



FRESH • HEALTHY • DELICIOUS

# Brunch starters

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

Roasted Vegetables, Chick Peas, Corn Broth / 7

## Bone Broth <sup>gf</sup>

Roasted Chicken Broth, Apple Cider Vinegar / 5

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

Herbed Pita, Carrot Sticks / 9

## Oven Roasted Chicken Wings <sup>gf</sup>

Citrus Harissa Glaze, Jicama Slaw / 12

## Chicken Meatballs <sup>gf</sup>

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

## Mezze Board <sup>veg</sup>

John's Hummus, Fava Bean Puree, Tzatziki, Olive Tapenade / 11

## Cucumber "Tartare" <sup>veg</sup>

Avocado, Cucumbers, Dulce Chips & Ginger-Chili Dressing / 10  
Add Line-Caught Atlantic Tuna (Tartare) / 6

## Blue Crab Cake <sup>gf</sup>

Chayote Squash Slaw, Spicy Remoulade / 14

# flatbreads

All Crust Made With Whole Wheat Lavash

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

Fig Jam, Chopped Arugula / 12

## BBQ Florida Shrimp

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

## Roasted Mushroom & Goat Cheese <sup>veg</sup>

Caramelized Onions, Savory Herbs / 12

## Steak & Gorgonzola

Peppers and Onions, Basil, Arugula / 12

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v. vegan veg. vegetarian gf. gluten free

# breakfast

Served with Choice of Yukon Gold Potato Hash or Seasonal Melon.

## Lemon Vanilla Yogurt Parfait

Berries, Honey Granola, Goji Berries / 10

## Poached Eggs <sup>gf</sup>

Crispy Green Tomatoes, All Natural Ham, Kale Cashew Pesto / 12

## Vegan Breakfast Sandwich

Seared Tofu, Sprouts, Avocado, Daiya Cheese, Toasted Wheat Bagel / 12

## Farmer's Table Palooza

Choice of Blueberry Multigrain Pancakes or Banana Bread French Toast, Scrambled Eggs, Applewood Smoked Bacon, Chicken Sausage / 14

## Steak and Eggs <sup>gf</sup>

Grilled Grass-Fed "Bistro" Steak, Scrambled Eggs / 18

## Banana Bread French Toast <sup>gf</sup>

Applewood Smoked Bacon, Sorghum Syrup, Cinnamon Dust / 12

## Farmer's Omelet <sup>gf</sup>

Aged White Cheddar, Applewood Smoked Bacon, Spinach / 12

## Classic Rise & Shine <sup>gf</sup>

Scrambled Eggs, Applewood Smoked Bacon / 10

# greens

## Ancient Grains <sup>v/gf</sup>

Mixed Greens, Carrots, Cherry Tomatoes, Sorghum-Quinoa, Goji Berry Vinaigrette / 11

## House-Made Mozzarella Caprese <sup>veg/gf</sup>

Vine-Ripened Tomatoes, Basil, Bragg's Balsamico / 12

## Mediterranean <sup>veg/gf</sup>

Romaine, Feta, Cucumbers, Bell Peppers, Red Onions, Olives, Tomatoes, Lemon-Oregano Vinaigrette / 11

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

Chopped Cabbage, Broccoli, Bell Peppers, Onions, Cucumbers, Organic Sprouted Beans, Sunflower Seeds, Carrots, Mango-Curry Vinaigrette / 11

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

Avocado, Oranges, Shredded Carrot, Hearts of Palm, Field Greens, Candied Cashews, Mile Marker 77 Vinaigrette / 9

## Crispy Green Tomato Salad <sup>gf</sup>

Black-Eyed Pea Salsa, Creole Remoulade / 10

## Kale & Carrot <sup>v</sup>

Red Onions, Bell Peppers, Sesame Seeds, Ginger-Soy Vinaigrette / 10

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

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

## Mandarin Chopped <sup>v</sup>

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

## ADD

Grilled Chicken / 6

Seared Yellowfin Tuna / 10

Wester Ross Salmon / 10

Fresh Florida Shrimp / 8

Marinated Tofu / 5

Beef Bistro Steak / 10

Applewood Smoked Bacon / 2

Avocado / 2

# handhelds

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

## House-Made Veggie Burger <sup>v</sup>

Tomato, Frisée, Apple Cider Braised Onions, Lemon Aioli / 12

## House-Made Salmon Burger

Little Gem Lettuce, Lemon Aioli, Brioche Bun / 14

## Ancient Grains Wrap <sup>v/gf</sup>

Chiffonade Kale, Hummus, Carrots, Quinoa, Sorghum, Goji Berry Vinaigrette, Collard Wrap / 12

## Tuna Melt

Organic Tomato, Gruyere, Zahtar Spiced Pita / 12

## Vegan Mushroom "Reuben" <sup>v</sup>

Citrus Marinated Abalone Mushrooms, Sauerkraut, Daiya "Provolone Style" Cheese, Farmers Dressing, Artisan Multigrain Bread / 14

## Greek Chicken Wrap

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

## Shaved Turkey & Apple Wrap

Arugula, Brie, Sunflower Sprouts, Dijon Aioli, Whole Wheat Wrap / 12

## Grass-Fed Beef Burger

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

## Bison Meatloaf Club

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

# knife and fork

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

Choice of Chicken or Vegan Meatballs, Spaghetti Squash, Organic Spinach, San Marzano Tomato Sauce / 18  
Add House-Made Mozzarella / 2

## Pastaless Vegetable Lasagna <sup>v/gf</sup>

Organic Spinach, Joey's Mom's Tomato Sauce / 17  
Add Fresh Mozzarella / 2

## Open Face Chicken Meatball Sandwich

Stewed Peppers and Onions, Basil, Mozzarella, Whole Wheat Crostini, Choice of Side / 12

## Buddha Bowl

Stir Fried Vegetables, Udon Noodles, Gingered Egg, House-Made Mushroom Dashi, Choice of Chicken, Tofu, Shrimp / 20 | Tuna / 24

## Grilled Chicken Paillard <sup>gf</sup>

Arugula, Tomatoes, Shaved Onions, Parmesan Cheese, Lemon-Oregano Vinaigrette / 17

# vegetarian

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

## Roasted Spaghetti Squash

## Simply Steamed Broccoli

## Herb-Roasted Mushrooms

## Grilled Asparagus

## Ancient Grain Pilaf

## Baked Yukon Gold Steak Fries

## Organic Sauteed Spinach

## Quinoa "Meatballs"

## Silky Coconut Boniato

## Jicama-Cilantro Slaw

## Roasted Brussels Sprouts

## Maple Whipped Sweet Potatoes

## Honey Baked Sweet Potato

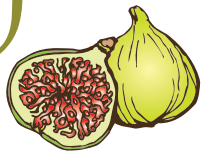
## Fig Braised Onions

## Eggplant Caponata

We proudly serve grass-fed beef, free-range chicken and sustainable seafood and adhere to the Environmental Working Group's "Dirty Dozen" clean food philosophy.

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.

# farmer's table



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## drinks

v. vegan veg. vegetarian gf. gluten free  
sus. sustainable org. organic

## from the vine

■ White ■ Red

### 8/glass & 30/bottle

Pinot Grigio, Guenoc, California  
Riesling, S.A. PRÜM, Germany gf  
Sauvignon Blanc, Tariquet, France  
Chardonnay, Tortoise Creek, California sus  
Rose, Jean-Luc Colombo, France gf  
Pinot Noir, Pierre Henri, France  
Sangiovese/Syrah, Sasyr, Italy sus  
Carmenere, Root 1, Chile sus  
Cabernet, Wente, Livermore Valley, California sus

### 10/glass & 38/bottle

Pinot Grigio, Alta Luna, Italy v/gf  
Prosecco, Lunetta, Italy sus  
Rose, Lunetta, Italy sus  
Sauvignon Blanc, Brancott, New Zealand sus  
Chardonnay, Louis Jadot, France  
Albarino, Burgans, Spain sus  
Malbec, Altos, "Las Hormigas," Argentina  
Cabernet, Chateau St. Jean, CA sus  
Syrah, Jean-Luc Colombo, France org

### 12/glass & 46/bottle

Sauvignon Blanc, Honig, Napa sus  
Chardonnay, Paul Dolan, California org  
Pinot Noir, Acrobat, "By King Estate", Oregon org  
Merlot, Rodney Strong, Sonoma sus  
Cabernet, Benziger, Sonoma sus  
Zinfandel, Sean Minor "H Meynor," Sonoma  
Super Tuscan, Mazzei, "Badiola", Italy sus

### 14/glass & 54/bottle

Chardonnay, Morgan, "Double L", California  
White Blend, Deerfield Ranch, "White Rex", Sonoma org  
Sancerre, Domaine Girard, "La Garenne", France  
Pinot Noir, Roth, California  
Tempranillo, Pierolo Crianza, Rioja, Spain sus  
Cabernet Blend, Marietta, "Arme' Lot #1", CA  
Cabernet, Franciscan, Napa sus

### Sommelier Selections

Sparkling Wine, Marquis de la Tour, France v/gf / 38  
Champagne, Voirin-Jumel, 1er Cru, France / 70  
Chardonnay, Chalk Hill Estate, California / 75  
Pinot Noir, Paul Dolan, California org / 48  
Pinot Noir, Etude, Napa / 67  
Red Blend, Prisoner, Napa / 62  
Claret, Ramey, Napa Valley sus / 75  
Cabernet, Round Pond, "Kith & Kin", Napa org / 54  
Cabernet, Veedercrest, Napa sus / 56  
Cabernet, Turnbull, California sus / 75  
Red Blend, Deerfield Ranch, "Red Rex", CA org / 66

## refresh & revive Non-Alcoholic

### Organic Iced Tea

Jasmine Peach or Black / 3

### Young Green Coconut

Drilled to Order / 6

### Farmer's Lemonade

Pressed Lemon, Florida Honey / 3

### Basil Instinct

Pomegranate Juice, Ginger Beer and Basil Seed / 6

### Rebirth Of Cool

Iced Cold Brewed Coffee, Almond Milk, Vanilla-Cinnamon Turbinado Syrup / 6

### Okeechobee Sunrise

Moroccan Green Mint Tea, Pressed Orange, Organic Honey, Beet-Water Ice Cube / 5

### Cuke Of Earl

Smashed Cucumber & Mint w/ Farmer's Lemonade & Coconut Water / 5

### Little Dove

Natural Tamarind Soda, Shrub & Co Grapefruit Shrub, Black Sea Salt / 5

### Real Sugar Craft Sodas

Cola, Cola Zero, Ginger Ale, Root Beer, Lemon-Lime / 3

## craft beer

### draft selections

#### Copperpoint Brewery

(Boynton Beach, FL)

Amber Lager / 7

#### Funky Buddha Brewery

(Ft Lauderdale, FL)

Hop Gun IPA / 7

#### Oskar Blues Brewery (North Carolina)

Mama's Little Yella Pils, Pilsner / 7

#### Barrel of Monks (Boca Raton, FL)

White Wizard, Witbier / 7

### bottled selections

#### Dogfish Head Brewery (Delaware)

90 Minute IPA / 7

#### Monk in the Trunk (Florida)

Organic Belgian Amber Ale / 7

#### Due South (Florida)

Lager / 7

#### Sam Smith Brewery (England)

Organic Chocolate Stout / 8

#### Sam Smith Brewery (England)

Organic GF Cider / 7

#### Sam Smith Brewery (England)

Organic Lager / 7

#### Oskar Blues Brewery (North Carolina)

Dale's Pale Ale / 7

#### Green's Brewery (Belgium)

Gluten Free Amber Ale / 9

#### Magic Hat #9 (Vermont)

Not Quite Pale Ale / 7

#### Bitburger (Germany)

Pilsner / 7

#### Funky Buddha Brewery

(Ft Lauderdale, FL)

Floridian, Hefeweizen / 7

#### Omme Gang Brewery (New York)

Three Philosophers, Quadruple Ale / 9

#### Salt Water Brewery (Delray Beach)

Screamn Reels, IPA / 7

#### Boulevard Brewing Co. (Kansas City)

Tank 7 Farmhouse Ale, Saison Ale / 7

### traditional beers

Heineken, Netherlands / 7

Corona, Mexico / 7

Miller Lite, Milwaukee, WI / 5

Michelob Ultra, St. Louis, MO / 6

O'Doul's, St Louis, MO / 5

## garden to glass

### Fig & Froth

Bulleit Rye Whiskey, Rosemary Infusion, Fig Jam, Honey-Lemon Sour, Orange Cream Citrate, Organic Egg White / 12

### Farmer's Sangria

Red Wine, Licor 43, Citrus Wheels, Seasonal Berries, Vanilla & Thyme, Raw Cane Sugar / 12

### Spa-Day

Crop Organic Cucumber Vodka, Smashed Cucumber & Mint, Coconut Water, Honey-Lemonade / 12

### Island Oasis Frozen Cocktail

No Artificial Flavor, Colors or Preservatives, No High-Fructose Corn Syrup, Gluten-Free, Trans Fat-Free, Kosher / 10 (add floater / 2)

Choose From: Pina Colada, Mojito, Margarita Daiquiri & Margarita Flavors: Mango, Peach, Strawberry

### Original Mai Tai

Flor de Cana Aged Rum, Cointreau, Small Batch Grenadine, Orgeat, Fresh Lime Juice / 12

### Orchard Mule

Small Batch Bourbon, Apple-Spice Falernum, Ginger Beer, Orange Bitters / 12

### Skinny Margarita

Milagro Tequila, Fresh Squeezed Lime Juice, Organic Agave Nectar  
Choose From: Original or Strawberry-Jalapeno / 12

### The Diva

360 Eco Friendly Vodka, Smashed Blueberry & Basil, Pressed Lemon / 12

### Farmers Fizz

Hendricks Gin, Thatchers Organic Elderflower, Smashed Raspberries / 12

## barista

Available Decaffeinated, Organic Whole Milk, Soy, Almond, or Coconut Milk

### Organic Coffee Service

Latitude 23.5 Organic "Roast Masters Blend" / 3

Espresso / 3 Double Espresso / 4

### Americano

Espresso and Hot Water / 3

### Macchiato

Espresso Topped with Steamed Milk Foam / 4

### Mocha Macchiato

Espresso, Chocolate And Topped With Steamed Milk Foam / 4

### Cappuccino

Espresso, Hot Milk, and Steamed Milk Foam / 5

### Latte

Espresso and Steamed Milk / 5

Flavors: Mint Chocolate, Hazelnut, Pumpkin Spiced Caramel / 6

### Café Mocha

Espresso, Chocolate and Steamed Milk / 5

### Chai Tea Latte

Organic Black Tea, Chai Spice, Steamed Milk, Cinnamon Sprinkle / 6

"Swami" Cold Press Ice Coffee / 5

## trend teas

Organic Trend Tea Served With Cane Sugar or Dry Natural Sweeteners

### English Breakfast

This Tea Produces a Full Bodied Yet Smooth Cup. A Perfect Way to Start The Day / 3

### Jade Cloud

A Lively, Delicious Everyday Green Tea Nurtured by the Clouds and Cool Mist of Early Spring / 3

### Lemon Ginger

Chinese Green Tea with Ginger Root, Lemon Grass & Lemon Myrtle / 3

### Chamomile & Mint

A Blend of Chamomile, Peppermint Leaf, Licorice Root and Lemon Peel (No Caffeine) / 3

### Organic White Spice

White Tea with Star Anise and Helichrysum Flowers / 3

### Reiki Blend

A Balance of Dried Fruits, Herbs and Flower Blossoms (No Caffeine) / 3