

M&G Farm Stand

Catering – Café – Carry Out

Phone: 239-434-2611 ~ Fax: 239-262-4902 ~ Hours: Monday - Friday 9:00 am – 4:00 pm

Ask About our New
Grab & Go Items!

Weekly Specials

January 21st - 24th, 2020

Gift Certificates
Available!

Visit Our Website!

www.matthewsandgardner.com

-All Day Items-

- **Double-Smoked Bacon & Tomato** • **Soups of the Day** • **Banana Bread**/4.95-hazelnut coconut cream (GF)
Cup 4.50/Bowl 6.00
 - Quiche of the day** /with Salad or Fruit /10.90
 - Frittata bites of the day** /with Salad or Fruit /8.95
 - Aunt Jill's Sour Cream Coffee Cake** /4.95
 - Cacao Energy Bites** /1.00 (GF,V,P)
 - Overnight Oats** / 6.95 (V)
- Please call regarding our special Soups & Quiche of the day.

Salads

- Roasted broccoli and Ancient Grain Bowl** - Cucumber, chick peas, roasted red onion, spinach, toasted almonds, lemon tahini dressing-\$10.25
- Caprese Salad** - Tomato, mozzarella, fresh basil, croutons, balsamic glaze, spring mix, white balsamic-Sm. \$8.60/Reg. \$11.90

Sandwiches

- Brass Town Beef Patty Melt** - Grass-fed beef, swiss cheese, grilled onions, thousand island dressing, sourdough bread-\$12.50
- Roasted Veggie** - Eggplant, red peppers, zucchini, portobello mushroom, roasted garlic aioli, balsamic glaze, arugula, toasted ciabatta-\$8.25/\$11.45

Prepared Dinners

- Sous Vide Comfrey Pork Loin** - Au jus, mushroom au gratin, and asparagus-\$12.95
- Vegan Butternut Squash and Lentil Coconut Curry** - Bell peppers, cilantro and spinach-\$12.95
- Chicken Pot Pie** - \$10.95
- Lasagna Bolognese** - \$9.95
- Beef Shepherd's Pie** - \$10.50

- Free delivery for orders over \$50.00. Advance notice is appreciated with large orders.
From the Gulf to Goodlette Road & 5th Avenue South to Pine Ridge Road.
Please call as far in advance as possible so we can accommodate your order. Thank you.



LUNCH MENU

10:00-3:00

SALADS

Add Protein (4oz each)

Salmon-6/ Chicken-3.50/ Fried Chicken (1pc)-2.95/ Turkey-3.95 / Tuna Salad-3.50 / Chickpea Salad-3.50

Fred's Fried Chicken Salad / pecan encrusted chicken + Florida oranges + avocado + toasted almonds + romaine + honey mustard vinaigrette-7.99/10.99

Roasted Sweet Potato Salad / feta + charred red onion + toasted amaranth + tamari pumpkin seeds + spring mix + white balsamic vinaigrette-7.99/10.99 (VG,GF)

Taco Salad / shredded soy protein + charred red cabbage + black beans + corn + pico de gallo + cashew sour cream + avocado + romaine + chipotle lime vinaigrette-8.25/11.25 (V,GF)

Caribbean Salad / jerk chicken + pineapple + strawberry + Florida oranges + toasted almonds + hearts of palm + avocado + romaine + sweet & spicy vinaigrette-7.99/10.99 (GF)

Salmon Salad / crisp asparagus + soft boiled egg + pancetta + goat cheese + spring mix + green goddess dressing-9.95/13.95 (GF)

Curry Cauliflower Salad / chickpeas + toasted cashews + pickled red onion + spinach + coconut curry dressing-7.99/10.99 (V,GF)

Caesar Salad / homemade croutons + parmesan + apple + romaine + caesar dressing-6.95/9.95

Bistro Salad / fresh roasted turkey + sundried cranberries + caramelized walnuts + gorgonzola + spring mix + honey-tabasco vinaigrette-7.99/10.99

BOWLS

Thai Peanut Noodle Bowl / soba noodles + peanut sauce + shredded cabbage + carrots + bell pepper + scallions + cilantro + mango (in season) + avocado-9.99 (V,GF)

Roasted Roots Bowl / seasonal roasted root vegetables + truffle cashew dressing + spinach + ancient grains + tamari pumpkin seeds-9.99 (V,GF)

VG=Vegetarian V=Vegan GF=gluten Free P=Paleo

Please make us aware of any food allergies at the time of your order as not all ingredients are listed. Due to the nature of restaurants and cross-contamination concerns, we are unable to guarantee a 100% allergy-free zone. We will do our best to accommodate your dietary needs. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food born illness, especially if you have certain medical conditions



SANDWICHES

Half / 8.25 Whole / 11.45

Comes with a pickle & seasonal fresh fruit or chips

Cuban Pork Panini / Comfrey Farms pork loin + homemade mango chutney + sliced pickles + swiss

Tuna Melt / fresh tuna salad + swiss cheese + lettuce + tomato + 15 grain bread

Roasted Sweet Potato / avocado + lettuce + tomato + provolone + mayo + 15 grain bread

Red Onion Jam & Roast Chicken / herb goat cheese + arugula + sourdough

Ultimate Veggie / curry hummus + sprouts + carrots + tomato + cucumber + pickled red onion + toasted marble rye (V)

Green Goddess / cucumbers + sprouts + avocado + spinach + sliced mozzarella + green goddess sauce + toasted 15 Grain bread (VG)

French Onion Panini / fresh roast beef + caramelized onion + swiss cheese + crispy shallots + horseradish sauce + rosemary focaccia

Turkey Club / roast turkey + Comfrey Farms bacon + lettuce + tomato + avocado + chipotle mayo + sourdough

SIDES 2.99

Wild rice salad

Herb & bacon vinaigrette Potato salad

Tuscan Pasta Salad

Asian Cucumber salad

Side salad

Chips /1.50

VG=Vegetarian V=Vegan GF=gluten Free P=Paleo

Please make us aware of any food allergies at the time of your order as not all ingredients are listed. Due to the nature of restaurants and cross-contamination concerns, we are unable to guarantee a 100% allergy-free zone. We will do our best to accommodate your dietary needs. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food born illness, especially if you have certain medical conditions