



DINNER

APPETIZERS

- DUCK WINGS** - with jalapeño tamarindo sauce | 19
OCTOPUS CHICHARRON - fried onions and bell pepper + chipotle aioli | 18
BURRATA - wrapped in prosciutto + grilled artichoke + fig jam | 18 GF
CRAB CAKE - 10 organic mixed greens + mango pomegranate salsa + tarragon jalapeno aioli | 20
CARLSBAD BLACK MUSSELS - white wine + coconut milk + saffron broth + fennel | 18
GRILLED ARTICHOKE - local mint + white wine sauce | 15 VEG
GRILLED OCTOPUS - Organic cipollini + bell pepper + roasted fingerling potatoes + tomato emulsion | 22 GF
SHRIMP FRIED CALAMARI - spicy tomato sauce + chipotle aioli | 18
MEAT AND CHEESE BOARD - daily selection for 2 people + wood fired artisan bread. Gluten free option available | 26
ZUCCHINI BLOSSOMS - apricot jalapeno jam | 17

JAR & BRUSCHETTA'S

- CRAB AND ARTICHOKE** - Crab artichoke cream cheese + spinach + fresh herb + honey glazed | 14 GF V
BRUSCHETTA PEAR RICOTTA - drizzled honey | 12 VEG
BRUSCHETTA BURRATA - prosciutto | 15

SOUP & SALADS

- SOUP OF THE DAY** | MP
BEEF - shaved fennel + herbed goat cheese + cilantro + poppy seed vinaigrette | 13 GF V
GREEK QUINOA - tomato + cucumber + goat cheese + arugula + red pickled onion + avocado + cilantro lime vinaigrette | 13 GF V
BURNT CARROT - local avocado + red onion + cilantro + feta + citrus thyme vinaigrette | 12 GF V
FARMER'S - wild arugula + candied walnut + feta + local seasonal fruit + pomegranate vinaigrette | 12 GF V
CAESAR SALAD - little gems + parmesan tuiles + Caesar dressing | 13
BABY KALE - dried cranberry + candied walnuts + roasted butternut squash + applewood smoked bacon + citrus vinaigrette | 12 GF

PASTAS

Gluten-free pasta available +2.

- RICOTTA GNOCCHI** - cream sauce + parmigiana | 26
BUCATINI CARBONARA - pancetta + onion + cream + egg yolk + parmesan | 24
PENNE FENNEL SAUSAGE - peas + mushroom + roasted tomato + light cream + parmesan | 24
PISTACCIO CAVATELI - pistachio-pesto cream sauce + prawns + sun-dried tomatoes | 26
PAPARDELLE - Beef ragu | 26
FETTUCCHINE ALFREDO - Fresh Parmesan + fresh garlic + heavy cream + choice of shrimp or chicken | 27
SPAGHETTI - confit tomato + green onion + pink sauce + bay shrimp | 25
LOBSTER RAVIOLI - pink vodka sauce + topped with fresh parmesan cheese | 30
SHORT RIB RAVIOLI - creamy porcini sauce | 24

ENTRÉES

- NATURAL PORK CHOP** - roasted garlic + sweet potato + brussel sprouts + apricot au jus | 29
WOOD FIRE ROASTED CHICKEN - brussel sprouts + pink mashed potatoes + roasted garlic butter sauce | 28 GF
BONELESS RIBEYE - pink mashed potatoes + queso fundido + chorizo + mushrooms | 40
STUFFED SOLE - baked + crabmeat + shrimp + creamy ginger yukon potato + pomegranate emulsion + burnt carrot | 30
SALMON - Pan seared + creamy ginger yukon potato + broccolini + chili glaze | 29
FILET MIGNON - 8 oz + mashed potatoes + broccolini + cabernet reduction wine | 40

SIDES

- GARLIC BUTTER FOCACCIA** | 8
LOBSTER MAC AND CHEESE | 18
PINK MASHED POTATOES | 9
SWEET MASHED POTATOES | 9
HOUSE FRIES | 8
TRUFFLE PARMESAN FRIES | 11
ROASTED GARLIC BROCCOLINI | 9
MASHED POTATOES | 8
BURNT CARROTS | 10 GF
ROASTED BRUSSEL SPROUTS - bacon + missing fig + pomegranate | 8

PIZZA & FLATBREADS

Gluten-free crust available +2.

Our Imported Stefano Ferrara oven creates authentic Italian pizza with a delicate, thin crust with wood fire edges best enjoyed with a knife and fork.

- TRUFFLE** - fresh mozzarella + bacon + radicchio + caramelized onion + asparagus + black truffle | 18
FOUR CHEESE PIZZA - shitake mushroom | 15
PROSCIUTTO - fresh mozzarella + shaved parmesan + tomato sauce + wild arugula + e.v.o.o | 17
FENNEL SAUSAGE - fresh mozzarella + roasted cherry tomato + fresh basil | 16
SHORT RIB PIZZA - fresh mozzarella + scallions + red bell pepper + caramelized onion | 17
FARMER'S - fresh mozzarella + tomato sauce + natural ham + artichokes heart + mushroom + olives | 16
PESTO ROASTED CHICKEN - fresh mozzarella + goat cheese + roasted garlic + broccoli + roasted cherry tomato | 16
VEGGIE - fresh mozzarella + roasted eggplant + seasonal zucchini + bell pepper + portobello mushroom + roasted tomato + fresh basil | 14
MARGHERITA - fresh mozzarella + tomato sauce + fresh basil | 14
CALZONE - fresh mozzarella + parmesan + ricotta + tomato sauce + organic spinach + natural ham* | 16

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.

FARMER'S TABLE CREED

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.

VENISSIMO (SAN DIEGO) - CHEESE BOARD

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

MARY'S FREE RANGE CHICKENS (SAN JOAQUIN VALLEY) - EGGS

Proudly 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 (JAMAL) - CITRUS

Ranch Del Sol is an organic farm located in the east county of San Diego. The 40 acre farm was established in 1981, since then they have planted over 4,000 specialty citrus. The family grows, picks, packs and delivers their specialty produce.

CAFE MOTO (SAN DIEGO) - COFFEE

Cafe Moto began in 1990 out of espresso machine vapore, coffee roasting, and Italian motorcycles. They provide 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."

SOUTH BAY FISHERY (SAN DIEGO) - SEAFOOD

Sustainable local seafood company. Local fisherman Carlos San Filippo from The Patty Jo boat.

LIVING TEA BREWING CO. (OCEANSIDE) - 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

Breads 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) - LAMB

Since 1984 Hani has been raising grass-fed organic lamb at his ranch in Poway, California. His butchershop, Mid-East Market, has been serving the freshest lamb for the past 30 years.

HAY! STRAWS (SAN FRANCISCO) - STRAWS

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

LA MESA
8141 La Mesa Blvd,
La Mesa, CA 91942
(619) 724-6465

BAY PARK
3055 Clairemont Drive,
San Diego, CA 92117
(619) 359-4485

LITTLE ITALY
550 Date Street, Suite #A,
San Diego, CA 92101
(619) 255-0958

CHULA VISTA
330 F St Chula Vista,
CA 91910
(619) 207-0325

FARMER'S TABLE
A NEIGHBORHOOD EATERY
ESTD 2016