



Chef Ellie Rose

the kitchen

PONTE VEDRA BEACH

LUNCH MENU

JANUARY | Tuesdays-Fridays

TUESDAY

Curry Chicken Salad

lightly curry-spiced roasted chicken salad, yogurt,
dried cranberries, shaved fennel, celery,
red onion, toasted walnuts, tarragon

choice of: wrap/greens/ancient grain bowl

OR

TUESDAY

Seared Ahi Tuna

sushi grade tuna, edamame, asparagus, jalapeno,
avocado, mango, sweet chili aioli, honey ponzu

choice of: over greens/rice bowl

WEDNESDAY

Classic Crave Mix

grass fed ground beef, goat cheese, pickled onion,
pineapple, cucumber, bell peppers, cilantro,
cabbage, nutritional yeast dressing

choice of: wrap/salad/brown rice bowl

OR

WEDNESDAY

Pesto Salmon

basil pesto, broiled Norwegian salmon,
marinated chickpeas, roasted zucchini, tomato,
olives, crumbled feta, lemon-oregano vinaigrette

choice of: wrap/over greens/orzo bowl

THURSDAY

Harvest Turkey

fresh roasted turkey breast, shredded kale, roasted
root veggies, dried apricots, candied pecans,
pomegranate honey mustard

choice of: wrap/salad/quinoa bowl

OR

THURSDAY

Southwestern Blackened Mahi

Cajun spiced fish (similar to sea bass)
black beans, grilled peppers & onions
avocado, cotija cheese, lime vinaigrette

choice of: wrap/salad/cilantro rice bowl

FRIDAY

Buffalo Grilled Chicken

organic chicken tossed in a mild buffalo sauce,
cherry tomatoes, romaine lettuce, garlic croutons,
bleu cheese crumbles, herb buttermilk ranch

choice of: sandwich/over salad

OR

FRIDAY

Peanut Shrimp

sauteed local jumbo prawns, cabbage, pickled
carrot & daikon, roasted peanuts, avocado, scallion,
creamy peanut-lime sauce

choice of: over greens/rice noodle bowl

DOUBLE PROTEIN AVAILABLE +\$6

protein substitutions = tofu (vegetarian) or plain grilled chicken breast

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