

## 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

Ginger Chili Dressing, Avocado, Cucumbers, Sesame Crackers, Spicy 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

### Farmer's Hummus *v*

Organic Tomatoes & Heirloom Carrots, Toasted Tandoori Naan Bread / 14

### Buffalo Cauliflower *v/gf*

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

### Bread -N- Spread *veg*

Hummus, Chive "Butter", Olive Tapenade, House Made Sourdough, Pretzel & Focaccia Bread / 18

### Cucumber Avocado "Tartare" *v*

Ginger-Lime Dressing, Lavash Herb Crisp / 13  
ADD: Tuna Tartare / 6

**Taco of the Day**  
Daily Designed Taco Special

## 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

### 1901 Mandarin Chopped *v/gf*

Garden Greens, Cabbage, Peppers, Carrots, Scallions, Oranges, Toasted Almonds, Ginger Soy Vinaigrette / 16

### 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 Yellowfin Tuna / 12

Salmon Scallopini / 12

Shrimp / 12

Marinated Tofu / 7

Hanger Steak Bites / 12

## 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.

## flatbreads Substitute Cauliflower Crust \$3 gf

### Garlic Shrimp

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

### Pulled BBQ Short Rib

Aged Cheddar Cheese, Roasted Peppers, Pickled Red Onions, Arugula, Lavash Crust / 18

### Wild Mushroom & Goat Cheese veg

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

### Grilled Focaccia Caprese veg

House Made Focaccia Crust, Fresh Mozzarella, Roasted Garlic Marinara, Organic Tomatoes, Basil, Tri-Color Salad, Shaved Parmesan, EVOO & Balsamic Reduction / 19

## 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

### Vegan "Chorizo" Tostada v/gf

Potato & Peppers, Grilled Avocado, Cabbage Slaw, Salsa Roja, Cilantro, Charred Lime / 19

### Sesame Crusted Tuna Steak gf

Seared Rare, Coconut Edamame Rice, Pineapple Relish, Yuzu Passionfruit Emulsion / 35

### Char Grilled Hanger Steak gf

Roasted Potato & Brussels Sprouts Hash, Blistered Sweet Peppers, Chimichurri Sauce / 30

### Grilled Red Trout gf

Herb Jasmine Rice, Toasted Almond "Butter", Asparagus, Blistered Tomatoes, Roasted Lemon / 32

### Herb Roasted Half Chicken gf

Lemon Braised New Potatoes, Heirloom Carrots, Cipollini Onions, Pan Drippings-Gravy / 26

### Grilled Chicken Paillard gf

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

### Grass-Fed Beef Burger

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

### Ramen Bowl veg

Cabbage, Carrots, Broccoli, Mushroom Dashi, Ginger Egg, GGS / 21  
ADD: Tuna / 12 ~ Shrimp / 12 ~ Tofu / 7 ~ Chicken / 7

### Thai Roasted Salmon gf

Wok Fired Vegetables & Quinoa, Avocado Crema, Pickled Cucumbers / 34

### Grass-Fed Short Rib gf

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

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

Roasted Spaghetti Squash

Baked Yukon Gold Steak Fries

Maple Whipped Sweet Potatoes

Roasted Brussels Sprouts

Wok Fired Vegetables & Quinoa

Potato & Brussels Sprouts Hash

Coconut Edamame Rice

### MAKE A MEAL

Any 3 Plant Forward Sides / 21

## connect with us

dinefarmerstable.com   dinefarmerstable

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