

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}

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

handhelds

All Items Served With Your Choice of Wild Flower Honey Cole Slaw, Baked Yukon Gold Fries or Mixed Greens and a Dill Pickle.

Black Bean Veggie Burger ^v

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

Tuna Melt

Tomato, Gruyere Cheese,
Za'atar Spiced Pita / 13

Bison Meatloaf Club

Bacon, Brie Cheese, Dijon Aioli,
Lettuce & Tomato, Brioche Bun / 15

Grass-Fed Beef Burger

Brioche Bun, Fig Braised Onions,
Lettuce & Tomato / 15

Shaved Turkey & Apple Wrap

Arugula, Brie, Sunflower Sprouts,
Dijon Aioli, Whole Wheat Wrap / 13

Portobello Reuben ^v

Sauerkraut, Daiya "Provolone Style" Cheese,
Farmers Dressing, Multigrain Bread / 14

House-Made Salmon Burger

Vietnamese Carrot Pepper Slaw, Thai Glaze,
Lettuce, Brioche Bun / 15

Greek Chicken Wrap

Romaine, Feta, Cucumbers, Bell Peppers,
Red Onions, Olives, Tomatoes, Tzatziki,
Lemon-Oregano Vinaigrette / 13

knife and fork

Open Face Chicken

Meatball Sandwich

Stewed Peppers and Onions,
House Made Mozzarella,
Joey's Mom's Tomato Sauce,
Basil, Whole Wheat Crostini,
Choice of Slaw, Fries or Greens / 13

Farmer's Market Omelet ^{veg/gf}

Tomatoes, Spinach, Zucchini,
Peppers, Choice of Baked Yukon Gold Fries,
Mixed Greens or Wildflower Honey Cole Slaw / 12
ADD Cheese: House Made Mozzarella,
Aged White Cheddar,
or Daiya "Provolone Style" / 1

Buddha Bowl

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

"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

Grilled Chicken Paillard ^{gf}

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

Herb-Grilled Trout ^{gf}

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

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

vegetarian

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

Roasted Spaghetti Squash

Simply Steamed Broccoli

Herb-Roasted Mushrooms

Tuscan Bean & Vegetable Ragout

Baked Yukon Gold Steak Fries

Organic Sautéed Spinach

Maple Whipped Sweet Potatoes

Sweet Potato Hash

Roasted Brussels Sprouts