

the kitchen in the office



PONTE VEDRA BEACH

SALADS & GRAIN BOWLS

Mediterranean Quinoa Bowl

Quinoa, roasted chickpeas, cucumbers, cherry tomatoes, kalamata olives, spinach, lemon-herb vinaigrette

Roasted Sweet Potato & Black Bean Salad

Roasted sweet potatoes, black beans, corn, red bell peppers, lime-cumin dressing

Brown Rice & Veggie Bowl

Steamed brown rice, sautéed broccoli, carrots, zucchini, choice of tofu or grilled chicken, sesame ginger sauce

HANDHELDS

Grilled Chicken Hummus Wrap

Grilled chicken breast (fully cooked), spinach, cucumbers, shredded carrots, hummus, whole wheat wrap

Roasted Veggie Wrap

Roasted eggplant, zucchini, bell peppers, arugula, nut-free pesto, flour tortilla

Turkey & Avocado Sandwich

Sliced turkey breast (fully cooked), avocado, lettuce, tomato, whole grain bread

SOUPS

Lentil & Vegetable Soup

Hearty lentils, carrots, celery, tomatoes, thyme (vegetarian)

Coconut Curry Chickpea Stew

Chickpeas, sweet potatoes, kale, coconut milk, turmeric, garlic (vegan)

GRAB & GO SNACKS

Fruit & Yogurt Parfait

Low-fat yogurt, mixed berries, granola (dairy-free version available)

Roasted Chickpea Snack Cups

Crispy seasoned chickpeas in individual containers

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PONTE VEDRA BEACH

by Chef Ellie Rose

JULY 28, 2025

MEETING OPTIONS

Miso Bowl

miso glazed chicken (or tofu), purple cabbage and broccoli slaw, cucumber, charred scallions, lemon-herb vinaigrette over quinoa or baby greens

Mediterranean Wrap

Spiced ground turkey, feta cheese, tzatziki, cucumber, tomato, onion, in a whole wheat wrap (gf/vegetarian options available)

Caprese Hero

Fresh mozzarella, heirloom tomatoes, prosciutto, basil, balsamic glaze, on an Italian roll (gf/vegetarian options available)

CHOICE OF SIDE

Fruit Cup

Mixed melon & mint, with a touch of lime

Greek Potato Salad

Red potatoes, dill, lemon, garlic, olive oil



ALLERGEN ALERT



GLUTEN FREE



DAIRY FREE



HIGH PROTEIN



VEGETARIAN



NO ANIMAL PRODUCTS

@chefellierose | @kitchenintheoffice



Chef Ellie Rose the kitchen

PONTE VEDRA BEACH

MON-THU | JULY 28-31

LUNCH OPTIONS \$16

Miso Bowl

miso glazed chicken (or tofu), purple cabbage and broccoli slaw, cucumber, charred scallions, lemon-herb vinaigrette over quinoa or baby greens

Mediterranean Wrap

Spiced ground turkey, feta cheese, tzatziki, cucumber, tomato, onion, in a whole wheat wrap (gf/vegetarian options available)

Caprese Hero

Fresh mozzarella, heirloom tomatoes, prosciutto, basil, balsamic glaze, on an Italian roll (gf/vegetarian options available)

CHOICE OF SIDE

Fruit Cup

Mixed melon & mint, with a touch of lime

Greek Potato Salad

Red potatoes, dill, lemon, garlic, olive oil

available MON-THUR | Ready for pick up at 12:30pm each day

EMAIL YOUR ORDER TO: ELLIE@OFFICEPVB.COM

PAYMENT: VENMO @CHEFELLIEROSE | ZELLE 904-377-5453



ALLERGEN ALERT



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Chef Ellie Rose

the kitchen

PONTE VEDRA BEACH

TUE-THU | AUG 5-7

LUNCH OPTIONS \$16

TUESDAY

Curry Chicken Salad

Mild curry-spiced roasted chicken salad, yogurt, dried cranberries, shaved fennel, celery, red onion

choice of: wrap/salad/ancient grain bowl

WEDNESDAY

Korean Glazed Pork Belly

Braised + seared pork belly glazed with gochujang, honey, soy, and rice vinegar
cabbage slaw with carrot, scallion, sesame, spicy mayo

choice of: sandwich/salad/rice bowl

THURSDAY

Southwestern Blackened Barramundi

Cajun spiced mild fish (similar to sea bass)
roasted corn, black beans, grilled peppers & onions
avocado lime crema, crispy tortilla strips, cotija cheese

choice of: wrap/salad/rice bowl

SALADS | BOWLS =



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TUE-FRI | AUG 12-15

LUNCH OPTIONS \$16

TUESDAY

Smoked Turkey & Peach Chutney

brie, mixed greens, pickled red onion,
chickpeas, whole grain mustard vinaigrette
choice of: wrap/salad/ancient grain bowl

WEDNESDAY

Roast Beef Banh Mi

pickled carrot + daikon, cilantro, cucumber,
hoisin vinaigrette, spicy mayo
choice of: baguette/salad/sticky rice bowl

THURSDAY

Lemon-Herb Chicken Caprese

tomato, basil pesto dressing, fresh mozzarella
cheese, balsamic glaze, arugula
choice of: ciabatta/salad/wild rice bowl

FRIDAY

YOUR CHOICE!

choose from any of the above meal options

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PONTE VEDRA BEACH

55 A SOLANA OPEN HOUSE | JULY 11. 2025

HORS D'OEUVRES

Watermelon & Feta

mint syrup, toasted pistachios, chili lime dust

Chicken

spiced with za'atar, yogurt tahini drizzle

Ahi Tuna

cucumber, wasabi aioli, honey ponzu

Pound Cake

local blueberries, lemon zest



website inquiries

Chef Ellie Rose

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Ellie Schultze

@chefellierose



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