

## 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

**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

**Vegan Spinach & Artichoke Dip** <sup>v/gf</sup>  
Cashew Crème, GMO Free Baked Corn Chips / 13

## flatbreads

All Crusts Made With Lavash Thins

**Roasted Mushroom & Goat Cheese** <sup>veg</sup>  
Caramelized Onions, Savory Herbs / 12

**Cauliflower & Brie** <sup>veg</sup>  
Fig Jam, Caramelized Onions, Chopped Arugula / 12

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

### "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.

v. vegan veg. vegetarian gf. gluten free

## 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

**Farmer's Table Cobb** <sup>gf</sup>  
Chicken, Chiffonade Romaine, Egg, Avocado,  
Cucumbers, Tomatoes, Carrots, Bacon,  
Wildflower Honey Vinaigrette / 15

**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, Hearts of Palm,  
Shredded Carrot,  
Mile Marker 77 Vinaigrette / 11

## 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

## farmer's table favorites

**Black Bean Veggie Burger** <sup>v</sup>  
Vegan Bun, Lettuce, Tomato,  
Toasted Ancho Chili Aioli,  
Baked Yukon Gold Steak Fries / 13

**Grass-Fed Beef Burger**  
Brioche Bun, Fig Braised Onions,  
Lettuce & Tomato,  
Baked Yukon Gold Steak Fries / 15  
TOP IT with Pulled BBQ Brisket / 4

**Pastaless Vegetable Lasagna** <sup>v/gf</sup>  
Organic Spinach,  
Joey's Mom's Tomato Sauce / 18  
ADD House Made Mozzarella / 2  
or Daiya "Provolone" Style Cheese / 2

**"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

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

## knife & fork

**Grass-Fed Beef Short Rib** <sup>gf</sup>  
Roasted Brussels Sprouts,  
Maple Whipped Sweet Potatoes,  
Mushroom Bordelaise / 27

**Atlantic Tuna "Fillet Mignon"** <sup>gf</sup>  
Seared Rare, Black Bean-Coconut Rice,  
Chayote Squash Salsa,  
Ginger Lime Vinaigrette / 29

**Pan Seared "FTA" Salmon** <sup>gf</sup>  
Tuscan Bean & Vegetable Ragout,  
Spinach, Tomato, Kale Pesto / 26

**Grilled Chicken Paillard** <sup>gf</sup>  
Arugula, Tomatoes, Red Onions,  
Parmesan Cheese,  
Lemon-Oregano Vinaigrette / 18

## vegetarian

All Sides Are Vegan & Gluten Free / 7 Each

**Roasted Spaghetti Squash**  
**Tuscan Bean & Vegetable Ragout**  
**Simply Steamed Broccoli**  
**Herb-Roasted Mushrooms**

**Organic Sauteed Spinach**  
**Baked Yukon Gold Steak Fries**  
**Maple Whipped Sweet Potatoes**  
**Roasted Brussels Sprouts**