

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.

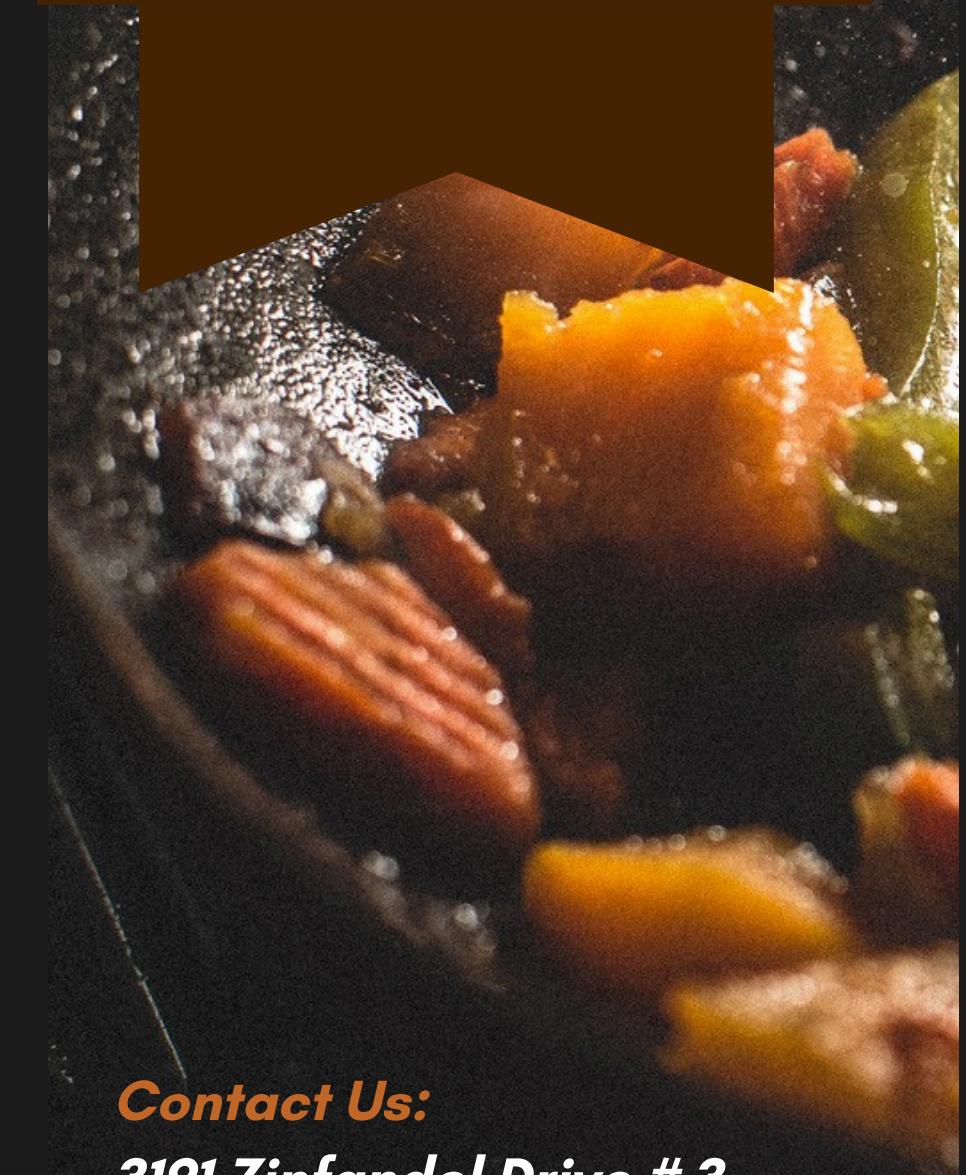
By opting for chickpea flour over all-purpose flour to achieve crispiness of our product line, we ensure that your meals are not only delicious and satisfying but also align with our core values of preservative free and wholesome nutrition.



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

Gourmet Hot Sandwichs

pair with soup, salad or fries

Fried Chicken Sandwich

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

13.95

Grilled Chicken Sandwich

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

13.95

Chicken Parmesan Sandwich

crispy chicken breast, freshly made marinara sauce, lettuce and melted mozzarella & parmesan cheese on ciabatta bun

13.95

Oyster Mushroom Sandwich

delicately fried oyster mushroom lightly battered, onion, lettuce, creamy mustard aioli, brioche bun

13.95

Eggplant Parmesan Sandwich

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

12.95

Grilled Veggie Sandwich

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

12.95

Rice Bowls & Soup

Chicken Tikka Rice Bowl

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

13.95

Veggie Kofta Rice Bowl

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

12.95

Soup Of The Day

Please check our chef's seasonal choice.

C 5.45 B 9.95

Salads Bowls

(if nut allergy, please ask to skip)

Hemp Avocado Super Salad

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

13.95

Grilled Chicken Salad

herb-marinated chicken breast over hemp avocado Super salad

VEGAN NUTS

16.95

Grilled Salmon Salad

herb-marinated salmon fillet over hemp avocado super salad

VEGAN NUTS

17.95

Crispy Oyster Mushroom Salad

lightly crispy oyster mushroom over hemp avocado super salad

VEGAN NUTS

16.95

Soup and Salad Combo

Medium size hemp avocado super salad with a cup of soup

VEGAN NUTS

14.95

Kids Meal (small sizes)

Chicken Tender with fries (4 pieces)

7.95

Fried Chicken sandwich with fries

7.95

Grilled Cheese sandwich with fries

7.95

Fresh Lemonade

Turmeric Lemonade

3.95

Mango Mint Lemonade

3.95

Blackberry Sage Lemonade Tulsi-Chia

3.95

lemonade

3.95

Appetizers

Crispy Chicken Tenders (6 pieces)

VEGAN

golden-brown, juicy tenders served with dipping sauce

9.95

Crispy Cauliflower Bites

VEGAN

lightly battered florets with a prefect crunch drizzled with creamy chipotle sauce

9.95

Crispy Oyster Mushrooms

VEGAN

delicately fried batted mushrooms with dipping sauce

11.95

Lentil Kebob

VEGAN

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

9.95

Hot/Cold Drinks

ImmunUp Tea

VEGAN

herbaltulsiblenddesigned to support immunity

2.95

Daily Bliss Tea

VEGAN

soothing herbal tulsi blend for relaxation

2.95

Chai Latte

VEGAN

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

5.95

Turkish Coffee Latte

VEGAN

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

5.95

Golden Warrior Latte

VEGAN

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

5.95

Matcha Ginger Latte

VEGAN

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

5.95

Vegan

Vegetarian

Gluten-Free

Contains Nuts