



lunch

starters

- Farmer's Stew** ^{v/gf}
Roasted Vegetables, Chick Peas, Corn Broth / 7
- Bone Broth** ^{gf}
Roasted Chicken Broth, Apple Cider Vinegar / 5
- Hoppin' John's Hummus** ^v
Herbed Pita, Carrot Sticks / 9
- Oven Roasted Chicken Wings** ^{gf}
Citrus Harissa Glaze, Jicama Slaw / 12
- Chicken Meatballs** ^{gf}
Joey's Mom's Tomato Sauce,
House-Made Mozzarella / 10
- 19th Street Tacos** ^{gf}
Beef Shortrib, Wildflower Honey Slaw, Avocado
Mousse, Pico De Gallo, Corn Tortillas / 14
- Mezze Board** ^{veg}
John's Hummus, Fava Bean Puree,
Tzatziki, Olive Tapenade / 11
- Cucumber "Tartare"** ^{veg}
Avocado, Cucumbers, Dulce Chips
& Ginger-Chili Dressing / 10
Add Line-Caught Atlantic Tuna (Tartare) / 6
- Blue Crab Cake** ^{gf}
Chayote Squash Slaw, Spicy Remoulade / 14
- Abalone Mushroom Carpaccio** ^{veg}
Cherry Tomatoes, Arugula, Shaved Parmesan,
Black Truffle Vinaigrette, Flaxseed Crackers / 15

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v. vegan veg. vegetarian gf. gluten free

greens

- Ancient Grains** ^{v/gf}
Mixed Greens, Carrots, Cherry Tomatoes,
Sorghum-Quinoa, Goji Berry Vinaigrette / 11
 - House-Made Mozzarella Caprese** ^{veg/gf}
Vine-Ripened Tomatoes, Basil,
Bragg's Balsamico / 12
 - Mediterranean** ^{veg/gf}
Romaine, Feta, Cucumbers, Bell Peppers,
Red Onions, Olives, Tomatoes,
Lemon-Oregano Vinaigrette / 11
 - Namaste Raw** ^{v/gf}
Chopped Cabbage, Broccoli, Bell Peppers, Onions,
Cucumbers, Organic Sprouted Beans, Sunflower
Seeds, Carrots, Mango-Curry Vinaigrette / 11
 - Florida 77** ^{veg/gf}
Avocado, Oranges, Shredded Carrot, Hearts of
Palm, Field Greens, Candied Cashews,
Mile Marker 77 Vinaigrette / 9
 - Crispy Green Tomato Salad** ^{gf}
Black-Eyed Pea Salsa, Creole Remoulade / 10
 - Kale & Carrot** ^v
Red Onions, Bell Peppers, Sesame Seeds,
Ginger-Soy Vinaigrette / 10
 - Farmer's Table Cobb** ^{gf}
Grilled Chicken Breast, Chiffonade Romaine,
Egg, Avocado, Cucumbers, Tomatoes, Carrots,
Bacon, Wildflower Honey Vinaigrette / 15
 - Mandarin Chopped** ^v
Chiffonade Cabbage, Bell Peppers, Carrots,
Broccoli, Oranges, Candied Cashews,
Ginger-Soy Vinaigrette / 12
- ADD** Grilled Chicken / 6 Wester Ross Salmon / 10 Marinated Tofu / 5 Applewood Smoked Bacon / 2
Seared Yellowfin Tuna / 10 Fresh Florida Shrimp / 8 Beef Bistro Steak / 10 Avocado / 2

flatbreads

All Crusts Made With Whole Wheat Lavash

- Cauliflower & Brie** ^{veg}
Fig Jam, Chopped Arugula / 12
- Roasted Mushroom & Goat Cheese** ^{veg}
Caramelized Onions, Savory Herbs / 12
- BBQ Florida Shrimp**
Aged White Cheddar, Roasted Corn Succotash,
Chiffonade Spinach, Avocado Aioli / 12
- Steak & Gorgonzola**
Peppers and Onions, Basil, Arugula / 12

handhelds

All Items 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** ^v
Tomato, Frisée, Apple Cider Braised Onions,
Lemon Aioli / 12
- Grass-Fed Beef Burger**
Fig Braised Onions, Gem Lettuce, Tomato,
Brioche Bun / 15
- Shaved Turkey & Apple Wrap**
Arugula, Brie, Sunflower Sprouts,
Dijon Aioli, Whole Wheat Wrap / 12
- Ancient Grains Wrap** ^{v/gf}
Chiffonade Kale, Hummus, Carrots,
Sorghum-Quinoa, Goji Berry Vinaigrette,
Collard Wrap / 12
- Greek Chicken Wrap**
Romaine, Feta, Cucumbers, Bell Peppers,
Red Onions, Olives, Tomatoes, Lemon-Oregano
Vinaigrette, Tzatziki / 12
- Bison Meatloaf Club**
Bacon, Brie Cheese, Sweet Gem Lettuce, Dijon
Aioli, Tomato, Brioche Bun / 15
- Tuna Melt**
Organic Tomato, Gruyere Cheese,
Zahtar Spiced Pita / 12
- House-Made Salmon Burger**
Little Gem Lettuce, Lemon Aioli, Brioche
Bun / 14
- Vegan Mushroom "Reuben"** ^v
Citrus Marinated Abalone Mushrooms,
Sauerkraut, Daiya "Provolone Style" Cheese,
Farmers Dressing, Artisan Multigrain Bread / 14

knife and fork

- 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** ^{gf}
Arugula, Tomatoes, Shaved Onions, Parmesan
Cheese, Lemon-Oregano Vinaigrette / 17
- Farmer's Omelet** ^{gf}
Aged White Cheddar, Applewood Smoked Bacon,
Spinach, Choice of Side / 12
- "Spasta" & Meatballs** ^{gf}
Choice of Chicken or Vegan Meatballs,
Spaghetti Squash, Organic Spinach,
San Marzano Tomato Sauce / 18
Add House-Made Mozzarella / 2
- Pastaless Vegetable Lasagna** ^{v/gf}
Organic Spinach, Joey's Mom's Tomato Sauce / 17
Add Fresh Mozzarella / 2
- Herb-Griddled Trout** ^{gf}
Eggplant Caponata, Roasted Garlic Polenta,
Kale Cashew Pesto / 22
- Herb-Grilled Chicken Salad**
Toasted Cashews, Craisins, Celery, Onions,
Multigrain Bread, Choice of Side / 12

vegetarian

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

- Roasted Spaghetti Squash
- Simply Steamed Broccoli
- Herb-Roasted Mushrooms
- Roasted Brussels Sprouts
- Maple Whipped Sweet Potatoes
- Ancient Grain Pilaf
- Baked Yukon Gold Steak Fries
- Organic Sauteed Spinach
- Quinoa "Meatballs"
- Eggplant Caponata
- Roasted Garlic Polenta
- Jicama-Cilantro Slaw
- Honey Baked Sweet Potato
- Turmeric Roasted Cauliflower

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.



FRESH • HEALTHY • DELICIOUS

drinks

v: vegan | veg: vegetarian | gf: gluten free | sus: sustainable | org: organic

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)

Screamin 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

Farmer's Fizz

Hendricks Gin, Thatchers Organic Elderflower, Smashed Raspberries / 12

from the vine

8 GLASS & 30 BOTTLE

WHITE

Pinot Grigio, Guenoc, California
Riesling, S.A. PRÜM, Germany gf
Sauvignon Blanc, Tariquet, France
Chardonnay, Tortoise Creek, California sus

RED

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

WHITE

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

RED

Malbec, Altos, "Las Hormigas," Argentina
Cabernet, Chateau St. Jean, CA sus
Syrah, Jean-Luc Colombo, France org

12 GLASS & 46 BOTTLE

WHITE

Sauvignon Blanc, Honig, Napa sus
Chardonnay, Paul Dolan, California org

RED

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

WHITE

Chardonnay, Morgan, "Double L", California
White Blend, Deerfield Ranch, "White Rex", Sonoma org
Sancerre, Domaine Girard, "La Garenne", France

RED

Pinot Noir, Roth, California
Tempranillo, Pierolo Crianza, Rioja, Spain sus
Cabernet Blend, Marietta, "Arme' Lot #1", CA
Cabernet, Franciscan, Napa sus

SOMMELIER SELECTIONS

WHITE

Sparkling Wine, Marquis de la Tour, France v/gf / 38
Champagne, Voirin-Jumel, 1er Cru, France / 70
Chardonnay, Chalk Hill Estate, California / 75

RED

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