



mid-day menu

ITEMS AVAILABLE FROM 3PM TO 5PM

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
- Mezze Board** veg
John's Hummus, Fava Bean Puree, Tzatziki, Olive Tapenade / 11
- Chicken Meatballs** gf
Joey's Mom's Tomato Sauce, House-Made Mozzarella / 10
- Oven Roasted Chicken Wings** gf
Citrus Harissa Glaze, Jicama Slaw / 12

greens

- Ancient Grains** v/gf
Mixed Greens, Carrots, Cherry Tomatoes, Sorghum-Quinoa,
Goji Berry Vinaigrette / 11
- Hand-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
- 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
- Kale & Carrot** v
Red Onions, Bell Peppers, Sesame Seeds, Ginger-Soy Vinaigrette / 10

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|------------|----------------------------|----------------------------|
| ADD | Grilled Chicken / 6 | Marinated Tofu / 5 |
| | Seared Yellowfin Tuna / 10 | Beef Bistro Steak / 10 |
| | Wester Ross Salmon / 10 | Applewood Smoked Bacon / 2 |
| | Fresh Florida Shrimp / 8 | Avocado / 2 |

flatbreads

- All Crust Made With Whole Wheat Lavash
- Cauliflower & Brie** veg
Fig Jam, Chopped Arugula / 12
 - BBQ Florida Shrimp**
Aged White Cheddar, Roasted Corn Succotash,
Chiffonade Spinach, Avocado Aioli / 12
 - Roasted Mushroom & Goat Cheese** veg
Caramelized Onions, Savory Herbs / 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
Frisée, Organic Tomato, Lemon Aioli, Brioche Bun / 12
 - Tuna Melt**
Organic Tomato, Gruyere, Zahtar Spiced Pita / 12
 - Open Face Chicken Meatball Sandwich**
Stewed Peppers and Onions, Basil, Mozzarella,
Whole Wheat Crostini / 12
 - Grass-Fed Beef Burger**
Fig Braised Onions, Gem Lettuce, Tomato, Brioche Bun / 15
 - Greek Chicken Wrap**
Romaine, Feta, Cucumbers, Bell Peppers, Red Onions, Olives,
Tomatoes, Lemon-Oregano Vinaigrette, Tzatziki / 12
 - House-Made Salmon Burger**
Little Gem Lettuce, Lemon Aioli, Brioche Bun / 14
 - Shaved Turkey & Apple Wrap**
Arugula, Brie, Sunflower Sprouts, Dijon Aioli,
Whole Wheat Wrap / 12
 - Ancient Grains Wrap** v/gf
Chiffonade Kale, Hummus, Carrots, Quinoa, Sorghum,
Goji Berry Vinaigrette, Collard Wrap / 12

v. vegan veg. vegetarian gf. gluten free

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.

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, Wenté, 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

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

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

craft beer

bottled selections

Dogfish Head Brewery (Delaware)

90 Minute IPA / 6

Monk in the Trunk (Florida)

Organic Belgian Amber Ale / 6

Due South (Florida) Lager / 6

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 / 6

Green's Brewery (Belgium)

Gluten Free Amber Ale / 9

Magic Hat #9 (Vermont)

Not Quite Pale Ale / 6

Bitburger (Germany) Pilsner / 6

Funky Buddha Brewery

(Ft Lauderdale, FL) Floridian, Hefeweizen / 7

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

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

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

Omme Gang Brewery (New York)

Three Philosophers, Quadruple Ale / 8

Salt Water Brewery (Delray Beach)

Screamin Reels, IPA / 6

Boulevard Brewing Co. (Kansas City)

Tank 7 Farmhouse Ale, Saison Ale / 7

draft selections

Copperpoint Brewery

(Boynton Beach, FL) Amber Lager / 7

Funky Buddha Brewery (Florida)

Hop Gun IPA / 6

Oskar Blues Brewery (North Carolina)

Mama's Little Yella Pils, Pilsner / 6

Barrel of Monks (Boca Raton, FL)

White Wizard, Witbier / 6

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 / 6