

## Our Mission

At **FARM PLATES**, we are dedicated to providing fresh, preservative-free, and nutritionally balanced meals. A key part of achieving our signature crispiness without compromising on health is our choice of ingredients.

By opting for chickpea flour over all- purpose flour to achieve crispiness of our product line, we ensure that your meals are not only delicious and satisfying but also align with our core values of preservative free and wholesome nutrition.



## Our Commitment

- **Freshness:** We prioritize using the freshest ingredients available
- **No Preservatives:** Our meals are made without artificial flavoring and preservatives
- **Nutritional Balance:** We carefully craft meals to provide a complete and balanced nutritional profile
- **Organic Ingredients:** roughly 80% of the ingredients we use are organic

# FARM PLATES

JOY ON A PLATE

### Contact Us:

**3191 Zinfandel Drive # 3**  
**Rancho Cordova, CA 95670.**



916-701-5667

Hours : Mon-Sun 10am-8pm



[www.farm-plates.com](http://www.farm-plates.com)

# Sandwiches or Plates

pair with soup, salad or fries

plate: "no bun" with salad

## Fried Chicken Sandwich 13.95

crispy herb-marinated chicken breast with creamy slaw on brioche bun

## Grilled Chicken Sandwich 13.95

grilled herb-marinated chicken breast, chipotle BBQ sauce, lettuce, cucumber, onion, brioche bun

## Chicken Parmesan Sandwich 13.95

crispy chicken breast, marinara sauce, melted mozzarella & parmesan cheese on ciabatta bun

## Oyster Mushroom Sandwich 13.95

delicately fried oyster mushroom lightly battered, onion, lettuce, cheesy chipotle sauce, brioche bun

## Eggplant Parmesan Sandwich 12.95

Eggplant lightly battered, marinara sauce and melted parmesan and mozzarella cheese on a ciabatta bun

## Grilled Veggie Sandwich 12.95

crispy veggie patty, cucumber, onion, lettuce cheesy chipotle sauce on a brioche bun,

# Rice Bowls & Soup

## Chicken Tikka Rice Bowl 13.95

marinated chicken breast cooked in onion, garlic, ginger, tomato, spices to perfection and served with rice & salad

## Veggie Kofta Rice Bowl 12.95

veggie kofta cooked onion, garlic, ginger tomato, to perfection and served with rice & salad,

## Soup Of The Day C 5.45 B 9.95

Please check our chef's seasonal choice.

# Salads Bowls

(if nut allergy, please ask to skip)

## Hemp Avocado Super Salad 13.95

mixed greens, avocado, protein-packed hemp seeds, beets, roasted yams, cucumbers, walnuts, roasted almonds, wafer, cranberry and creamy citrus dressing

## Grilled Chicken Salad 16.95

herb-marinated chicken breast over hemp avocado Super salad

## Grilled Salmon Salad 17.95

herb-marinated salmon fillet over hemp avocado super salad

## Crispy Oyster Mushroom Salad 16.95

lightly crispy oyster mushroom over hemp avocado super salad

## Soup and Salad Combo 15.95

Medium size hemp avocado super salad with a cup of soup

# Kids Meal (small sizes)

## Chicken Tender with fries (4 pieces) 8.95

## Fried Chicken sandwich with fries 8.95

## Grilled Cheese sandwich with fries 6.95

# Fresh Lemonade

Turmeric Lemonade 3.95

Mango Mint Lemonade 3.95

Blackberry Sage Lemonade 3.95

# Appetizers

## Crispy Chicken Tenders (6 pieces) 9.95

golden-brown, juicy tenders served with dipping sauce

## Crispy Cauliflower Bites 9.95

lightly battered florets with a perfect crunch with dipping sauce

## Crispy Oyster Mushrooms 11.95

delicately fried battered mushrooms with dipping sauce

## Lentil Kebob 9.95

delicious and healthy way to enjoy nature's bounty, lightly fried to perfection, dipping sauce

# Hot/Cold Drinks

## ImmunUp Tea 2.95

herbaltulsiblenddesigned to support immunity

## Daily Bliss Tea 2.95

soothing herbal tulsi blend for relaxation

## Chai Latte 5.95

Spiced chai made with black tea or rooibos tea (decaf), cashesmilkand coconut sugar

## Turkish Coffee Latte 5.95

turkish coffee prepared as a smooth creamy latte with cashew milk, coconut sugar, cadamom

## Golden Warrior Latte 5.95

golden creamy latte made with cashew milk, turmeric, cardamom, coconut sugar

## Matcha Ginger Latte 5.95

earthy creamy latte made with cashew milk, matcha, ginger, coconut sugar