



# Feel good FOOD

**M**ore than a restaurant, Farmer's Table is a destination for the whole community. If you are looking for a place to grab lunch on the go or linger over a delicious farm-to-table meal with family, and friends, this is the place to be. It is a place to learn about and celebrate a lifestyle of wellness as well as a place to renew, refresh and enjoy life. Founded by local real estate developer Mitchell Robbins and chef/restaurateur Joey Giannuzzi, Farmer's Table offers a commitment to fresh, honest food beginning with sourcing exceptionally clean ingredients from the best local farms knowing exactly where and how everything is produced. They believe the preparation and creation of a dish is just as important as the taste, which is why their focus is real food: fresh, healthy, delicious, satisfying dishes without excess fat, sodium or preservatives.



## THINK DINING

With natural light filtering through the windows, we relaxed as we began our culinary journey. With vegan, vegetarian and gluten free selections, we indulged ourselves with the delicious Hoppin' John Hummus, served with blackened Naan, and carrot sticks as well as the World-Famous Chicken Meatballs with Joey's mom's tomato sauce, handmade mozzarella which burst with flavor and the 19th Street Short Rib Tacos filled with tender grass-fed beef, pico de gallo in sprouted corn tortillas. The refreshing Cucumber "Tartare," served with or without line caught Atlantic tuna is beautifully layered with avocado, cucumbers, Dulse chips and ginger-chili dressing while the Canadian Cove Mussels in Florida's Funky Buddha beer, braised fennel, Berkwood bacon and béarnaise aioli was a party in our mouths.



**Y**ummy chilled salads, large enough to share, offer the Health & Wellness tossed with locally blended greens, quinoa, petit veggies, grape tomatoes in Goji Berry vinaigrette or the crisp Namaste Raw filled with chopped cabbage, broccoli, bell peppers, onions, cucumbers, organic sprouted beans, sunflower seeds, tossed in yellow curry vinaigrette as well as the delicious Handmade Mozzarella Caprese with heirloom and rooftop tomatoes, Farmer Jay's basil and Braggs balsamico.

Flatbreads made with whole grain flour and flaxseeds are available with many amazing toppings, such as the Cauliflower & Brie with fig jam, and arugula salad or Roasted Mushroom and Goat Cheese with caramelized onions, Porcini vinaigrette and Upland cress.

The irresistible Braised Prime Short Rib with roasted Brussels sprouts, sweet potato mash, and black skillet mushroom bordelaise melted in our mouths while the succulent Sea Scallop with fingerling potatoes, True caramelized cauliflower, baby bok choy, rooftop tomatoes and raisin-caper vinaigrette was simply

amazing. Vegan Shepherd's Pie is a delightful combination of Julia Child's French lentil stew, wood-oven mushrooms and melted root vegetable while the Buddha Bowl, available with chicken, shrimp or spiced tofu, is topped with stir-fry vegetables, Udon noodles and a gingered egg. On the lighter side, the Herb-Griddled Trout butternut-parsnip puree, pistachio kale and pink peppercorn citronette are perfect and the Tagine Chicken Chop, served with brown rice quinoa pilaf, apricot 'n citrus olive jus, and sautéed baby spinach is second to none. Grass Fed Skirt Steak with organic herb-roasted fingerlings, garlic flashed kale, and béarnaise aioli is grilled to perfection. For a special treat, don't miss the Baked to Order Bison Meatloaf, served with root vegetable "silk", sunny side egg and mushroom black skillet bordelaise.

Along with our cappuccino and fabulous herbal tea, we were ready for a sweet treat. Decadent Chocolate Fudge Cake combines rich chocolate fudge layer cake with creamy mousse filling and dark chocolate glaze, while the dense and moist Carrot Cake with walnuts, raisins and dairy free "cream cheese" frosting was irresistible. Coconut lovers, look no farther than the delicious Macaroon Plate filled with house-made chocolate and coconut bars and traditional style coconut macaroons...YUM! The creamy Berry Lemon Trifle features a light lemon curd, vanilla cake, berries and vanilla custard while the warm Apple Crisp is loaded with apples cooked with vanilla and bourbon, covered with a walnut crisp topping, served with their dairy-free ice cream and caramel sauce. The wonderful Key Lime Pie is very traditional made with organic eggs in a vegan gingersnap cookie crust.

At Farmer's Table, they refer to their cuisine as "feel good food" for several reasons. First, it's good for you: nutritious and nourishing to the body without depriving you of flavor or satisfaction. Furthermore, it's good for the community, as they support local farmers and artisans. Finally, it's good for the planet, because we they eco-conscious purveyors and also implement environmentally friendly practices in the kitchen. Their food energizes the spirit and satisfies the senses, supporting the wellness of people and the planet. Bon Appétit... ■

Farmer's Table is located at 1901 N. Military Trail, Boca Raton (in the Wyndham Hotel). Open for breakfast, lunch and dinner daily. Reservations are recommended by calling 561-417-5836. [info@farmerstableboca.com](mailto:info@farmerstableboca.com)