

## starters

### Soup of the Day

Made Fresh with Seasonal Ingredients / 8

### Bone Broth <sup>gf</sup>

"48 Hour" Roasted Chicken Broth / 7

### FT Vegetable Garden Soup <sup>v/gf</sup> / 8

### Yellowfin Tuna Tartare <sup>gf</sup>

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

### Maple Pepper Glazed Ribs <sup>gf</sup>

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

### Farmer's Chicken Meatballs <sup>gf</sup> or Vegan Quinoa Meatballs <sup>v/gf</sup>

House Made Mozzarella or Vegan Mozzarella, Pomodoro Sauce / 14

### Buffalo Cauliflower <sup>v/gf</sup>

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

### Bread -N- Spread <sup>veg</sup>

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

### Farmer's Hummus <sup>v</sup>

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

### Cucumber Avocado "Tartare" <sup>v</sup>

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

### Vegan "Chorizo" Tostado <sup>v/gf</sup>

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

## greens

### Namaste Raw <sup>v/gf</sup>

Living Salad, Cabbage, Broccoli, Peppers, Sunflower Sprouts & Seeds, Cucumbers, Onions, Koji Vinaigrette / 16

### Arugula & Roasted Beet <sup>veg/gf</sup>

Goat Cheese, Pickled Onions, Spiced Pistachios, Sherry Vinaigrette / 17

### Tri-Color & Sweet Potato Salad <sup>veg/gf</sup>

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

### Farmer's Table Cobb <sup>gf</sup>

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

### Mediterranean <sup>veg/gf</sup>

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

### Florida 77 <sup>veg/gf</sup>

Field Greens, Avocado, Carrots, Oranges, 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.

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

## 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

## handhelds

All items are served with choice of Baked Yukon Gold Fries, Mixed Greens or Wildflower Honey Cole Slaw

### Grass-Fed Beef Burger

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

### Chicken Pita

Toasted Naan Bread, Grilled Chicken,  
Tzatziki, Romaine, Organic Tomatoes,  
Onions, Kalamata Olives / 16

### Salmon Burger "Banh Mi"

Housemade Sesame Bun, Thai Glaze,  
Vietnamese Pickled Veggie Slaw / 18

### Wild Mushroom Vegan Burger v

Toasted Vegan Bun,  
Truffled Mushroom Relish / 17

## 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, Grape Tomatoes,  
Shaved Parmesan Cheese  
Lemon-Oregano Vinaigrette / 24

### Thai Roasted Salmon gf

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

### 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

## plant forward sides

All sides are vegan and gluten free ~ 8 each

Roasted Spaghetti Squash  
Roasted Brussels Sprouts  
Roasted Broccoli  
Garlic Sauteed Spinach

Maple Whipped Sweet Potatoes  
Baked Yukon Gold Steak Fries  
Quinoa "Fried" Rice  
Japchae Noodles

### MAKE A MEAL

Any 3 Plant Forward Sides / 21

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

## connect with us

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