



DIETITIANS INSPIRED WELLNESS KITCHEN

Become the healthiest, happiest YOU by focusing on food that nourishes your body & soul.

FAMILY DINNER

All family dinner served with your choice of 1 healthy side - Quinoa Tabbouleh, Balela (Chickpea Salad), House Salad, Mediterranean Pasta Salad and Greek Potatoes. Pricing shows per person (/pp). Minimum order of 2 persons.

Grain Bowl: Pico de Gallo, Corn Salsa, Black Beans, Cilantro, Salsa Verde, Sour Cream, Avocado and Wild blend Brown Rice with your choice of protein.

#1- Sustainable Salmon (\$14/pp) #2- Open Water Blue Cobia (\$14/pp)

#3- Gulf Shrimp (\$14/pp) #4- Natural Chicken (\$12/pp) #5- Ribeye Steak (\$15/pp)

Veggies and Rice: Fire roasted seasonal vegetables, Wild Blend Brown Rice with Chimichurri Sauce.

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Salad: Mixed Greens, Seasonal Veggies, Avocado, Avocado Vinaigrette or Balsamic Vinaigrette.

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BREAKFAST SNACKS:

Add to any meal for the next morning!

Greek Yogurt Parfait: Unsweetened Greek Yogurt, House Made toasted granola, Fresh fruit & Honey (\$5/pp)

Baked Goods: A mixed assortment of seasonal scones, muffins and bagels with 3 choices of cream cheese (Salmon Cream cheese, Plain Cream Cheese, Herb Cream Cheese) (\$5/pp)

Cold Brew: 32 oz Growler of Nitrogen coffee... \$18

Croissant basket: An assortment of freshly baked jumbo butter croissants or pain de chocolate. (\$5/pp)

Cheese platter with fruit: Chef selection of farm cheeses with seasonal fruit... \$20

Granola: Granola made with Whole steel-cut Oats, Cinnamon, Coconut Oil, Slivered Almonds & Honey... \$8

Whole Bean Coffee Retail Bag: Intelligentsia selection of coffee... \$16

Seasonal menu made from scratch. Sustainable, clean and whole foods conveniently packaged for you by
Southern Grounds Wellness Kitchen guided by Dietitians of Palm Valley.



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CHEF FAVORITES:

Pricing shows per person (/pp). Choose a healthy side if you want a la carte.

SPECIALTIES	<p>Sustainable Verlasso Salmon Grain Bowls: Grilled sustainable salmon with brown & wild rice, black beans, corn salsa, salsa verde, pico de gallo, haas avocados and sour cream (\$14/pp)</p> <p>Korean Steak Bowl: Seared ribeye, sesame cucumber slaw, jasmine rice, cilantro, sesame seeds, green onion and spicy gochujang dressing. (\$14/pp)</p> <p>Coconut Cobia Red Curry Bowl: Open blue cobia, snap peas, julienne carrots, ginger, garlic, lemon grass, cilantro over jasmine rice (\$15/pp)</p>
TACOS	<p>Sustainable Verlasso Salmon tacos: Blackened sustainable salmon, thin cut cabbage, house made chimichurri, jalapenos and diced red onion (\$14/pp)</p> <p>Roasted Veggie Taco: Roasted sweet potato, black beans, corn salsa, avocado, pepita Queso, pickled red onion, avocado vinaigrette, and cilantro (\$12/pp)</p> <p>Marinated Steak Tacos: Ribeye steak, crispy Gaucho potatoes, house made chimichurri, red onions, topped with creme fraiche (\$15/pp)</p> <p>Monterrey Tacos: Grilled open blue cobia, homemade guacamole, corn salsa with roasted peppers, pico de gallo, red onion and cilantro (\$14/pp)</p> <p>Korean Kimchi Fish Tacos: Grilled open blue cobia, kimchi, daikon carrots and cilantro (\$14/pp)</p>
SOUP & SALAD	<p>Butternut Thai Squash soup: Butternut squash, coconut basmati rice, ginger, galangal, lemon grass, and thai chilis (\$6/pp)</p> <p>Salmon Salad: Grilled salmon with avocado vinaigrette, artisan lettuce, farm radishes, vine ripe tomatoes, avocados, lime and ground ginger (\$14/pp)</p> <p>1930's Cobb Salad: Chopped Salad Greens, tomatoes, bacon, hardboiled egg, avocado, point reyes blue cheese crumbles and avocado vinaigrette (\$12/pp)</p>
HEALTHY SIDES	<p><i>a la carte order Includes a pint of side (\$10)</i></p> <p>Quinoa Tabbouleh: Quinoa, lemon, EVOO, tomato, cucumber, parsley, mint & pepper</p> <p>Mediterranean Pasta Salad: Tomatoes, cucumber, olives, feta, parsley, oregano & greek-yogurt vinaigrette.</p> <p>Balela: Chick peas, olives, heirloom tomatoes, jalapeno, onion, lemon sumac vinaigrette</p> <p>House Salad: Mixed artisan greens, garden vegetables, tomatoes</p> <p>Caprese Salad: Tomatoes, basil, buffalo mozzarella, EVOO, sea salt and balsamic vinegar</p> <p>Hummus & Vegetables: Dip made from chickpeas, garlic, tahini, lemon juice, and cumin</p>

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