



# DINNER LA MESA

## APPETIZERS

- DUCK WINGS 19**  
with jalapeño tamarindo sauce
- BURRATA 18**  
wrapped in prosciutto + grilled artichoke + fig jam **GF**
- CRAB CAKE 22**  
10 organic mixed greens + mango pomegranate salsa + tarragon jalapeno aioli
- CARLSBAD BLACK MUSSELS 19**  
white wine + coconut milk + saffron broth + fennel
- GRILLED ARTICHOKE 17**  
local mint + white wine sauce **VEG**

- GRILLED OCTOPUS 22**  
Organic cipollini + bell pepper + roasted fingerling potatoes + spanish chorizo + ancho chily sauce **GF**
- SHRIMP FRIED CALAMARI 19**  
spicy tomato sauce + chipotle aioli
- ZUCCHINI BLOSSOM 19**  
apricot jalapeno jam
- CEVICHE OF THE DAY 17**  
served with tortilla chips



- MEAT AND CHEESE BOARD 26**  
daily selection for 2 people + wood fired artisan bread. Gluten free option available
- PORK BELLY 18**  
fingerling potatoes+ roasted organic cipollini +au jus
- OYSTERS**  
Half dozen 18 | One Dozen 34
- STEAK TARTARE 21**  
local avocado + minced garlic + fresh capers + honey Dijon mustard aioli + quail eggs + crostini

## JARS & BRUSCHETTAS

- CRAB AND ARTICHOKE 15**  
Crab artichoke cream cheese + spinach + fresh herb + honey glazed **GF V**
- TAPENADE 14**  
black olives + capers + fresh herbs + spices **GF V**

- BRUSCHETTA PEAR RICOTTA 13**  
drizzled honey **VEG**
- BRUSCHETTA BURRATA 16**  
prosciutto

- TOMATO BRUSCHETTA 13**  
organic tomatoes + garlic + capers + fresh basil + shaved parmesan + E.V.V.O **VEG**

## SOUP & SALADS

- SOUP OF THE DAY | MP**
- BEEF SALAD 13**  
shaved fennel + herbed goat cheese + cilantro + poppy seed vinaigrette **GF V**
- GREEK QUINOA SALAD 13**  
tomato + cucumber + goat cheese + arugula + red pickled onion + avocado + cilantro lime vinaigrette **GF V**

- BURNT CARROT 12**  
local avocado + red onion + cilantro + feta + citrus thyme vinaigrette **GF V**
- FARMER'S 12**  
wild arugula + candied walnut + feta + local seasonal fruit + pomegranate vinaigrette **GF V**

- CAESAR SALAD 13**  
little gems + parmesan tuiles + caesar dressing
- WATERCRESS SALAD 14**  
orange + avocado + dry cranberry + chia seeds + citrus vinagrette **GF**

## PASTAS

Gluten-free pasta available +2.

- RICOTTA GNOCCHI 26**  
cream sauce + parmiglana
- BUCATINI CARBONARA 25**  
pancetta + onion + cream + egg yolk + parmesan
- PENNE ITALIAN FENNEL SAUSAGE 26**  
roasted eggplant + fresh tomato sauce + pecorino + fresh basil
- PISTACCIO CAVATELLI 26**  
pistachio-pesto cream sauce + prawns + sun-dried tomatoes

- PAPARDELLE BEEF RAGU 26**  
slowly braised beef
- WILD MUSHROOM FETTUCCINE 28**  
imported Italian porcini mushrooms + asparagus + touch of cream + infused truffe oil
- LOBSTER RAVIOLI 32**  
vodka pink sauce + homemade basil pesto

- CASARECCE 20**  
pistachio pesto + tomato confit + burrata, parmesan
- SHORT RIB RAVIOLI 24**  
creamy porcini sauce
- BLACK INK SQUID SPAGHETTI 24**  
baby scallops + shrimp + Italian wild mushrooms + organic cherry tomatoes + watercress + garlic olive oil + white wine sauce

## ENTRÉES

- SEA BASS 35**  
forbidden rice + broccolini + limoncello sauce
- WOOD FIRE ROASTED CHICKEN 28**  
brussel sprouts + fingerling potatoes + roasted garlic butter sauce **GF**
- CIOPPINO 33**  
assorted fish + clams + mussels + fresh prawns + calamari fresh tomato broth + ciabatta
- SALMON 29**  
Pan seared + creamy ginger yukon potato + broccolini + chili glaze
- FILET MIGNON 40**  
8 oz + mashed potatoes + broccolini + cabernet reduction wine
- LAMB OSSOBUCCO 39**  
slowly braised + potato puree
- BONELESS RIBEYE 46**  
20 oz + mixed porcini sauce

## 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 18**  
fresh mozzarella + bacon + radicchio + caramelized onion + asparagus + black truffle
- PROSCIUTTO 17**  
fresh mozzarella + shaved parmesan + tomato sauce + wild arugula + e.v.o.o
- FENNEL SAUSAGE 16**  
fresh mozzarella + roasted cherry tomato + fresh basil
- SHORT RIB PIZZA 17**  
fresh mozzarella + scallions + red bell pepper + caramelized onion
- FARMER'S 16**  
fresh mozzarella + tomato sauce + natural ham + artichokes heart + mushroom + olive

- PESTO ROASTED CHICKEN 16**  
fresh mozzarella + goat cheese + roasted garlic + broccoli + roasted cherry tomato
- VEGGIE 14**  
fresh mozzarella + roasted eggplant + seasonal zucchini + bell pepper + portobello mushroom + roasted tomato + fresh basil **VEG**
- MARGHERITA 14**  
fresh mozzarella + tomato sauce + fresh basil **VEG**
- CALZONE 16**  
fresh mozzarella + parmesan + ricotta + tomato sauce + organic spinach + natural ham\*
- 4 CHEESE PIZZA 18**  
fresh mozzarella + gorgonzola + fontina cheese + shaved parmesan



## SIDES

- LOBSTER MAC AND CHEESE | 18**
- HOUSE FRIES | 8**
- ROASTED GARLIC BROCCOLINI | 9**
- MASHED POTATOES | 8**
- BURNT CARROTS | 10 GF**
- ROASTED BRUSSEL SPROUTS | 8**  
bacon + missing fig + pomegranate seeds



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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.*

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**FARMERS TABLE CREED**

Embracing the idea of simplicity, the owners dedicate their time to finding fresh produce 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