

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

Contact Us:

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 www.farm-plates.com

FARM PLATES

JOY ON A PLATE



Appetizers

Crispy Chicken Tenders

Golden-brown, juicy tenders served with garlicky dipping sauce

9.95

Crispy Cauliflower Bites

Lightly battered florets with a perfect crunch, drizzled with creamy chipotle sauce

9.95

Crispy Oyster Mushrooms

Delicately fried mushrooms with a creamy chipotle sauce

11.95

Lentil Kebob

A delicious and healthy way to enjoy nature's bounty, lightly fried to perfection, creamy mint sauce

9.95



Hot/Cold Drinks

ImmunUp Tea

Herbal tulsi blend designed to support immunity

2.95

Daily Bliss Tea

Soothing herbal tulsi blend for relaxation

2.95

Chai Latte

Spiced chai made with black tea or rooibos tea (decaf), cashes milk and coconut sugar

5.95

Turkish Coffee

Turkish coffee prepared as a smooth creamy latte with cashew milk, coconut sugar, cardamom

5.95

Golden Warrior

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

5.95

Matcha Ginger

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

5.95

Salads

Hemp Avocado Power Salad

mixed greens, avocado, protein-packed hemp seeds, beets, roasted yams, cucumber, toasted almonds, cranberry and creamy citrus dressing

13.95

Spicy Enchilada Salad

mixed greens, avocado, chickpea cooked in chipotle sauce, corn, queso fresco, crunchy chips, creamy chipotle dressing

13.95

Chicken Parmesan Salad

crispy chicken breast with melted parmesan & mozzarella cheese, arugula, avocado, cucumber cranberry, walnuts, honey-mustard dressing

16.95

Grilled Salmon Salad

herb-marinated grilled salmon fillet, arugula, avocado, red onion, cranberry, walnut, and lemon-herb dressing

17.95

Eggplant Parmesan Salad

crispy eggplant with melted parmesan & mozzarella cheese, arugula, avocado, cucumber, cranberry, walnut, homey-mustard dressing

13.95

Soups

serve with focaccia bread

Seasonal Soup

Rotating selection of chef's special soups - ask your server for today's offering (e.g., creamy butternut squash, fresh asparagus, roasted tomato basil, or mushroom chowder)

9.95

Creamy Lentil Soup

Hearty lentil soup with vegetables and warm spices, simmered to perfection

9.95

Fresh Lemonades

Turmeric Lemonade

3.95

Mango Mint Lemonade

3.95

Blackberry Sage Lemonade

3.95

Tulsi-Chia lemonade

3.95

Gourmet Sandwich

pair with salad or fries

Fried Chicken Sandwich

crispy herb-marinated chicken breast with slaw and garlic mustard aioli on a brioche bun.

13.95

Grilled Chicken Tikka Sandwich

tender chicken breast marinated in tikka seasoning, cucumber, lettuce, pickled onion mint-cilantro aioli on a ciabatta 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, pickled onion, lettuce, creamy mustard aioli on a brioche bun

12.95

Kids Meal (small)

Chicken Tender with fries (4 pieces)

7.95

Fried Chicken sandwich with fries

7.95

Grilled Cheese sandwich with fries

7.95

