

starters

Soup of the Day / 6

Bone Broth ^{gf}

Roasted Chicken Broth / 5

Farmer's Stew ^{v/gf}

Roasted Harvest Vegetables, Chick Peas / 7

Hoppin' John's Hummus ^v

Herbed Pita, Carrot Sticks / 10

Roasted "FTA" Chicken Wings ^{gf}

Guava BBQ Sauce, Tzatziki / 13

Chicken Meatballs ^{gf}

Joey's Mom's Tomato Sauce,
House Made Mozzarella / 10

19th Street Tacos ^{gf}

Brisket, Wildflower Honey Slaw, Avocado Aioli,
Pico De Gallo, Corn Tortilla / 14

Mezze Board ^{veg}

John's Hummus, Kale Pesto, Lavash Crackers,
Tzatziki, Za'atar Spiced Pita, Olive Tapenade / 12

Cucumber "Tartare" ^v

Avocado, Cucumber, Herb Lavash Crackers,
Ginger-Chili Lime Dressing / 10
ADD Atlantic Tuna Tartare / 7

Mozzarella Caprese ^{veg/gf}

Organic Tomato Confit, House Made Mozzarella,
Basil & Roasted Garlic Pesto, Balsamic Glaze / 10

Vegan Spinach & Artichoke Dip ^{v/gf}

Cashew Crème, GMO Free Baked Corn Chips / 13

"FTA" - Farmer's Table Approved

We do our best every day to consciously source the cleanest ingredients for our guests. Where ever you see "Farmer's Table Approved" (FTA) on our menu, it means we carefully sourced that item to be of the highest quality available. We proudly serve grass-fed, grass-finished 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. Ask your server for more information.

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.

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v. vegan veg. vegetarian gf. gluten free

greens

Roasted Beet Salad ^{veg/gf}

Arugula, Goat Cheese, Spiced Pistachios,
Pickled Onions, Sherry Vinaigrette / 12

Mediterranean ^{veg/gf}

Romaine, Feta, Cucumbers, Bell Peppers,
Red Onions, Olives, Tomatoes,
Lemon-Oregano Vinaigrette / 12

Namaste Raw ^{v/gf}

Living Salad, Cabbage, Broccoli, Bell Peppers,
Onions, Cucumbers, Organic Sprouted Beans,
Sunflower Seeds, Koji Vinaigrette / 12

Florida 77 ^{veg/gf}

Field Greens, Candied Cashews, Avocado,
Oranges, Shredded Carrot, Hearts of Palm,
Mile Marker 77 Vinaigrette / 11

Mandarin Chopped ^v

Chiffonade Cabbage, Bell Peppers, Carrots,
Broccoli, Oranges, Candied Cashews,
Ginger-Soy Vinaigrette / 12

Farmer's Table Cobb ^{gf}

Chicken, Chiffonade Romaine, Egg, Avocado,
Cucumbers, Tomatoes, Carrots, Bacon,
Wildflower Honey Vinaigrette / 15

ADD

Grilled Chicken / 6

Seared Atlantic Tuna / 10

"FTA" Salmon / 10

"FTA" Shrimp / 8

Marinated Tofu / 5

Beef Bistro Steak / 10

Applewood Smoked Bacon / 2

Avocado / 2

flatbreads

All Crusts Made With Lavash Thins

Steak & Gorgonzola

Peppers and Onions, Horseradish Sauce,
Basil, Arugula / 12

Roasted Mushroom & Goat Cheese ^{veg}

Caramelized Onions, Savory Herbs / 12

BBQ Shrimp

Aged White Cheddar, Roasted Corn Succotash,
Chiffonade Spinach, Avocado Aioli / 12

Cauliflower & Brie ^{veg}

Fig Jam, Caramelized Onions, Chopped Arugula / 12

supper

Pan Seared "FTA" Salmon ^{gf}

Tuscan Bean & Vegetable Ragout,
Spinach, Tomato, Kale Pesto / 26

Vegan Shepherd's Pie ^{v/gf}

Lentils, Roasted Vegetables, Potato Purée,
Daiya "Provolone" / 17

Grass-Fed Skirt Steak ^{gf}

Roasted Pee wee Potatoes, Pearl Onions,
Arugula, Farmer's Table Steak Sauce / 29

Oven Roasted Half Chicken

Wild Rice, Broccoli "Aglio e Olio",
Lemon-Thyme Jus / 24

Center Cut Pork Chop ^{gf}

Warm Potato and Brussels Sprout Salad,
Honey Baked Sweet Potato,
Fig and Grain Mustard Demi-Glace / 25

Grilled Chicken Paillard ^{gf}

Arugula, Tomatoes, Parmesan Cheese,
Red Onions, Lemon-Oregano Vinaigrette / 18

Atlantic Tuna "Filet Mignon" ^{gf}

Seared Rare, Black Bean-Coconut Rice,
Chayote Squash Salsa, Ginger Lime
Vinaigrette / 29

Bison & Cranberry Meatloaf ^{gf}

Potato Purée, Black-Eyed Pea Succotash,
Mushroom Port Sauce / 23

farmer's table favorites

Buddha Bowl

Stir-Fried Vegetables, Udon Noodles,
Gingered Egg, Mushroom Dashi,
Choice of Chicken, Tofu, Shrimp / 21
Tuna / 25

Grass-Fed Beef Burger

Brioche Bun, Fig Braised Onions,
Lettuce & Tomato,
Baked Yukon Gold Steak Fries / 15

Pastaless Vegetable Lasagna ^{v/gf}

Organic Spinach, Joey's Mom's Tomato Sauce / 18
ADD House Made Mozzarella / 2
or Daiya "Provolone" "Style" Cheese / 2

Herb Griddled Trout ^{gf}

Sweet Potato-Butternut Squash and
Brussels Sprouts Hash, Corn Sauce / 23

Black Bean Veggie Burger ^v

Lettuce & Tomato,
Toasted Ancho Chili Aioli, Vegan Bun / 13

"Spasta" & Meatballs ^{gf}

Choice of Chicken or Vegan Meatballs,
Spaghetti Squash, Organic Spinach,
San Marzano Tomato Sauce / 19
ADD House Made Mozzarella / 2
or Daiya "Provolone" "Style" Cheese / 2

Grass-Fed Beef Short Rib ^{gf}

Roasted Brussels Sprouts,
Maple Whipped Sweet Potatoes,
Mushroom Bordelaise / 27

vegetarian

Side Dishes \$7 Each. All Sides Are Vegan and Gluten Free

Roasted Spaghetti Squash

Simply Steamed Broccoli

Herb-Roasted Mushrooms

Roasted Brussels Sprouts

Black Beans & Coconut Rice

Fig Braised Onions

Whipped Potato Purée

Organic Sautéed Spinach

Baked Yukon Gold Steak Fries

Tuscan Bean & Vegetable Ragout

Maple Whipped Sweet Potatoes

Sweet Potato Hash