

Team April 5  
Isaacochoam  
[Isaacochoa.themuse@gmail.com](mailto:Isaacochoa.themuse@gmail.com)  
A.W. Dreyfoos School of the Arts

# ECO PALM BEACH

FARM TO TABLE FOOD  
MIAMI, FLORIDA



LOKALMIAMI.COM

BURGERS	MENU	BITES AND SIDES
<p><b>THE LOCAL BURGERS</b></p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p>	<p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p>	<p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p> <p><b>THE LOCAL</b> \$11</p>

## SOURCE FARMS

- FLORIDA FRESH MEAT COMPANY OCALA, FL
- COWART RANCH SUMTERVILLE, FL
- CYPRESS CREEK FARMS STARKE, FL
- SEASONS FARM FRESH MIAMI, FL
- SIGGY'S ORGANIC FARM & APIARY MIAMI, FL
- MIAMI SMOKERS LITTLE HAVANA, FL
- BEE MY HONEY APIARY MIAMI, FL
- CUSANO'S BAKERY HALLANDALE BEACH, FL
- LAURIE'S PANTRY MIAMI BEACH, FL
- TRINI MIKES MIAMI BEACH, FL
- J. WAKEFIELD BREWING L WYNWOOD, FL
- BISCAYNE BREWING CO. L DORAL, FL
- SPACER

## CHEF



Matthew Kuscher

# ECO PALM BEACH

FARM TO TABLE FOOD  
BOCA RATON, FLORIDA

farmer's  
table  
FARMERSTABLEBOCA.COM

farmer's  
table  
FARM TO TABLE FOOD  
Brunch  
breakfast  
sides  
kids  
starters  
vegetarian

**greens**  
...  
**flatbreads**  
...  
**handhelds**  
...  
**farmer's table favorites**  
...  
**vegetarian**  
...

farmer's  
table  
FARM TO TABLE FOOD  
dinner  
starters  
flatbreads  
supper  
farmer's table favorites  
vegetarian

**greens**  
...  
**flatbreads**  
...  
**supper**  
...  
**farmer's table favorites**  
...  
**vegetarian**  
...

SOURCE FARMS  
NOT SPECIFIED

CHEF



Joey Giannuzzi

# ECO PALM BEACH

## FARM TO TABLE FOOD

DELRAY BEACH, FLORIDA



Max's Harvest WEEKEND BRUNCH		Max's Harvest LUNCH		Max's Harvest DINNER	
<b>WEEKEND BRUNCH</b> 18000 Delray Beach Blvd. Delray Beach, FL 33484 954-278-1100		<b>LUNCH</b>		<b>DINNER</b>	
<b>SANDWICHES &amp; SOUP</b>	<b>BETWEEN THE BREAD...</b>	<b>SANDWICHES AND SOUP</b>	<b>BETWEEN THE BREAD...</b>	<b>SMALL PLATES</b>	<b>LARGE PLATES</b>
<p><b>SANDWICHES &amp; SOUP</b></p> <ul style="list-style-type: none"> <li>Roast Beef Sandwich with Swiss Cheese \$7</li> <li>Turkey Sandwich with Swiss Cheese \$7</li> <li>Ham Sandwich with Swiss Cheese \$7</li> <li>Chicken Sandwich with Swiss Cheese \$7</li> <li>Steak Sandwich with Swiss Cheese \$8</li> <li>Salmon Sandwich with Swiss Cheese \$8</li> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>	<p><b>BETWEEN THE BREAD...</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>	<p><b>SANDWICHES AND SOUP</b></p> <ul style="list-style-type: none"> <li>Roast Beef Sandwich with Swiss Cheese \$7</li> <li>Turkey Sandwich with Swiss Cheese \$7</li> <li>Ham Sandwich with Swiss Cheese \$7</li> <li>Chicken Sandwich with Swiss Cheese \$7</li> <li>Steak Sandwich with Swiss Cheese \$8</li> <li>Salmon Sandwich with Swiss Cheese \$8</li> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>	<p><b>BETWEEN THE BREAD...</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>	<p><b>SMALL PLATES</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>	<p><b>LARGE PLATES</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>
<b>FARM FARE</b>	<b>EGGING YOU ON</b>	<b>FARM FARE</b>	<b>FARM FARE</b>	<b>MEDIUM PLATES</b>	<b>SNACKS</b>
<p><b>FARM FARE</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>	<p><b>EGGING YOU ON</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>	<p><b>FARM FARE</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>	<p><b>FARM FARE</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>	<p><b>MEDIUM PLATES</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>	<p><b>SNACKS</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Sandwich \$7</li> <li>Grilled Turkey Sandwich \$7</li> <li>Grilled Pork Sandwich \$7</li> <li>Grilled Beef Sandwich \$7</li> <li>Grilled Lamb Sandwich \$8</li> </ul>
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				<b>SEERS - \$4 EACH</b>	
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### SOURCE FARMS

- FLORIDA FRESH MEAT COMPANY, OCALA, FL
- FARMER JAY ORGANICS, BOYNTON BEACH, FL
- FARMHOUSE TOMATOES, BOYNTON BEACH, FL
- JACKMAN RANCH, CLEWISTON, FL
- GROWING SYNERGY, ORLANDO, FL
- GREEN CAY FARMS, DELRAY BEACH, FL
- MOZZARITA CHEESE CO., POMPANO BEACH, FL
- BOUTIQUE FARMS INC, DEERFIELD BEACH, FL
- WE FORAGE, SOCA RATON, FL
- LOIC AUTRET BAKERY, DELRAY BEACH, FL

### EXECUTIVE CHEF ERIC BAKER



1. The farm to table movement is more widespread than we believed. Before this challenge, we struggled to find local and sustainable stores that offered quality foods for ordinary prices, but with this challenge we found that there are plenty of stores in our area.
2. Local and sustainable farms do exist in Florida, and if these stores can buy from them so can we. One of the farms on the list is near Isaac's house so his mother decided to contact them about their products. Seeing this information has already created major changes in our lives as we notice the flaws in our past habits. Sustainable and local farms not only help our local economy, but also prevent the need for overseas transportation and the use of chemicals to

keep foods fresh whereas products shipped from South America must maintain freshness during their travels.

3. FLOSN restaurants are so healthy. We checked out some of the reviews while researching the restaurants, and according to yelp, these places are amazing. If restaurants with FLOSN products keep costumers happy then the effects of the food must be felt. FLOSN food keeps us healthy and chemical free, and our environments thriving without the runoff from pesticides and fertilizers. It is a win-win situation.