

starters

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 / 11
ADD: Poke or Seared Tuna / 10
"FTA" Shrimp / 8

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

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

Buffalo Cauliflower "Drumettes" v/gf
Flash Roasted Aparagus Crudité,
Vegan Ranch Dressing / 11

Country Mezze Board v
Brick Oven Country Sourdough & Pretzel Bread,
Lavash Crisp, Chive "Butter", Grain Mustard,
Romesco Dip, Pickles / 13



greens

Namaste Raw v/gf
Living Salad, Cabbage, Broccoli, Peppers & Sprouted Beans,
Onions, Cucumbers, Koji Vinaigrette / 12

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

Root to Stem v/gf
Power Greens, Watermelon, Quinoa-Brussels Sprouts Tabbouleh,
Roasted Butternut Squash, Fig Vinaigrette, Toasted Pumpkin Seeds / 14

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

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

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

ADD ONS			
Grilled Chicken / 6		Seared Atlantic Tuna / 10	
Panang Chicken Salad / 6		Hanger Steak / 10	
"FTA" Salmon / 10		Marinated Tofu / 5	
"FTA" Shrimp / 8		Avocado / 2	

flatbreads

All crusts are made with Lavash Thins

1 D Pulled First Cut BBQ Brisket
Pepperonata, Cheddar Cheese,
Pickled Red Onions, Arugula / 12

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

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

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

handhelds

1 Falafel Veggie Burger v
Vegan Bun, Sesame Chili Aioli, Organic Tomato Cilantro Relish / 13

1 D Grass-Fed Beef Burger
Brioche Bun, Fig Braised Onions, Lettuce, Tomato,
Baked Yukon Gold Fries / 15
TOP IT: Pulled First Cut BBQ Brisket / 4

1 Panang Curry Chicken Salad
Grilled Tandoori Naan, Cucumber, Sunflower Sprouts / 14

1 "FTA" Salmon Burger Banh Mi
Sesame Brioche Roll, Kung Pao Glaze, Vietnamese Pickled Veggie / 15

1 Goddess Vegetable Crostini v
Grilled Artisan Focaccia, Eggplant, Portabella, Tomato, Butternut Squash,
Sunflower Sprouts, Green Goddess Aioli / 14



1 LUNCH ONLY

1 D DINNER ONLY

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.

Some restaurant dishes may not appear on the take-out menu because we can't ensure the quality of the dish.

farmer's table favorites

1 D Pastaless Vegetable Lasagna v/gf
Organic Steamed Spinach, Joey's Mom's Tomato Sauce / 18
ADD: House Made Mozzarella, Vegan Mozzarella / 2

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

1 D "Spasta" & Meatballs gf
Choice of Chicken or Vegan Meatballs, Spaghetti Squash,
Organic Spinach, Tomato Basil Sauce / 19
ADD: House Made Mozzarella, Vegan Mozzarella / 2

1 D Ramen Bowl veg
Cabbage, Carrots, Enoki Mushrooms, Snow Peas,
Mushroom Dashi, Gingered Egg / 15
ADD: Chicken / 6, Shrimp / 8, Tuna / 10, Tofu / 5, Salmon / 10

1 Grilled "FTA" Salmon gf
Tuscan Bean & Organic Spinach Ragout, Kale Pesto / 26

1 Farmer's Market Omelet veg/gf
Tomatoes, Zucchini, Spinach & Peppers
Choice of Fries, Slaw or Greens / 12
ADD: Cheddar Cheese, House Made Mozzarella, Vegan Mozzarella / 2

D Seared Swordfish gf
Chickpea & Pepper Tikka Masala, Lime Coconut Sauce, Papaya Salsa / 27

D Rainbow Trout gf
Parsnip Mashed Potatoes, Red Beet Horseradish Sauce,
Grilled Asparagus / 25

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

D Kombucha Brick Chicken gf
Forbidden Black Rice Pilaf, Garlic Snow Peas & Carrots,
Cilantro Lime Jus / 24

D Mushroom & Artichoke Paella v/gf
Saffron Spanish Rice, Peppers, Peas / 19
ADD: Chicken / 6, Shrimp / 8, Hanger Steak / 10,
Tuna / 10, Tofu / 5, Salmon / 10

D Grass-Fed Beef Short Rib gf
Roasted Brussels Sprouts, Maple Whipped Sweet Potatoes,
Mushroom Bordelaise / 27

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

D Chef's Butcher Block
Daily Meat Selection / MKT

TO PLACE YOUR ORDER, PLEASE CALL 561.417.5836



vegetarian

All sides are Vegan and Gluten Free / \$7 Each

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

desserts

Chocolate Fudge Cake <small>v/gf</small> / 11	Vegan Gingersnap Cookie / 3
Classic Opera Cake a la Mode <small>v</small> / 11	Pecan Coffee Cake <small>v</small> / 9
Pumpkin Cheesecake / 10	Chocolate Pudding <small>gf</small> / 10
Ivy's Carrot Cake <small>v</small> / 10	Key Lime Pie / 9
Brownie Sundae <small>v/gf</small> / 10	Apple Crisp / 11
Vegan Blueberry or Chocolate Chip Scone <small>v</small> / 3-75	Apple Strudel / 11



1901 N. Military Trail, Boca Raton 33431
dinefarmerstable.com

TAKE OUT MENU

FEEL GOOD FOOD

TO PLACE YOUR ORDER
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FEEL GOOD FOOD

Our Farmer's Table Philosophy.

Our commitment to fresh, honest food begins with sourcing exceptionally clean ingredients from the best local purveyors so we know exactly where and how everything is produced. We believe the preparation and creation of a dish is just as important as the taste, which is why our focus is real food: fresh, healthy, delicious, satisfying dishes without excess fat, sodium or preservatives. Our food energizes the spirit and satisfies all the senses, supporting the wellness of people and the planet.

WE PROUDLY SERVE GRASS-FED/GRASS-FINISHED BEEF, FREE-RANGE CHICKEN AND SUSTAINABLE SEAFOOD AND ADHERE TO THE ENVIRONMENTAL WORKING GROUP'S "DIRTY DOZEN" CLEAN FOOD PHILOSOPHY.