

BREAKFAST & BRUNCH

Choice of Potato Hash or Seasonal Fruit

1901 BREAKFAST SANDWICH **HP+**

Toasted Organic Pretzel Roll & Over Easy Egg, Bacon, Avocado, Cheddar Cheese, Arugula, Tomato / 20

RISE & SHINE **GF/ HP+/LC**

Organic Scrambled Eggs, Nitrate-Free Applewood Smoked Bacon / 17

PALOOZA **HP+**

Multigrain Pancakes (2), Organic Scrambled Eggs, Chicken Sausage &, Nitrate-Free Applewood Smoked Bacon / 26

FARMER'S MARKET OMELET **HP+/LC/VEG/GF**

Organic Spinach & Tomato, Roasted Mushrooms, Peppers, Swiss Cheese / 19

FARMER'S HOUSE SMOKED SALMON **HP+/LC**

Toasted "High Protein" Organic Sourdough Bread, Chive Cream Cheese, Tomato, Pickled Red Onions, Cucumber, Sunflower Sprouts / 26

EGGS LABRADOR **VEG/GF/HP+/LC**

Sunny Side Up Eggs, Vegan Chorizo, Crispy Corn Tortillas, Avocado, Black Bean & Toasted Corn "Salsa", Cotija Cheese / 21

THE VEGAN FARMER BREAKFAST **V/GF/HP+/LC**

Scrambled Tofu "Eggs", Vegan Chorizo, Crispy Corn Tortillas, Avocado, Black Bean & Toasted Corn "Salsa", Vegan Cheese Crumble / 21

BLUEBERRY MULTIGRAIN PANCAKES **VEG**

Warm Vermont Maple Syrup & House Made Berry Preserve
Short Stack (3) / 15 Tall Stack (5) / 22

CORNBREAD WAFFLES **VEG**

Maple Yogurt Sauce, Organic Strawberries & Caramelized Apples / 19

STEAK & EGG SKILLET **GF/HP+/LC**

Hanger Steak "Bites", Organic Scrambled Eggs, Potato Hash, Cheddar Cheese, Blistered Tomato / 26

AVOCADO SMASH TOAST **V**

Organic Mountain Bread, Tomato, Cucumber, Radishes, Sprouts, Lemon EVOO / 17
ADD: Smoked Salmon / 13 Crumbled Feta / 2 Sunny Side Up Eggs / 6

SUNRISE GRANOLA BOWL **VEG/HP+/LC**

Organic Low Fat Greek Yogurt, Fruits & Berries, Granola, Local Honey / 16

KNIFE & FORK/MAINS

(some items for Dinner or Lunch only)

GRASS-FED SHORT RIB **GF/HP+/LC (Dinner)**

CHÂTEL FARMS

Roasted Root Vegetables & Mushrooms,
Mashed Sweet Potatoes, Natural Jus / 42

CHAR-GRILLED HANGER STEAK **GF/HP+/LC (Dinner)**

CHÂTEL FARMS

Brava Potatoes, Blistered Sweet Peppers, Chimichurri Sauce / 42

"SPASTA" & CHICKEN MEATBALLS **GF/HP+/LC**

OR VEGAN MEATBALLS **V/GF/LC (Brunch, Lunch & Dinner)**

Roasted Spaghetti Squash with Organic Spinach, Farmer's Pomodoro Sauce / 26 *ADD: Fresh or Vegan Mozzarella / 2*

HERB ROASTED BRICK CHICKEN **GF/HP+/LC (Dinner)**

Roasted Sweet Potato, Braised Red Cabbage, French Onion Gravy / 35

RAMEN BOWL **VEG (Brunch, Lunch & Dinner)**

Cabbage, Carrots, Broccoli, Mushroom Dashi, Sunny Egg,
Roasted Garlic~Ginger~Scallion Oil / 25

EGGPLANT ZUCCHINI LASAGNA **V/GF/LC (Brunch, Lunch, Dinner)**

Cashew "Ricotta", Garlic Spinach, House Pomodoro Sauce / 26

ADD: Fresh or Vegan Mozzarella / 2

PAN ROASTED SALMON **GF/HP+/LC (Dinner)**

FAROE ISLANDS

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

SESAME SEARED YELLOWFIN TUNA **GF/HP+/LC (Dinner)**

FAROE ISLANDS

Cauliflower Potato Mash, Garlic Green Beans, Lemon Dijon Sauce / 42

CHAR-GRILLED BRANZINO **GF/HP+/LC (Dinner)**

FAROE ISLANDS

Braised Artichokes, Leeks & Heirloom Carrots, Organic Tomatoes,
Fingerling Potatoes, Lemon Herb Sauce / 42

MUSHROOM LENTIL BOLOGNESE **V/ HP+/LC (Lunch & Dinner)**

High Protein Pasta, Herbed Cashew Ricotta, Organic Extra Virgin Olive Oil / 26

LOCAL CATCH OF THE DAY **GF/HP+/LC (Dinner)**

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



farmer's table TAKEOUT MENU

AVAILABLE EVERY DAY
11AM-7PM

Feel Good Food

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

SHARABLES

Brunch, Lunch & Dinner

AVOCADO CUCUMBER TARTARE ^{V/LC}

Ginger Lime Dressing, Lavash Herb Crisp / 17

ADD: Yellowfin Tuna Tartare / 8

PINE NUT ~ PEPPER HUMMUS ^V

Toasted Naan Bread, Garden Crudité, Lemon EVOO / 17

FARMER'S BABY BACK RIBS

Maple Pepper Glaze, House Slaw, Corn Bread "Waffle" / 24

ROASTED BUFFALO CAULIFLOWER CROWNS ^{V/GF/LC}

Vegan Ranch Dressing, Celery & Carrots / 17

VEGAN CHORIZO EMPANADAS (4) ^V

Avocado Cilantro Aioli, Toasted Chili Oil / 21

FLATBREADS

Brunch, Lunch & Dinner

All Flatbreads are made on Lavash Crust | Substitute Cauliflower Crust \$4

CILANTRO LIME CHICKEN

Enchilada Sauce, Cheddar & Manchego Cheese,
Toasted Corn Pico, Avocado Crema / 20

MARGARITA NAPOLETANA

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

WILD MUSHROOM & GOAT CHEESE ^{VEG}

Balsamic Fig Braised Onions, Organic Grape Tomatoes, Baby
Arugula / 20

ORGANIC BREADS

House Made for Breakfast, Brunch Lunch & Dinner

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

PRETZEL ^{VEG} FOCACCIA ^V CIABATTA ROLL / 4

TOASTED MOUNTAIN BREAD ^V / 4

TOASTED "HIGH PROTEIN"

SOURDOUGH ^V / 4.50

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.

SOUPS & SALADS

Brunch, Lunch & Dinner

SOUP OF THE DAY

Chef's Daily Seasonal Choice / 9

BONE BROTH ^{GF}

"48 Hour" Roasted Chicken Broth / 8

THE REAL GREEK ^{V/GF/LC}

Organic Tomatoes, Cucumbers & Peppers, Feta, Olives,
Red Onion, Olives, EVOO Oregano Dressing / 20

THAI CRUNCH ^{GF/LC}

Soy Grilled Salmon, Watercress, Shaved Cabbage & Carrots,
Chili Cucumbers, Avocado, Sesame Ginger Dressing, Toasted
Cashews / 28

BEET IT ^{V/GF/LC}

Arugula, Goat Cheese, Roasted Beets, Pistachios, Pickled Red
Onions, Organic Shaved Apples, White Balsamic
Vinaigrette / 20

CHICKEN PAILLARD & ARUGULA ^{GF/HP+/LC}

Organic Grape Tomatoes, Shaved Parmesan,
Red Onions, Mediterranean Vinaigrette / 26

CHOP CHOP CHEF'S SALAD ^{GF/HP+/LC}

Romaine Hearts, Chicken, Bacon, Swiss Cheese, Egg, Tomato,
Chickpeas, Cucumbers, Avocado, Radish, FT House Dressing / 26

FARMER'S SMALL GARDEN ^{V/GF/LC}

Greens, Organic Grape Tomatoes, Cucumbers,
Heirloom Carrots, FT House Dressing / 9

ADD-ONS

Salmon Scallopini / 13

Shrimp / 13

Seared Tuna / 13

Hanger Steak Bites / 15

Grilled Chicken Paillard / 13

Spice Roasted Tofu / 8

SIDES

OVEN BAKED YUKON GOLD "FRIES" ^{V/GF} / 6

HOUSE MADE POTATO CHIPS ^{V/GF} / 6

PAPAS BRAVAS WITH SPICED AIOLI ^{V/GF} / 8

ROSEMARY PARMESAN "OVEN FRIES" ^{VEG/GF} / 8

SANDWICHES & SUCH

Served with our House Made Slaw

THE FARM BURGER ^{HP+}

Brunch, Lunch & Dinner

House Made Organic Pretzel Bun, Onion Bacon Jam,
Aged Gouda, Over Easy Egg, LTP / 22

PRETZEL BURGER ^{HP+}

Brunch, Lunch & Dinner

Grass-Fed Beef Burger, LTPO, House Made Pickles / 19
ADD: Cheddar, Bacon, Avocado / 2 each

MEDITERRANEAN SALMON BURGER ^{HP+}

Brunch, Lunch & Dinner

House Made Organic Focaccia Roll, Roasted Tomato,
Lemon Pepper - Basil Relish, Arugula / 22

FARMER'S TURKEY CLUB ^{HP+}

Brunch, Lunch

ALL CHOPPED ~ Oven Roasted Turkey, Turkey "Crispies",
Lettuce, Tomato, Pickle, Farmer's Chili Aioli,
Toasted Organic Farmer's Baguette / 20

CHICKEN & CRISPY EGGPLANT PARM

Brunch, Lunch

Garlic Toasted Ciabatta, Grilled Chicken Paillard,
Crispy Eggplant, Roasted Tomato, Parmesan Wafer, Arugula,
Aged Balsamic, DIY Farmhouse Secret Sauce / 20

FARMER'S FALAFEL ^V

Brunch, Lunch

House Made Falafel, Zaatar Grilled Naan, Lemon
Hummus, Zhoug Sauce, Pickled Onions, Romaine,
Grape Tomatoes / 20

HOUSE MADE BAKED GOODS

BLUEBERRY STREUSEL MUFFIN ^{VEG} / 3.25

SCONES – BLUEBERRY OR CHOCOLATE ^V / 4.75