon / 36

plant forward sides All sides are vegan and gluten free ~ 8 each

Roasted Spaghetti Squash

Roasted Brussels Sprouts

Roasted Broccoli

Black Pearl Lentils

Maple Whipped Sweet Potatoes

Baked Yukon Gold Steak Fries

Quinoa "Fried" Rice

Japchae Noodles

MAKE A MEAL

Any 3 Plant Forward Sides / 21

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For parties of 8 or more, there will be 20 percent service charge added.