

## starters

**Soup of the Day** / 6

**Bone Broth** <sup>gf</sup>

Roasted Chicken Broth / 5

**Farmer's Stew** <sup>v/gf</sup>

Roasted Harvest Vegetables, Chick Peas / 7

**Hoppin' John's Hummus** <sup>v</sup>

Herbed Pita, Carrot Sticks / 10

**Roasted "FTA" Chicken Wings** <sup>gf</sup>

Guava BBQ Sauce, Tzatziki / 13

**Chicken Meatballs** <sup>gf</sup>

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

**19th Street Tacos** <sup>gf</sup>

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

**Mezze Board** <sup>veg</sup>

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

**Cucumber "Tartare"** <sup>v</sup>

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

## greens

**Roasted Beet Salad** <sup>veg/gf</sup>

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

**Mediterranean** <sup>veg/gf</sup>

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

**Mandarin Chopped** <sup>v</sup>

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

**Namaste Raw** <sup>v/gf</sup>

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

**Florida 77** <sup>veg/gf</sup>

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

**Farmer's Table Cobb** <sup>gf</sup>

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

### ADD

Grilled Chicken / 6

Seared Atlantic Tuna / 10

Marinated Tofu / 5

Beef Bistro Steak / 10

"FTA" Salmon / 10

"FTA" Shrimp / 8

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** <sup>veg</sup>

Caramelized Onions, Savory Herbs / 12

**BBQ Shrimp**

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

**Cauliflower & Brie** <sup>veg</sup>

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**

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

**Grass-Fed Beef Burger**

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

**Greek Chicken Wrap**

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

## knife and fork

**Buddha Bowl**

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

**"Spasta" & Meatballs** <sup>gf</sup>

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** <sup>gf</sup>

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

**Herb-Grilled Trout** <sup>gf</sup>

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

## vegetarian

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

**Roasted Spaghetti Squash**

**Simply Steamed Broccoli**

**Maple Whipped Sweet Potatoes**

**Baked Yukon Gold Steak Fries**

**Organic Sauteed Spinach**

**Roasted Brussels Sprouts**

v. vegan veg. vegetarian gf. gluten free

"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.