

SHAREABLES

PINE NUT ~ PEPPER HUMMUS v
Toasted Naan Bread, Garden Crudité, Lemon EVOO / 16

AVOCADO CUCUMBER TARTARE v
Ginger Lime Dressing, Lavash Herb Crisp / 16
ADD: Yellowfin Tuna Tartare / 8

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

FARMER'S BABY BACK RIBS
Maple Pepper Glaze, House Slaw,
Cornbread "Waffle" / 23

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

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.

SANDWICHES & SUCH

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 / 2 each

FARMER'S TURKEY CLUB **HP+**

ALL CHOPPED ~ Oven Roasted Turkey, Turkey "Crispies", Lettuce, Tomato, Pickle, Farmer's Chili Aioli, Toasted Organic Farmer's Baguette / 19

MEDITERRANEAN SALMON BURGER **HP+**

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

CAESAR'S POCKET

Organic High Protein Pita, Grilled ABF Chicken, Hearts of Romaine, FT Special Caesar Dressing, Organic Egg, Crispy Aged Parmesan / 17

CHICKEN & CRISPY EGGPLANT PARM

Garlic Toasted Ciabatta, Grilled Chicken Paillard, Crispy Eggplant, Roasted Tomato, Parmesan Wafer, Arugula, Aged Balsamic, DIY Farmhouse Secret Sauce / 19

FARMER'S FALAFEL **v**

House Made Falafel, Zaatar Grilled Naan, Lemon Hummus, Zhoog Sauce, Pickled Onions, Romaine, Grape Tomatoes / 18

KNIFE & FORK

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

"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

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

MUSHROOM LENTIL BOLOGNESE **v/HP+/LC**

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

SIDES

OVEN BAKED YUKON GOLD "FRIES" **v/GF / 6**

PAPAS BRAVAS WITH SPICED AIOLI **v/GF / 8**

ORGANIC STEAMED OR GARLIC SPINACH **v/GF / 8**

HOUSE MADE POTATO CHIPS **v/GF / 6**

ROSEMARY PARMESAN "OVEN FRIES" **VEG/GF / 8**

SPAGHETTI SQUASH **v/GF / 8**

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

HOUSE MADE BAKED GOODS

BLUEBERRY
STREUSEL MUFFIN **VEG** / 3.25

SCONES **v**
BLUEBERRY OR CHOCOLATE / 4.75

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