

Organic Smoothies

Strawberry Bliss (14)

Strawberry, Banana, Agave (choice of milk)

Mango Tango (14)

Mango/Peaches, Banana, Agave (choice of milk)

Chocolate Monkey (14)

Banana, Raw Cocoa, Agave (choice of milk)

Nutty Monkey (14)

Banana/Peanut Butter, Cocoa, (choice of milk)

Peanut Butter & Jelly (14)

Blueberry, Banana, Peanut Butter (choice of milk)

Milk Selections:

Whole Milk, Oat Milk, Almond Milk, Coconut Milk

Organic Juice Bar

Nothin But Celery (14)

Nothin But Carrot (14)

Nothin But Orange (16)

Immunizor (14)

Cucumber, apple, celery, kale & lemon

Rejuvenator (14)

Carrot, cucumber, apple, beet & ginger

Green Envy (14)

Kale, cucumber, celery, parsley & lemon

Bunny Spice (14)

Carrot & Ginger

Upbeet Bunny (14)

Carrot, apple & Beet

ORGANIC JUICE SHOTS: (6)

Wheat Grass Shot

Ginger Shot

Ginger & Lemon

Organic Acai Bowls

Acai Base (16)

Blended with Strawberry and Banana and (choice of Milk)

Included Toppings:

Granola (GF)

Strawberries

Bananas

Blueberries

Shredded Coconut

Honey

Milk Selections:

Whole Milk, Oat Milk, Almond Milk, Coconut Milk

ADDITIONS: +(2)

Peanut Butter

Additional Fruit

Chia Seeds

Hemp Seeds

Cocoa Nibs

Plant Protein (20g) per scoop

FARMTOTABLECATERING.COM

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Farm to Table CAFE Stony Brook

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All Day Breakfast

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

Organic Egg Sandwich* (16)
(Scramble +3.00) ●

Omelette (made to order) (18)
(Incl. 3 ingredients) ●

Two Eggs (any style)* (12)
(Scramble +3.00) ●

Egg Whites +4.00

Turkey/Pork Bacon +3.00

*Served with Breakfast Potato

Deep Dish Quiche (10)

(Crustless ● or Crusted)

Broccoli and Cheddar

Artichoke, Mozz & Pesto

Quiche Loraine (turkey)

Just the Avo (10) ●

Avocado, Himalayan Salt, Red Pepper(V)

Avo-Caprese (12)

Mashed Avo, Fress Mozz, Cherry Tom, Pesto

Avo-Brush-chetta (12)

Mashed Avo, Tomato, G&O, Parmigiano

Mediterranean Toast (12))

Olive Spread, Avo, Feta, Tomato, sunflower seed

Avo Bello (12)

Mashed Avo, Baby bello, Pesto,

Strawberry Field (12)

Mashed Avo, strawberries, goat cheese, almonds, balsamic glaze

***Enjoy a Second slice(+9)**

**FTT Gluten Free Bread Available(+2) ●

Sandwiches or Wrap

FILOMENA'S A.K.T (18) ●

Avocado, grilled Kale, tomato,vegenaise(V)

WALDORF (18)

(Chicken or Turkey)

Cranberries, walnuts, apples, vegenaise (soy-free)

CAESAR (15)

Romaine, croutons, parmigiana +homemade caesar dressing

ADD GRILLED CHICKEN (6)

ADD BREADED CHICKEN (6)

CAPRESE (16)

Fresh Mozzarella, Tomato, Roasted Pepper, Homemade Pesto (nut-free)

ADD GRILLED CHICKEN (6)

ADD BREADED CHICKEN (6)

**FTT Gluten Free Bread Available +(2 each)or Steamed Collard Green+ (2) ●

SALMON WILD SIDE(20)

Poached Salmon, celery, sundried tomato, capers, ACV, EVOO,lemon zest and juice

TUNA WILD SIDE (20)

Line caught Tuna, celery, carrots, onion, Veganaise, sea salt and pepper

GREEK (18)

Spinach,feta,tomato,red onion,kalamata olive spread,white bean spread

ADD GRILLED CHICKEN (6)

ADD BREADED CHICKEN (6)

BUFFALO CHICKEN (20)

Grilled Chicken,romaine,Cheddar creamy cheese,,buffalo sauce*SPICY**

FARMER'S DELIGHT (16) ●

Grilled Zucchini,squash,eggplant,red onion, grilled kale,white bean hummus

BOWLS

Greek (18) ●

Red & White

Quinoa,spinach,tomatoes,cucumber,red onion olives,garbanzo beans & feta,homemade greek dressing

Caprese (18) ●

Red & White Quinoa,spinach,Fresh Mozz,cherry tomatoes, roasted red pepper,nut-free pesto

Southwestern (18) ●

Red & White Quinoa,romaine lettuce,roasted corn,black beans,cheddar cheese,tomatoes,avocado,red onion,tortilla strips,homemade cumin lime vinaigrette

Garden (16) ● ●

Red & White Quinoa, grilled kale,grilled zucchini,yellow squash,eggplant,red onion,rosted pepper,homemade balsamic vinaigrette

**ADD GRILLED CHICKEN TENDERS +(6) ●

** ADD BREADED CHICKEN TENDER +(6)

SALADS

Greek (18) ●

Romaine,spinach,tomatoes,cucumber,red onion olives,garbanzo beans & feta,homemade greek dressing

Southwestern (18) ●

Romaine lettuce,roasted corn,black beans cheddar cheese,tomatoes,avocado,red onion ,tortilla strips,homemade cumin lime vinaigrette

Massaged Kale (16) ●

Organic Kale,dried cranberries,feta,toasted walnuts,apple cider vinegar,EVOO

Caesar (16)

Romaine,Parmigiana,Homemade croutons Homemade Pasturized Caesar dressing

**Add a Soup to your Salad +(6)

ADD PROTEIN

4 oz Wild Tuna Salad +(8) ●

4oz Wild Sockeye Salmon Salad+(8) ●

Black Bean Quinoa Burger +(6) ● ●

Grilled Shrimp +(8)

Grilled Chicken Tenders +(6) ●

Breaded Chicken Tenders +(6)

Hard Boiled Egg +(4) ●

SOUPS

Cauliflower & Leek ● ●

Butternut Squash ● ●

Chicken & Vegetable ●

Spicy Red Lentil ● ●

Italian Wedding ●

Sm (9)

Lg (16)

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● Gluten free ● Vegan

SPECIALS

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