



LUNCH

Feel Good Food

STARTERS

SOUP OF THE DAY

Chef's Daily Seasonal Choice / 9

BONE BROTH **GF**

"48 Hour" Roasted Chicken Broth / 8

PINE NUT ~ PEPPER HUMMUS **V**

Toasted Naan Bread, Garden Crudité, Lemon EVOO / 15

AVOCADO CUCUMBER TARTARE **V**

Ginger Lime Dressing, Lavash Herb Crisp / 16

ADD: Yellowfin Tuna Tartare / 8

BYO SPICED TUNA TACOS **GF**

Chopped Tuna Tartare, Corn Tortilla,
Chili Crema, Avocado, Kim Chi / 24

ROASTED BUFFALO

CAULIFLOWER CROWNS **V/GF**

Vegan Ranch Dressing, Celery & Carrots / 16

FARMER'S BABY BACK RIBS

Maple Pepper Glaze, House Slaw,
Corn Bread "Waffle" / 23

SALADS

BEET IT **GF/VEG**

Arugula, Goat Cheese, Roasted Beets, Pistachios,
Pickled Red Onions, Organic Shaved Apples,
White Balsamic Vinaigrette / 19

THE REAL GREEK **GF/VEG**

Organic Tomatoes, Cucumbers & Peppers, Feta,
Red Onion, Olives, EVOO Oregano Dressing / 19

CHICKEN PAILLARD & ARUGULA **GF**

Organic Grape Tomatoes, Shaved Parmesan,
Red Onions, Mediterranean Vinaigrette / 25

THAI CRUNCH **GF**

Soy Grilled Salmon, Watercress,
Shaved Cabbage & Carrots, Chili Cucumbers,
Avocado, Sesame Ginger Dressing,
Toasted Cashews / 27

CHOP CHOP CHEF'S SALAD **GF**

Romaine Hearts, Chicken, Bacon, Swiss Cheese,
Egg, Tomato, Chickpeas, Cucumbers, Avocado,
Radish, FT House Dressing / 25

ADD-ONS

Salmon Scallopini / 12

Hanger Steak Bites / 13

Shrimp / 12

Seared Tuna / 12

Grilled Chicken Paillard / 12

Roasted Tofu / 7

FLATBREADS

All Flatbreads are made on a Lavash Crust | Substitute Cauliflower Crust \$4

CILANTRO LIME CHICKEN

Enchilada Sauce,
Cheddar & Manchego Cheese,
Toasted Corn Pico,
Avocado Crema / 19

MARGARITA NAPOLETANA **VEG**

House Made Pomodoro
& Mozzarella Cheese,
Organic Tomatoes,
Torn Basil / 16

WILD MUSHROOM & GOAT CHEESE **VEG**

Balsamic Fig Braised Onions,
Organic Grape Tomatoes,
Baby Arugula / 19

GLUTEN FREE - GF | VEGAN - V | VEGETARIAN - VEG

Culinary Director Michael Schenk & Executive Chef Bruce Feingold

MINDFULLY SOURCED

At Farmer's Table, you can trust what's on your plate. We proudly serve grass-fed beef; antibiotic-, hormone- and steroid-free chicken, chemical-free shrimp, sustainable seafood, and pasture-raised, cage-free, free-range eggs. 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 produce from their recommended lists. Our breads and pastries are baked fresh in-house daily using only the finest certified organic flours. We eliminated all seed oils and exclusively use "Zero Acre" Oil and Extra Virgin Olive Oil in our kitchen.

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.



SANDWICHES & SUCH

Served with our House Made Slaw

THE FARM BURGER

House Made Organic Pretzel Bun, Onion Bacon Jam,
Aged Gouda, Over Easy Egg, LTP / 20

PRETZEL BURGER

Grass-Fed Beef Burger, LTO, House Made Pickles / 17
ADD: Cheddar, Bacon, Avocado / 2each

"LOW & SLOW" PULLED BRISKET

Toasted Farmhouse Roll, Kentucky Bourbon BBQ Sauce,
Jalapeno Jack Cheese, Pickled Red Onions, LTP / 18

FARMER'S TURKEY CLUB

Fresh Roasted Natural Turkey Breast, Nitrate Free Bacon,
Organic Tomatoes & Lettuce, House B&B Pickles,
Spiced Avocado Aioli, Garlic Toasted Farmer's Baguette / 17

MEDITERRANEAN SALMON BURGER

House Made Organic Focaccia Roll, Lemon Pepper - Basil Relish,
Roasted Tomato, Arugula / 20

CAESAR'S POCKET

Organic High Protein Pita, Grilled ABF Chicken, Hearts of Romaine,
FT Special Caesar Dressing, Organic Egg, Crispy Aged Parmesan / 17

KNIFE & FORK

"SPASTA" & CHICKEN

MEATBALLS GF OR
VEGAN MEATBALLS V/GF

Roasted Spaghetti Squash
with Organic Spinach,
Farmer's Pomodoro Sauce / 25
ADD: Fresh or Vegan Mozzarella / 2

EGGPLANT ZUCCHINI LASAGNA

V/GF
Cashew "Ricotta", Garlic Spinach,
House Pomodoro Sauce / 25
ADD: Fresh or Vegan Mozzarella / 2

RAMEN BOWL VEG

Cabbage, Carrots,
Broccoli, Mushroom Dashi,
Sunny Egg, GGS / 23

SIDES

YUKON GOLD "OVEN FRIES" V/GF / 6

HOUSE MADE POTATO CHIPS V/GF / 6

ROSEMARY PARMESAN "OVEN FRIES" VEG/GF / 8

PAPAS BRAVAS WITH SPICED AIOLI V/GF / 8

MASHED SWEET POTATOES V/GF / 8

ORGANIC STEAMED OR GARLIC SPINACH V/GF / 8

ROASTED SPAGHETTI SQUASH V/GF / 8

CAULIFLOWER "RICE" & PEAS V/GF / 8

HOUSE MADE ORGANIC BREADS

Choice of Non GMO Vegan "Butter", Organic Dairy Butter or Hummus

PRETZEL VEG, **FOCACCIA** V
OR **FARMHOUSE ROLL** V / 3.75

TOASTED MOUNTAIN BREAD V / 3.75

TOASTED "HIGH PROTEIN"
SOURDOUGH V / 4.25

FARMER'S BAGUETTE V / 6.25

GLUTEN FREE - GF | VEGAN - V | VEGETARIAN - VEG

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