



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

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

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

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

OR

OR

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

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

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

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

www.kitchenintheoffice.com
chefellie@kitchenintheoffice.com 904-377-5453