

The Hungry Goddess

a food blog for the Ravenous Soul



Farmers Table in Boca Raton Offers Delicious Vegan & Organic Options #SouthFlorida

Written by Kimberly Moore - The Hungry Goddess Herself on June 2, 2014 · [Leave a Comment](#)



How lovely to find a farm to table restaurant with delicious organic, vegan, AND gluten free options right here in my backyard! **Farmers Table** has deserved several recent visits (as in more than one) and I am already planning the next visit to take my parents.

My first experience was for lunch and we sat by the pool. Farmers Table is adjacent to the Wyndham Hotel and takes advantage of the pool for gorgeous outdoor seating. Sipping Jasmine Peach Tea and the super-stellar Beet Cordial was a perfect way to begin lunch.

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Hands down winner for the lunch visit was the Cauliflower and Brie Flatbread with Fig Jam and Arugula. The flatbread was crunchy and had just-right amounts of all of the ingredients. I would go back just for that.

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We also tried the Crab Cakes which were quite good (even though I am a Crab Cake snob!) with a super tasty micro-salad. And our final munch was the Veggie Burger which was really good – not just the normal black bean veggie burger which we thoroughly appreciated. The Veggie Burger comes with a nice platter of sweet potatoes (needed salt), salsa and coleslaw and the only minor downside was the zucchini “bacon”. It tasted like peppery grill char and the veggie flavor was lost.

[http://thehungrygoddess.com/2014/06/farmers-table-in-boca-raton-offers-delicious-vegan-organic-options-southflorida/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheHungryGoddess+\(The+Hungry+Goddess\)](http://thehungrygoddess.com/2014/06/farmers-table-in-boca-raton-offers-delicious-vegan-organic-options-southflorida/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheHungryGoddess+(The+Hungry+Goddess))



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The service was mediocre. We asked for a dessert menu to extend our poolside lunch and the waiter brought us the check after about 15 minutes. Was that the Universe's way of saying we didn't need dessert? Prices were completely reasonable.

A few weeks later, I was delighted to return to Farmers Table and meet a friend for Saturday brunch. She is vegan so Farmers Table was perfect! I have to start with dessert because it was simply stellar – Apple Upside Down Cake with Caramel Sauce and VEGAN Ice Cream. The cake was so moist and the caramel sauce was the perfect complement. Topped with a scoop of creamy vegan ice cream – this was HEAVEN. And I will never let the dessert menu be forgotten here again!



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On my second visit, we were waited on by a wonderful server (his name is GIO if you remember to ask for him!) who was very knowledgeable about the menu, especially the vegan options. We did the meal in proper order even though I talked about the dessert first!

My friend had the very tasty and very full Gluten Free Falafel Wrap with carrots, tomatoes, sprouts, cucumbers, kale hummus (WOW!), tzatziki and the whole wheat wrap.



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I chose to go with a breakfast style option and had the Black Skillet Morning Hash that included: potatoes, bacon (excellent!), chicken sausage (double excellent!), grilled veggies, eggs and herbs. The grilled veggies were fantastic in the skillet and that is a trick I will apply at home.

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We ate inside on this visit – Florida heat is becoming a bit pressing – and the restaurant has a nice atmosphere and an open kitchen style. There is a takeout area which will be used by me in the future since it is only a few minutes away.

Overall – WELL DONE and WELCOME Farmers Table! Great addition to the Boca Raton area and perfect for families too.

I think Dinner is next on the list ... and I will bring my camera, not just cell phone shots like above! 😊

Farmers Table is on the corner of 19th and Military – 1901 North Military Trail | Boca Raton, FL 33431 and adjacent to the Wyndham Hotel.

Farmers Table on Facebook

[http://thehungrygoddess.com/2014/06/farmers-table-in-boca-raton-offers-delicious-vegan-organic-options-southflorida/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheHungryGoddess+\(The+Hungry+Goddess\)](http://thehungrygoddess.com/2014/06/farmers-table-in-boca-raton-offers-delicious-vegan-organic-options-southflorida/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheHungryGoddess+(The+Hungry+Goddess))

