

# The Café @ Farm to Table Catering by Filomena

## SANDWICHES & WRAPS

### **Df** FILOMENA'S A.K.T ... \$12.95

Avocado, Grilled Kale, and Tomato with Vegenaise

### **WALDORF** ... \$9.95

Chicken or Turkey, Cranberries, Walnuts, Apples, Vegenaise, Sea Salt and Pepper

### **THE WILD SIDE** ... \$13.95

Fresh Poached Wild Sockeye Salmon, Celery, Sundried Tomato, Capers, Apple Cider Vinegar, EVOO, Lemon Zest and Lemon Juice

### **GREEK** ... \$9.95

Greens, Feta, White Bean Hummus, Tomato, Red Onion, and Black Olive Vinaigrette

Choice of: White, Whole Wheat, Spinach, Tomato, Garlic or Collard Wrap (GF \$1 extra)

Homemade Focaccia, Organic Multigrain or UDI's (GF) Bread Or Gluten Free Sourdough (\$2 per slice)

### **CAESAR** ... \$9.95

Romaine, Croutons, Parmesan, and Our Homemade Caesar Dressing

### **JUST THE CAPRESE** ... \$9.95

Fresh Mozzarella, Roasted Red Peppers and Tomatoes with Pesto  
**Add Grilled or Breaded Chicken for \$2.00 Extra (replaces tomato)**

### **FARMERS DELIGHT** ... \$9.95

Marinated Grilled Seasonal Veggies with White Bean Hummus

### **SEA TO TABLE TUNA** ... \$13.95

Wild Caught Albacore Tuna, Organic Carrots, Red Onion, Vegenaise

## SALADS & SOUPS

Call for the Soups of the Day!

Add a Soup to your Salad for just \$3.95!

### **CAESAR SALAD** ... \$9.95

Romaine, Croutons, Parmesan, and Our Homemade Caesar Dressing

### **Gf** **KALE SALAD "YOUR WAY"** ... \$9.95

Kale Marinated in Our Homemade Apple Cider Vinegar Dressing

Customize your Salad (prices vary dependent on choices)

### **Gf** **GREEK SALAD** ... \$9.95

Greens, Cucumber, Feta, Red Onion, Tomato, Greek Olives, Garbanzo Beans and Our Homemade Greek Dressing

### **Df** **DAILY SEASONAL SOUP** ... \$5.95 PT \$9.95 QT

Please Call for the Daily Specials. Organic Butternut Squash Soup, Cauliflower and Leek Soup, Hearty Vegetable Soup, Spicy Red Lentil Soup, Chicken Vegetable Soup.

## SPECIALTY SALADS & SIDES

Call for the Special Salads of the Day!

### **Gf Df** **CHICKEN WALDORF SALAD** ... 7.95 ½ LB

### **Gf Df** **CURRY TURKEY SALAD** ... 7.95 ½ LB

### **Gf Df** **ORGANIC CAGE FREE EGG SALAD (MADE WITH VEGANAISE)** ... 7.95 ½ LB

### **Gf Df** **MEDITERRANEAN SALMON SALAD** ... 12.95 ½ LB

### **Gf Df** **CHICKEN TENDERS (NAE)** ... 7.95 ½ LB

(Grilled or Breaded)

### **Gf V** **ORGANIC ROASTED BEET SALAD** ... 6.95 ½ LB

### **Gf V** **GRILLED KALE & BUTTERNUT SQUASH** ... 9.95 ½ LB

### **Gf V** **ROASTED BRUSSEL SPROUTS** ... 6.95 ½ LB

### **Gf V** **FORBIDDEN RICE SALAD** ... 6.95 ½ LB

### **Gf V** **CRUNCHY CABBAGE** ... 6.95 ½ LB

### **Gf V** **SPAGHETTI SQUASH AIOLI** ... 6.95 ½ LB

### **MEDITERRANEAN FARRO SALAD** ... \$6.95 ½ LB

Farro (Wheat Berry), Cherry Tomato, Cucumbers, Feta Cheese, Red Onion, Greek Dressing

### **Gf V** **ROASTED ROOTS** ... 6.95 ½ LB

### **Gf V** **VEGAN POTATO SALAD** ... 6.95 ½ LB

### **Gf V** **FORBIDDEN RICE & SWEET POTATO** ... 6.95 ½ LB

### **Gf V** **LENTIL SALAD** ... 6.95 ½ LB

### **Gf V** **QUINOA SALAD** ... 6.95 ½ LB

### **Gf Df** **MASHED POTATO W/ BROCCOLI RABE** ... \$6.95 ½ LB

## QUINOA BOWLS

Add Grilled or Breaded Chicken for Xtra \$2

### **Gf** **GREEK BOWL** ... \$10.95

Spinach, Cucumber, Red Onion, Olives, Garbanzo Beans and Feta, in a Greek Dressing served with Red and White Quinoa

### **Gf** **SOUTHWESTERN BOWL** ... \$11.95

Shredded Romaine, Roasted Corn, Black Beans, Shredded Cheddar, Cherry Tomatoes, Avocado, Red Onion, Lime and Cumin Vinaigrette

### **Gf V** **GARDEN BOWL** ... \$10.95

Grilled Seasonal Vegetables marinated with Balsamic Vinaigrette served with Grilled Kale and Red and White Quinoa

### **Gf** **CAPRESE BOWL** ... \$10.95

Fresh Homemade Mozzarella, Roasted Red Peppers, Tomato and Pesto served with Red and White Quinoa

Customize your Quinoa Bowl (prices vary dependent on choices)

## AVOCADO TOAST (ORGANIC MULTI GRAIN)

Make it a double for only \$4.00 extra or Add one Organic Egg\* for only \$2.00

### **V** **JUST THE AVO** ... \$6.95

Sliced Avo, Himalayan Pink Salt, Pepper, Red Pepper Flakes

### **CAPRESE** ... \$8.95

Mashed Avocado, Fresh Mozzarella, Cherry Tomato, Drizzled with Pesto

### **BRUSCHETTA** ... \$8.95

Mashed Avo, Diced Tomato, Garlic, Olive Oil, Parmesan, Pink Salt and Pepper

### **MEDITERRANEAN** ... \$8.95

Black Olive Spread, Avocado, Feta, Cherry Tomato, Sunflower Seeds

### **STRAWBERRY FIELD** ... \$8.95

Mashed Avo, Sliced Strawberries, Goat Cheese, Slivered Almonds, Balsamic Glaze

### **AVO BELLO** ... \$8.95

Mashed Avocado, Pesto, Sautéd Organic Portabellini, Pink Salt and Pepper

## BREAKFAST ITEMS

All of our Eggs\* are Cage Free!

Egg Whites\* Xtra \$2

Applegate Turkey Bacon \$1 per slice

### **EGG SANDWICH (CHOICE OF CHEESE)** ... \$9.95

Broccoli and Cheddar or Artichoke, Mozzarella and Pesto or Quiche Loraine with Turkey Bacon.  
All our quiches come crustless (GF) or with our Homemade Crust

### **CUSTOM OMELETTES (3 EGG + 3 INGREDIENTS)** ... \$10.95

### **TWO EGGS ANY STYLE** ... \$8.95

\*This item is cooked to order. Consuming raw or undercooked meats, fish, shellfish or fresh eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Monday 10am-2pm, Tuesday-Friday 10am-6pm, Saturday 9am-5pm.

Closed Sunday

127-11 Smithtown Blvd Nesconset, NY 11767

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Farmtotablecatering.com