

# DINNER

# FEEL GOOD FOOD

Root to Stem v/gf

Power Greens, Watermelon,

Toasted Pumpkin Seeds/14

Mediterranean veg/gf

Quinoa-Brussels Sprouts Tabbouleh,

Romaine Hearts, Feta, Cucumbers,

Lemon-Oregano Vinaigrette / 12

Roasted Butternut Squash, Fig Vinaigrette,

Bell Peppers, Red Onions, Olives, Tomatoes,

# statters -

Soup of the Day / 6

Bone Broth gf Roasted Chicken Broth / 5

Butternut Squash Soup v/gf / 7

Chicken Meatballs gf Joey's Mom's Tomato Sauce, Fresh Mozzarella / 10

Hummus & Ajvar v Toasted Za'atar Naan, Cucumber, EVOO / 11

Cucumber Avocado "Tartare" v Ginger-Chili Lime Dressing, Flatbread Herb Crisp/II ADD TO YOUR DISH

Boca Poke Tuna gf Sesame Tamari Sauce, Rice Noodle Salad, Pea Tendrils / 16

Maple Pepper Glazed Baby Back Ribs of "Fork Tender" Ribs, Wildflower Honey Cole Slaw, Corn Cake / 15

Buffalo Cauliflower "Drumettes" v/gf Flash Roasted Asparagus Crudité, Vegan Ranch Dressing / 11 ADD TO YOUR DISH

Country Mezze Board v Brick Oven Country Sourdough & Pretzel Bread, Lavash Crisp, Chive "Butter", Grain Mustard, Romesco Dip, Pickles / 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 and 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.

# greens

#### Namaste Raw v/gf

Living Salad, Cabbage, Broccoli, Onions, Cucumbers, Peppers & Sprouted Beans, Koji Vinaigrette / 12

## Florida 77 veg/gf

Field Greens, Avocado, Oranges, Carrots, Hearts of Palm, Candied Cashews, Mile Marker 77 Vinaigrette / 12

Arugula & Roasted Beet veg/gf Goat Cheese, Spiced Pistachios, Sherry VinaigrettePickled Onions, / 12

# Chef's Garden

Chef's "Plant Based" **Daily Creation** 

Grilled Chicken / 6 Panang Chicken Salad/6

"FTA" Salmon / 10 "FTA" Shrimp / 8

Seared Atlantic Tuna / 10 Hanger Steak / 10

Marinated Tofu / 5 Avocado / 2

# flatbreads

All crusts are made with Lavash Thins

### Pulled First Cut BBQ Brisket Pepperonata, Cheddar Cheese,

Pickled Red Onions, Arugula / 12

#### Wild Mushroom & Goat Cheese veg Balsamic Onions, Savory Herbs / 12

Kale Primavera v Kale Pesto, Roasted Garden Vegetables, Spinach, Tomato, Vegan Mozzarella, Red Pepper Sauce/12

Cauliflower, Beets & Brie veg Roasted Beet Relish, Fig Jam, Caramelized Onions, Arugula / 12

## Pastaless Vegetable Lasagna v/gf

Organic Steamed Spinach, Joey's Mom's Tomato Sauce / 18 House Made Mozzarella/ 2

Tomato, Baked Yukon Gold Fries / 15 TOP IT: Pulled First Cut BBQ Brisket /4

#### Grilled Chicken Paillard gf Arugula, Shaved Parmesan Cheese, Grape Tomatoes, Red Onions, Lemon-Oregano Vinaigrette / 18

"Spasta" & Meatballs gf

Choice of Chicken or Vegan Meatballs, Spaghetti Squash, Organic Spinach, Tomato Basil Sauce / 10 ADD: Vegan Mozzarella or House Made Mozzarella/ 2

## Ramen Bowl veg

Cabbage, Carrots, Enoki Mushrooms, Snow Peas, Mushroom Dashi, Gingered Egg / 15 ADD TO YOUR DISH

# supper

Kombucha Brick Chicken gf Forbidden Black Rice Pilaf, Garlic Snow Peas & Carrots,

## Rainbow Trout gf

Cilantro Lime Jus / 24

Parsnip Mashed Potatoes, Grilled Asparagus, Red Beet Horseradish Sauce / 25 Seared Swordfish gf Chickpea & Pepper Tikka Masala, Lime Coconut Sauce, Papaya Salsa / 27

## - Chef's Butcher Block

Mushroom & Artichoke "Paella" v/gf Saffron Spanish Rice, Peppers & Peas / 19 ADD TO YOUR DISH

## Grass-Fed Beef Short Rib gf

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

# favoriles

ADD: Vegan Mozzarella or Grass-Fed Beef Burger

Brioche Bun, Fig Braised Onions, Lettuce,

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v. vegan veg. vegetarian gf. gluten free

Pan Roasted "FTA" Salmon gf Tuscan Bean & Organic Spinach Ragout, Kale Pesto / 26

#### **Daily Meat Selection**

Spice Seared Atlantic Tuna gf Cauliflower-Quinoa "Fried Rice", Peas & Corn, Yuzu Ginger Vinaigrette / 29

vegetatian All Sides are Vegan and Gluten Free/\$7 Each

**Roasted Spaghetti Squash Roasted Brussels Sprouts Tuscan Bean & Organic Spinach Ragout** Simply Steamed Broccoli **Grilled Asparagus Organic Steamed Spinach** Chickpea & Pepper Tikka Masala Cauliflower-Quinoa "Fried Rice" **Farmers Garden Fonduta** Baked Yukon Gold Steak Fries **Maple Whipped Sweet Potatoes** Parsnip Mashed Potato