

## SHAREABLES

### AVOCADO CUCUMBER TARTARE **v/LC**

Ginger Lime Dressing, Lavash Herb Crisp / 16  
*ADD: Yellowfin Tuna Tartare / 8*

### FARMER'S BABY BACK RIBS

Maple Pepper Glaze, House Slaw,  
 Corn Bread "Waffle" / 23

### SPICED TUNA TACOS (3) **GF/HP+/LC**

Chopped Tuna Tartare, Corn Tortilla,  
 Chili Crema, Avocado, Kim Chi / 24

### ROASTED BUFFALO

### CAULIFLOWER CROWNS **v/GF/LC**

Vegan Ranch Dressing, Celery & Carrots / 16

### PINE NUT ~ PEPPER HUMMUS **v**

Toasted Naan Bread, Garden Crudité,  
 Lemon EVOO / 16

### VEGAN CHORIZO EMPANADAS (4) **v**

Avocado Cilantro Aioli, Toasted Chili Oil / 19

## SOUPS & SALADS

### SOUP OF THE DAY

Chef's Daily Seasonal Choice / 9

### BONE BROTH **GF**

"48 Hour" Roasted Chicken Broth / 8

### BEET IT **GF/VEG/LC**

Arugula, Goat Cheese, Roasted Beets, Pistachios,  
 Pickled Red Onions, Organic Shaved Apples,  
 White Balsamic Vinaigrette / 19

### THE REAL GREEK **GF/VEG/LC**

Organic Tomatoes, Cucumbers & Peppers, Feta,  
 Red Onion, Olives, EVOO Oregano Dressing / 19

### CHICKEN PAILLARD & ARUGULA **GF/HP+/LC**

Organic Grape Tomatoes, Shaved Parmesan,  
 Red Onions, Mediterranean Vinaigrette / 25

### THAI CRUNCH **GF/LC**

Soy Grilled Salmon, Watercress,  
 Shaved Cabbage & Carrots, Chili Cucumbers,  
 Avocado, Sesame Ginger Dressing,  
 Toasted Cashews / 27

### CHOP CHOP CHEF'S SALAD **GF/HP+/LC**

Romaine Hearts, Chicken, Bacon, Swiss Cheese,  
 Egg, Tomato, Chickpeas, Cucumbers, Avocado,  
 Radish, FT House Dressing / 25

## ADD-ONS

Salmon Scallopini / 12

Hanger Steak Bites / 13

Shrimp / 12

Seared Tuna / 12

Grilled Chicken Paillard / 12

Roasted Tofu / 7

## FLATBREADS

*All Flatbreads are made on a Lavash Crust | Substitute Gluten-Free Cauliflower Crust \$4*

### CILANTRO LIME CHICKEN

Enchilada Sauce,  
 Cheddar & Manchego Cheese,  
 Toasted Corn Pico,  
 Avocado Crema / 19

### MARGARITA NAPOLETANA **VEG**

House Made Pomodoro  
 & Mozzarella Cheese,  
 Organic Tomatoes,  
 Torn Basil / 16

### WILD MUSHROOM & GOAT CHEESE **VEG**

Balsamic Fig Braised Onions,  
 Organic Grape Tomatoes,  
 Baby Arugula / 19

## HOUSE MADE ORGANIC BREADS

*Choice of Non GMO Vegan "Butter", Organic Dairy Butter or Hummus*

**PRETZEL **VEG**, FOCACCIA **v****  
**OR CIABATTA ROLL **v** / 3.75**

**TOASTED "HIGH PROTEIN"**  
**SOURDOUGH **v** / 4.25**

**TOASTED MOUNTAIN BREAD **v** / 3.75**

**GLUTEN FREE - GF | VEGAN - V | VEGETARIAN - VEG | HIGH PROTEIN - HP+ | LOW NET CARBS - LC**

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*For parties of 8 or more, there will be a 20% service charge added.*



## KNIFE & FORK

### GRASS-FED SHORT RIB GF/HP+/LC

CHÂTEL FARMS

Roasted Root Vegetables & Mushrooms,  
Mashed Sweet Potatoes, Natural Jus / 39

### HERB ROASTED BRICK CHICKEN GF/HP+/LC

Roasted Sweet Potato, Braised Red Cabbage,  
French Onion Gravy / 34

### "SPASTA" CHICKEN MEATBALLS GF/HP+/LC OR VEGAN MEATBALLS V/GF/LC

Roasted Spaghetti Squash with Organic Spinach,  
Farmer's Pomodoro Sauce / 25

ADD: Fresh or Vegan Mozzarella / 2

### MUSHROOM LENTIL BOLOGNESE V/HP+/LC

High Protein Pasta, Herbed Cashew Ricotta,  
Organic Extra Virgin Olive Oil / 24

### PAN ROASTED SALMON GF/HP+/LC

FAROE ISLANDS

Cauliflower Potato Mash, Garlic Green Beans,  
Lemon Dijon Sauce / 36

### LOCAL CATCH OF THE DAY GF/HP+/LC

Vegetable & Mushroom Roast, Potato Crispies,  
Lemon Parsley Brown Butter / MP

### CHAR-GRILLED HANGER STEAK GF/HP+/LC

CHÂTEL FARMS

Brava Potatoes, Blistered Sweet Peppers,  
Chimichurri Sauce / 39

### OPEN WAGYU STEAK TOASTIE HP+/LC

Seared Bistro Steak Scallopini, Toasted Organic  
Ciabatta, Caramelized Onions, Pickle Chimichurri,  
Farmer's Aioli, Crispy Potatoes, Garden Greens / 29

### RAMEN BOWL VEG

Cabbage, Carrots, Broccoli,  
Mushroom Dashi, Sunny Egg,  
Roasted Garlic~Ginger~Scallion Oil / 24

### EGGPLANT ZUCCHINI LASAGNA V/GF/LC

Cashew "Ricotta", Garlic Spinach,  
House Pomodoro Sauce / 25

ADD: Fresh or Vegan Mozzarella / 2

### CHAR-GRILLED BRANZINO GF/HP+/LC

Braised Artichokes, Leeks & Heirloom Carrots,  
Organic Tomatoes, Fingerling Potatoes,  
Lemon Herb Sauce / 39

### SESAME SEARED YELLOWFIN TUNA

GF/HP+/LC

Ginger Scallion Jasmine Rice, Roasted Broccolini,  
Red Dragon Mango Sauce / 38

## BURGERS

Served with our House Made Slaw

### THE FARM BURGER HP+

House Made Organic Pretzel Bun,  
Onion Bacon Jam, Aged Gouda,  
Over Easy Egg, LTP / 21

### PRETZEL BURGER HP+

Grass-Fed Beef Burger, LPTO,  
House Made Pickles / 18

ADD: Cheddar, Bacon,  
Avocado / 2each

### MEDITERRANEAN SALMON BURGER HP+

House Made Organic Focaccia  
Roll, Lemon Pepper - Basil Relish,  
Roasted Tomato, Arugula / 21

## SIDES

OVEN BAKED YUKON GOLD "FRIES" V/GF / 6

PAPAS BRAVAS WITH SPICED AIOLI V/GF / 8

ROSEMARY PARMESAN "OVEN FRIES" VEG/GF / 8

SPAGHETTI SQUASH V/GF / 8

BRAISED RED CABBAGE V/GF / 8

MASHED SWEET POTATOES V/GF / 8

PROVENÇALE VEGETABLES V/GF / 8

ROASTED BROCCOLINI V/GF / 8

GLUTEN FREE - GF | VEGAN - V | VEGETARIAN - VEG | HIGH PROTEIN - HP+ | LOW NET CARBS - LC

Culinary Director Michael Schenk & Executive Chef Bruce Feingold

### MINDFULLY SOURCED

At Farmer's Table, you can trust what's on your plate. We proudly serve grass-fed beef, antibiotic-, hormone- and steroid-free chicken, chemical-free shrimp, sustainable seafood, and pasture-raised, cage-free, free-range eggs. 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 produce from their recommended lists. Our breads and pastries are baked fresh in-house daily using only the finest certified organic flours. We eliminated all seed oils and exclusively use "Zero Acre" Oil and Extra Virgin Olive Oil in our kitchen.

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.