

The Farm to Table Café by Filomena

SANDWICHES & WRAPS

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

Homemade Focaccia, Organic Multigrain or UDI's (GF) Bread (\$1 per slice) Or Our Homemade Gluten Free Bread (\$1 per slice)

Df **VEGAN** FILOMENA'S A.K.T ... \$13.95

Avocado, Grilled Kale, and Tomato with Vegenaïse

W WALDORF ... \$12.95

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

THE WILD SIDE SALMON OR TUNA ... \$14.95

Fresh Poached Wild Sockeye Salmon, Celery, Sundried Tomato, Capers, Apple Cider Vinegar, EVOO, Lemon Zest and Lemon Juice Wild Caught Albacore Tuna, Organic Carrots, Red Onion, Vegenaïse

G **G** GREEK ... \$12.95

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

CAESAR ... \$12.95

Romaine, Croutons, Parmesan, and Our Homemade Caesar Dressing

JUST THE CAPRESE ... \$12.95

Fresh Mozzarella, Roasted Red Peppers and Tomatoes with Pesto
Add Grilled or Breaded Chicken for \$3.50 Extra (replaces tomato)

Df **VEGAN** FARMERS DELIGHT ... \$12.95

Marinated Grilled Seasonal Veggies with White Bean Hummus

G **G** GRILLED CHICKEN BUFFALO WRAP ... \$14.95

Grilled Chicken, Chopped Romaine Lettuce, Cheddar Cheese and Creamy Cheesy Buffalo Sauce *SPICY*

SALADS & SOUPS

Call for the Soups of the Day!

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

Gf **G** CAESAR SALAD ... \$12.95

Romaine, Croutons, Parmesan, and Our Homemade Caesar Dressing

Gf **G** KALE SALAD "YOUR WAY" ... \$13.95

Kale Marinated in Our Homemade Apple Cider Vinegar Dressing

Gf **G** SOUTHWESTERN SALAD ... \$12.95

Romaine Lettuce, Roasted Corn, Black Beans, Shredded Cheddar Cheese, Tomatoes, Avocado, Red Onion, Tortilla Strips With Homemade Lime and Cumin Vinaigrette

Gf **G** GREEK SALAD ... \$12.95

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

Df **DAILY SEASONAL SOUP** ... \$6.95 PT \$12.95 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.

Customize your Salad (prices vary dependent on choices)

SPECIALTY SALADS & SIDES

Call for the Special Salads of the Day!

Gf **Df** CHICKEN /TURKEY WALDORF* ... 8.95 ½ LB

Gf **Df** CURRY TURKEY SALAD * ... 8.95 ½ LB

Gf **Df** ORGANIC CAGE FREE EGG SALAD * ... 8.95 ½ LB

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

Gf **V** ORGANIC ROASTED BEET SALAD ... 7.95 ½ LB

Gf **V** ROASTED BRUSSEL SPROUTS ... 7.95 ½ LB

Gf **V** CRUNCHY CABBAGE ... 7.95 ½ LB

Gf **V** SPAGHETTI SQUASH AIOLI ... 7.95 ½ LB

MEDITERRANEAN FARRO SALAD ... \$7.95 ½ LB

CHICKEN TENDERS (NAE) ... 8.95 ½ LB

(Grilled or Breaded)

Gf **V** ROASTED ROOTS ... 7.95 ½ LB

Gf **V** VEGAN POTATO SALAD * ... 7.95 ½ LB

Gf **V** LENTIL SALAD ... 7.95 ½ LB

Gf **V** QUINOA SALAD ... 7.95 ½ LB

Gf **Df** WILD CAUGHT TUNA SALAD ... \$12.95 ½ LB

QUINOA BOWLS

* We use SOY FREE and ORGANIC Vegenaïse in our Salads!

Gf **G** GREEK BOWL ... \$12.95

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

Gf **G** SOUTHWESTERN BOWL ... \$12.95

Shredded Romaine, Roasted Corn, Black Beans, Shredded Cheddar, Cherry Tomatos, Avocado, Red Onion, Cumin and Lime Vinaigrette Served with Red and White Quinoa

Gf **V** **G** GARDEN BOWL ... \$12.95

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

Gf **G** CAPRESE BOWL ... \$12.95

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

Add Grilled (GF) or Breaded Chicken for an extra \$4.50 or Customize your Bowl to your liking

ORGANIC JUICE BAR

Just the Carrot, Just the Celery, Immunizor, Rejuvenator, Green Envy, Bunny Spice, Upbeet Bunny 16 oz \$10.95
Shots of Wheatgrass, Ginger and Ginger with Lemon 4 oz \$4.95

AVOCADO TOAST (ORGANIC MULTI GRAIN)

Make it a double for only \$7.00 extra or Add one Organic Egg* for only \$2.50

V JUST THE AVO ... \$8.95

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

CAPRESE ... \$10.95

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

BRUSCHETTA ... \$10.95

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

MEDITERRANEAN ... \$10.95

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

STRAWBERRY FIELD ... \$10.95

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

AVO BELLO ... \$10.95

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

BREAKFAST ITEMS

All of our Eggs* are Cage Free!

Egg Whites* Xtra \$3

Applegate Turkey Bacon \$3

EGG SANDWICH (CHOICE OF CHEESE) ... \$12.95

"Scrambled" +\$2.50

DEEP DISH QUICHE SLICE ... \$7.95

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) ... \$12.95

TWO EGGS ANY STYLE ... \$8.95

"Scrambled" +\$2.50

*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.

Tuesday thru Friday 9am-6pm, Monday and Saturday 9am-5pm
Closed Sunday

2460 Nesconset Highway, Suite 1, Stony Brook, NY, 11790