

## 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.



### 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)

## 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



# Gourmet Hot Sandwich

pair with salad or fries

**Fried Chicken Sandwich** 13.95

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

**Grilled Chicken Tikka Sandwich** 13.95

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

**Chicken Parmesan Sandwich** 13.95

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

**Oyster Mushroom Sandwich** 13.95

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

**Eggplant Parmesan Sandwich** 12.95

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

**Grilled Veggie Sandwich** 12.95

crispy veggie patty, cucumber, pickled onion, lettuce creamy mustard aioli on a brioche bun,

## Soups : serve with focaccia bread

**Creamy Mushroom Chowder** 9.95

cremini mushroom, carrots, celery, potato, corn, garlic warm cooked to perfection

**Creamy Lentil Soup** 9.95

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

**Chicken Tikka Rice Bowl** 13.95

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

**Veggie Kofta Rice Bowl** 12.95

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

# Salads

**Hemp Avocado Power Salad** 13.95

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

**Chicken Parmesan Salad** 16.95

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

**Grilled Salmon Salad** 17.95

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

**Eggplant Parmesan Salad** 13.95

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

## 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



# 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 drizzled with creamy chipotle sauce

**Crispy Oyster Mushrooms** 11.95

delicately fried mushrooms with a creamy garlic aioli

**Lentil Kebob** 9.95

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

## Hot/Cold Drinks

**ImmunUp Tea** 2.95

herbal tulsi blend designed 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), cashew milk and coconut sugar

**Turkish Coffee** 5.95

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

**Golden Warrior** 5.95

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

**Matcha Ginger** 5.95

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

## Fresh Lemonade

Turmeric Lemonade 3.95

Mango Mint Lemonade 3.95

Blackberry Sage Lemonade Tulsi-Chia 3.95

lemonade 3.95