

SANDWICHES (CONTINUED)

Gluten Free or Low Carb bread options available upon request



Franklin Melt – Ovengold turkey, sautéed mushrooms, apple wood smoked bacon, Swiss cheese, tarragon herb mayo, honey whole wheat bread (9.5)



Garden Spot – Whole wheat wrap, hummus, avocado, tomato, red onion, cucumber, lettuce, grated asiago (8.75)



Southern Dip – Roast beef, pimento cheese, caramelized onions, sourdough, side au jus (10)



Sebastian Slider – Crab cake, bacon, lettuce, tomato, cilantro lime mayo, popeye roll (10)



Green Bay – 3 pepper colby & pepper jack cheeses, sautéed spinach, roasted red peppers, sautéed mushrooms, garlic cheddar bread (9.5)



Farmer's Chicken Salad – Sliced almonds, cucumbers, granny smith apples, seedless red grapes, celery seeds, shallots, goat cheese, cinnamon raisin bread (9.5)



Chicken Salad Wrap – Whole wheat wrap, chicken salad, bacon, lettuce, tomato (9.5)



Jerk Melt – Jerk turkey, 3 pepper colby jack cheese, caramelized onions, sautéed mushrooms, cilantro-lime mayo, garlic cheddar bread (9.5)



Fresh Philly – Roast beef, red peppers, mushrooms, caramelized onions, provolone & Swiss cheeses, parmesan baguette (9.5)



Smooth Cajun – Salsalito turkey, goat cheese, guacamole, lettuce, tomato, sriracha mayo, fried onion strings, popeye loaf (10)

- Vegetarian options - Spicy



An 18% gratuity will be added to parties of 7 or more.



Welcome to The Farmers Table! We specialize in providing you with locally grown and prepared ingredients; then turning them into unforgettably delicious entrees! We serve freshly cooked food that is prepared in house daily and made with love by our staff! With the help of our local vendors it truly is straight from the farm to the Farmer's Table! Just a few examples are: all of our eggs are local and farm fresh, all of our lettuce is hydroponically grown less than 25 miles from the restaurant and all of our beef and bison are free range and humanely raised! We also purchase all breads from local bakeries and rotate a seasonal supply of vegetables! Did we mention that our delectable breakfast items are available all day long? The concept here is simple: serve delicious locally sourced food at reasonable prices that fills you up and makes you come back again and again! Thank you for dining with us!

Sincerely,

Joel & Lenora Sansbury
Owners

Just a few of our local vendors...



Deer Valley Farm
Rutherfordton, NC



SALADS



Table - Mixed greens, cucumbers, tomatoes, red onions & feta cheese (7.5)



Cobb - Mixed greens, apple wood smoked bacon, hard boiled eggs, cucumbers, tomatoes, avocado & red onions (8.5)



Pattis Chef - Mixed greens, Maple ham & Ovengold turkey, Swiss cheese, provolone cheese, cucumbers, tomatoes & red onions (9.5)



Caesar - Crisp romaine lettuce, Caesar dressing, croutons & shredded parmesan cheese (7.5)



Spinach - Goat cheese, toasted almonds & seasonal fresh fruit (8)



Waldorf - Mixed greens, avocado, bacon, tomato, bleu cheese crumbles, apples, pecans (8.5)



Spring - Mixed greens, craisans, oranges, feta cheese, almonds (8)

All salads can be served as is or with the addition of the following proteins:

- Grilled Chicken (regular or blackened) (5)
- Grilled Shrimp (regular or blackened) (5)
- Mini Crab Cakes (7)
- Scoop of Chicken Salad (4.5)
- Grilled Salmon (6)

DRESSINGS:

Ranch • Bleu Cheese
Caesar • Honey Mustard
Balsamic Vinaigrette
Vinaigrette of the Day

Extra sides of house made dressing are (.5)

SMALL BITES



Pimento Cheese App
Regular or spicy pimento cheese, crackers (6)



Fried Green Tomatoes
Served with jalapeño tartar sauce (7.5)



Hummus Duo - Traditional hummus, hummus flavor of the day, toasted pita points, cucumber & carrots (9)

LUNCH PLATES



Salad Sampler - Chicken salad, pimento cheese, lettuce, crackers & seasonal fruit (10.5)



Grilled Chicken - House brined and seasoned grilled chicken breast & choice of two sides (10.5)



Hamburger Steak
Caramelized onions, sautéed mushrooms & choice of two sides (12.5)



Rainbow Trout
Pan seared with a lemon butter sauce, choice of two sides (14)



Cilantro-Lime Salmon
Honey, garlic, cilantro, lime rub & choice of two sides (13)

SIDES (à la carte)

- Fresh Seasonal Fruit (3)
- Bag Kettle-cooked Potato Chips or Multigrain Sun Chips (1.5)
- Red-Skin Potato Salad (2)
- Broccoli Salad (2)
- Pasta Salad (2)
- Mashed Potatoes with Gravy (3)
- French Fries (3)
- Baked Beans with Bacon (3)
- Steamed Broccoli (3)

Chicken salad, pimento cheese, broccoli salad, cole slaw, potato salad, pasta salad, all house made salad dressings and house made sauces are available for sale to-go by the cup, pint, and quart sizes.

= Vegetarian options = Spicy

BURGERS

All Burgers are served on your choice of Roll (Kaiser, Whole Wheat Kaiser, Rosemary Focaccia, Popeye) and choice of side item.



Bison - Bison patty, sriracha mayo, pepper jack cheese, sautéed mushrooms, lettuce, tomato, red onion (13)



Southern - Angus beef patty, provolone cheese, caramelized onions, fried green tomatoes, lettuce, shallot aioli (12.25)



Free Range - Angus beef patty, cheddar cheese, applewood smoked bacon, lettuce, tomato, red onion (11.5)



Black Bean - Spicy black bean patty, cilantro lime mayo, Swiss cheese, guacamole, salsa, lettuce, tomato, red onion (10.5)



Spartan - Angus beef patty, pimento cheese, caramelized onions, sriracha mayo, lettuce, tomato (12.25)



Diablo - Cajun Angus beef patty, 3 pepper colby jack cheese, jalapeños, bacon, sriracha mayo, lettuce, tomato, red onion (12.25)



Hamstead - Cajun bison patty, spicy pimento cheese, jalapeños, sriracha mayo (12.5)



Chicken - House made ground chicken patty, swiss cheese, avocado, lettuce, tomato, onion (11)

SANDWICHES

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Classic - Pimento cheese, fried green tomatoes & apple wood smoked bacon, sourdough bread (9.25)



Portobello Sandwich
Portobello mushroom, roasted red peppers, caramelized onions, shallot aioli, provolone cheese, Rosemary Focaccia Roll (9.25)



Ultimate HBLT - Maple ham, apple wood smoked bacon, shallot aioli, lettuce, fried green tomatoes, honey whole wheat bread (10.25)



New Jack - Cajun roast beef sautéed mushrooms, apple wood smoked bacon, melted pepper jack cheese, sriracha mayo, popeye loaf (9.5)



French Dip - Roast beef, horseradish aioli, provolone & Swiss cheeses, parmesan baguette, side au jus (9.25)



Allie's Choice - Salsalito turkey, red peppers, spinach, fried green tomatoes, goat cheese, pesto mayo, popeye bread (10)

All Sandwiches are served with your choice of kettle-cooked chips (Original, BBQ, Salt & Vinegar, or Jalapeño) or Sun Chips (Harvest Cheddar or Multigrain).

Other side items are available upon request & for an additional charge.

= Vegetarian options = Spicy

Sandwiches continued on back

TABLE SPECIALTIES



Shrimp & Grits – Chicken Andouille sausage, peppers, red onions, tomatoes, & shrimp served over Charleston style cheese grits, 1 piece garlic cheddar toast (12.5)



Breakfast Burrito Scrambled eggs, bacon, cheddar cheese, sausage gravy in a whole wheat wrap (7.5)



Breakfast Burger Rosemary Focaccia Roll, sausage patty, apple wood smoked bacon, pimento cheese, scrambled eggs, one side (10)

SIDES (à la carte 3)

- Fresh Cut Home Fries
- Charleston Style Cheese Grits
- Fresh Seasonal Fruit
- Toast (Honey Whole Wheat, Rustic Sourdough, Texas Toast, Rye, Popeye, Multi-Grain, Gluten Free or Cinnamon Raisin Options)
- Sausage
- Apple Wood Smoked Bacon
- Vanilla Yogurt & Granola



Andy's Special – Scrambled cheese eggs, cheese toast, cheese grits, apple wood smoked bacon (9.25)



1/2/3 Eggs (Anyway You Like) Served scrambled, poached, or fried, two sides (6.5/8.5/10.5)



Biscuits & Gravy – 2 buttermilk biscuits, sausage gravy, apple wood smoked bacon (8)



Huevos Rancheros Stewed black beans, 2 fried eggs, quacamole, salsa & corn tortilla chips (9.75)

BENEDICTS & THOSE THAT THINK THEY'RE BENEDICTS

All Benedicts are served with one side item



Classic – English muffin, house made Canadian bacon, hollandaise (9.75)



Southern – Buttermilk biscuit, fried green tomato, crab cakes, béarnaise sauce. (13)



Florentine – Buttermilk biscuit, sautéed spinach, mushrooms, hollandaise (9.5)



Bay Side – English muffin, sautéed shrimp, fresh jalapeños, apple wood smoked bacon, hollandaise, quacamole (11.25)

- Vegetarian options - Spicy

**Notice: The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food borne illness.

OMELETS

Three egg omelets served with choice of one side item



Veggie – Sautéed spinach, mushrooms, tomatoes, peppers, onions & cheddar cheese (9.5)



Farmer's – Loaded with all the local goodness of a Veggie Omelet with the addition of sausage & Canadian bacon (10.75)



Upstate – Apple wood smoked bacon, pimento cheese & fried green tomatoes (9.5)



Spanish – Chicken Andouille, fresh jalapeños, red onions and pepper jack cheese (topped with sour cream, salsa & quacamole) (11)



Meat Lovers – Canadian bacon, apple wood smoked bacon, sausage, maple ham (11.5)

FARMER'S PANCAKES & LOCAVORES FRENCH TOAST



Blueberry Cream Cheese Swirl French Toast – Blueberry cream cheese swirl bread, cream cheese icing, blueberry sauce (10.25)



Apple Crumb French Toast – Apple pie swirl bread, caramelized apples, granola & caramel sauce (9.75)



Redneck Pancakes – Buttermilk pancakes loaded with home fries, apple wood smoked bacon & scrambled cheese eggs (9.5)



Plain Pancakes – Two buttermilk pancakes served with small side of fruit (8)

- Vegetarian options - Spicy

Juices

Fresh Squeezed Orange Juice
100% Organic Apple Juice, Cranberry Juice & Pineapple Juice
8 oz (2.75) • 16 oz (4.75)

Horizon 100% Organic 2% Milk or fat-free (3)
Coke, Diet Coke, Sprite, Dr. Pepper (2)
Sweet / Unsweet Tea (2)
Fresh Squeezed Lemonade (2.5)

Mimosa (3.5)

Wine

Pinot Gris • Chardonnay
Pinot Noir • Cabernet Sauvignon (5.5/glass)

We apologize for any inconvenience but we do not serve alcohol on Sundays



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