



### Introductions

QUINOA STUFFED EGGPLANT- bell peppers + sun dried tomato + fontina cheese	15 gf,veg
DEEP FRIED STUFFED ZUCCHINI BLOSSOM - manchego + goat cheese + fresh herbs + spinach + peach jam + served with candied tomato	16 gf, veg
CRANBERRY WILD BOAR SAUSAGE - soft polenta + caramelized bell peppers + onions	15
BISON TARTARE - local avocado + garlic + capers + mango-pomegranate salsa + sunny side up quail egg + crostini	17
HEIRLOOM TOMATO BURRATA - aged balsamic + fresh basil	14 gf, veg
GRILLED OCTOPUS - lemongrass celery root puree + organic cipollini + bell peppers + roasted fingerling potatoes + poblano pepper sauce	16 gf
LAMB MEATBALLS - lentil + wild mushrooms + red wine	12
PORK BELLY - potato risotto + mushrooms + bacon jus	16 gf
CLAMS / MUSSELS - roasted garlic + roasted tomato + dry chorizo + anaheim peppers + olives	16
GRILLED ARTICHOKE - local mint + white wine sauce	15 gf,v,
STUFFED PORTOBELLO - heirloom tomato artichoke bell pepper chutney + caramelized onions + manchego	14 gf, veg

### Charcuterie

\*also available with gluten free breads\*

**CHEESE & MEAT BOARDS** - daily selections of imported & local cheese & cured meats served with our wood fired artisan breads. Ask your server for details

Market Price

### Jars

All jars served with toasted ciabatta

DUCK LIVER PATE + caramelized onions	10 gf
BABA GHANOUSH	10 gf, veg
BURRATA + jam + caramelized pecans + mission figs	10 gf, veg
MUSHROOMS AND OLIVES CHUTNEY + roasted garlic + anaheim peppers + olive oil	10 gf, v
TOMATO JAM + ricotta + apple smoked bacon	10 gf

### Bruschetta

All bruschettas served on our wood fired artisan bread

PEAR RICOTTA	11 veg
DRY CHORIZO + tomato jam + brie	11
BURRATA + prosciutto	11
ROASTED CHERRY TOMATOES + garlic + shaved parmesan	10 veg

### Soup & Salads

SOUP OF THE DAY	Market Price
BEEFS - shaved fennel + herbed goat cheese + pulled cilantro + poppy seed vinaigrette	11 gf, veg
QUINOA- wild baby arugula + roasted butternut squash + sun dried tomato + herb goat cheese + pomegranate vinaigrette	12 gf, veg
SPINACH - portobello mushroom + red onion + apple smoked bacon bits + bacon vinaigrette	11gf
BURNT CARROTS - local avocado + red onion + cilantro + feta + citrus thyme vinaigrette	10 gf, veg
BABY KALE - roasted butternut squash + pomegranate seeds + blueberries + candied walnuts + citrus vinaigrette	11 gf, veg
FARMER'S SALAD - wild arugula + candied walnuts + feta + local seasonal fruit + pomegranate vinaigrette	12 gf, veg
ORGANIC GREENS - cherry tomato + cucumber + balsamic vinaigrette	7 gf, v
HEARTS OF ROMAINE - homemade caesar dressing + crostini	8
ORGANIC BUTTER LETTUCE - fresh berries + walnuts + stilton blue + pomegranate vinaigrette	10 gf
NOPALES - local avocado + red radish + cilantro + tomato + red onion + feta + honey mustard vinaigrette	10 gf

### Pizza or Flat Breads

gluten free pizza option for \$2

TRUFFLE - radicchio + ricotta + caramelized onions + fresh mozzarella + truffle oil + fennel sausage	18
SEAFOOD - tomato sauce + garlic + muscles + clams + octopus + baby shrimp	23
SHORT RIB - fresh mozzarella + scallions + red bellpeper + caramelized onions	15
PROSCIUTTO - tomato sauce+ fresh mozzarella + wild arugula + shaved parmesan + EVOO	15
FENNEL SAUSAGE - roasted cherry tomatoes + fresh basil + fresh mozzarella	14
PORK BELLY - pesto + fresh mozzarella + local baby kale + goat cheese	15
FARMERS - fresh tomato sauce + natural ham + fresh mozzarella + artichokes hearts + mushrooms + olives	13
ROASTED CHICKEN- broccoli rapini + goat cheese + fresh mozzarella + roasted garlic + pesto + roasted cherry tomatoes	14
SPECK - pear + blue cheese + green onions + fresh mozzarella	15
VEGGIE - roasted eggplant + seasonal zucchini + bell peppers + portobello + roasted tomato + fresh mozzarella + basil	13 veg
MARGHERITA - fresh tomato sauce + fresh mozzarella + fresh basil	11 veg
HEIRLOOM TOMATO - mozzarella + fresh basil + roasted garlic	13 veg
CALZONE - organic spinach + fresh mozzarella +parmesan + ricotta + natural ham *gluten free not available*	15
BLOSSOM - blossoms zucchini + ricotta + cherry tomato + basil + smoked applewood bacon + parmigiano + mozzarella	16

### Entrees

RATATOUILLE RISOTTO - seasonal vegetables + herbs de provence + arborio rice + white wine	19 gf, veg
GAME OF THE DAY - Ask your server	Market Price
DUCK GNOCCHI - duck confit + vegetable duck ragu	27
NATURAL PORK CHOP - garlic mashed potatoes + red sweet chard + dried apricot white balsamic reduction	29 gf
BONE-IN RIBEYE 20 OZ - au jus + crispy oyster mushrooms + organic cauliflower mash	39 gf
SHORT RIB - creamy polenta + braised greens + au jus	33 gf
WOOD FIRE ROASTED CHICKEN - brussel sprouts + fingerling potatoes + roasted garlic butter sauce	29 gf
CATCH OF THE DAY - Ask your server	Market Price gf
BLACK AND WHITE TAGLIOLINI - bouillabaisse style + clams + mussels + prawn + fish of the day	28
CAVATELLI - fennel sausage + parmesan + organic baby kale + roasted tomato + roasted bell peppers + goat cheese + white wine cream sauce	20
BUCATINI - roasted eggplant + roasted garlic + fresh tomatoes sauce + goat cheese + fresh herbs	18 veg
PACCHERI CARBONARA - pancetta + onions + cream + egg yolks + parmesan	19
PAPPARDELLE - lamb ragu + crispy oyster mushrooms + infused in local mint	22
ARTICHOKE HEARTS RAVIOLI - roasted tomato + local mint + Mediterranean olives + manchego	19
OXTAIL RAVIOLI - cherry tomatoes + caramelized onions + herbed goat cheese	24
BRAISED LAMB SHANK - mascapone + wild mushroom risotto + lamb aju	34 gf
SPINY LOBSTER RAVIOLI - broccolini + saffron light cream sauce	29

\*gf=gluten free, veg =vegetarian friendly, v=vegan

\* Parties of 6 or more may be charged 18% gratuity

\*All gluten free, vegetarian, and vegan items are prepared in an environment where there is gluten, meats, and non-vegan products. \*

\*Warning: Consuming raw or undercooked meats, poultry, shellfish, or eggs may increase your risk of food-borne illnesses. \*

## Sides

Roasted Fingerling Potatoes	5 veg, gf	Mashed Potatoes	4 veg, gf
House Fries	5 veg, gf	Broccolini	6 veg, gf
Burnt Carrots	5 veg, gf	Roasted Brussel Sprouts Bacon + Dried Mission Figs	8 gf
Bacon Mac n Cheese	8	Cauliflower Mash	6 veg, gf
Truffle Fries	7 veg, gf	Roasted butternut squash + candy pecan + goat cheese	7 veg,

Embracing the idea of simplicity, the owners dedicate their time to finding fresh produce from local farms and support local small businesses to achieve the best quality of food. The food is as organic as the vintage reclaimed decor. Upon entering, we hope you feel at home.

## Farmer's Table Creed

A family of artists all participating in the execution of bringing our community the highest quality food we can find. We love our job.

### **Venissimo** (Mission Hills, San Diego) - Cheese Board

Venissimo shares the goodness and glory of cheese through its neighborhood cheese shops in San Diego and Del Mar.

### **Assenti's** (Little Italy, San Diego) - Pasta

Established in 1981, Assenti's Pasta was born out of Adriana Assenti's desire to bring fresh pasta to the masses. Adriana and her husband, Umberto Assenti were married in 1953 in San Benedetto del Tronto, Italy. Shortly after their union they moved to San Diego.

### **Mary's Free Range Chickens** (San Joaquin Valley, California)- Chicken

Mary's Free Range Chickens is proud to be family owned and operated since 1954. They have joined the 5-Step Animal Welfare Rating Standards Program with Global Animal Partnership.

### **Ranch Del Sol** (Jamul, San Diego County) - Citrus

Ranch Del Sol is an organic farm located in the east county of San Diego. The 40 acre farm was established in 1981 when the owners, Linda and Bill Zaiser bought virgin land in Jamul and began growing trees. Since then they have planted over 4,000 specialty citrus. The family grows, picks, packs and delivers their specialty produce.

### **Cafe Moto** (Barrio Logan, San Diego) - Coffee

Cafe Moto began in 1990 out of espresso machine vapore, coffee roasting, and Italian motorcycles. Cafe Moto provides an educational arena to teach and guide the burgeoning market, in addition to producing wonderful coffees and teas. Their slogan remains "We Drink all we can, the rest we sell."

### **Eben-Haezer Poultry Ranch** (Ramona, San Diego County) - Eggs

The founders Eb and Annie Hogervorst were born in the Netherlands and immigrated to the United States shortly after they were married. They farm about 55,000 chickens from day old chicks to laying hens. Eben-Haezer Poultry Ranch is committed to providing our customers with the freshest, locally grown, great tasting eggs.

### **South Bay Fishery** (San Diego) - Seafood

Sustainable seafood company sourced from local fisherman Carlos San Filippo from The Patty Jo boat. With a store front recently opened and located in Barrio Logan they are dedicated to bringing the people of San Diego fresh locally sourced seafood.

### **Living Tea Brewing Co.** (Oceanside, San Diego County) - Kombucha

Living Tea uses only certified organic teas, sugar, & juice with dozens of unique brews. At Living Tea they care about what we consume. They invested thousands of dollars into a custom, commercial water filtration system designed and manufactured by the local leaders of in-home and commercial water purification systems.

### **Charlie's Best Bread** (San Diego) - Breads

They are made with all fresh and pesticide-free organic ingredients such as: Organic flour, organic grains, organic eggs, organic honey, organic foods (fruits & vegetables), organic butter & dairy products.

### **Hani's Lamb Farm** (Poway, San Diego) - Lamb

Since 1984 Hani has been raising grass-fed organic lamb at his ranch in Poway, California. His butcher shop, Mid-East Market, in San Diego has been serving the freshest lamb for the past 30 years. This family owned farm & butcher shop has been a local favorite and they take pride in the meat they serve.

### **HAY! Straws** (San Francisco) - Straws

Straws made from natural wheat, 100% plastic-free and biodegradable.