

# ENTRÉES

SERVED WITH YOUR CHOICE OF ANY TWO SIDES

## GRILLED CHICKEN BREAST 14

Sliced herb-grilled chicken breast with rosemary-lemon jus

## GRILLED STEAK\* (6 OZ PRE-COOKED) 17

Sliced herb-grilled steak with red wine jus

## GRILLED ATLANTIC SALMON\* 18

Grilled herb-brushed Atlantic salmon with Tzatziki sauce

## GRILLED SHRIMP 16

Lemongrass grilled shrimp with carrot ginger sauce

## ROASTED PORK 15

Roasted pork with mojo mustard sauce

## GRILLED TEMPEH 16

Herb-grilled tempeh with golden beet tahini

## MARKET TRIO 14

Your choice of three sides, served with Strecci bread

# SALADS

## OVLO CAESAR 13

**Thinly sliced, herb-grilled chicken breast**, romaine hearts, garlic croutons, roasted tomatoes, marinated olives & freshly grated Grana Padano cheese, served with Greek yogurt Caesar dressing

## ASIAN GREENS

Mixed greens, Napa cabbage & crunchy vegetable slaw with fennel, cucumbers, carrots, radish & cilantro, topped with toasted sesame seeds & oranges, served with carrot ginger dressing

## Lemongrass grilled shrimp 17

## Herb-grilled Atlantic salmon\* 19

## CHOPPED VEGETABLE

Grape tomatoes, cucumbers, shaved fennel, corn, edamame, radish, mixed greens, mixed olives, pepperoncini, chickpeas, red onion & French feta cheese, served with red wine vinaigrette

## Thinly sliced, herb-grilled chicken breast 15

## Herb-grilled Atlantic salmon\* 19

## FARRO, WATERMELON & FETA 14

**Thinly sliced, herb-grilled chicken breast**, farro, red quinoa, watermelon, baby arugula, shaved fennel, cucumbers, radish, & French feta cheese, served with oregano vinaigrette

## GOLDEN BEETS & BABY ARUGULA 17

**Thinly sliced, herb-grilled steak\***, Point Reyes blue cheese crumbles, arugula, roasted golden beets with shaved fennel, seasonal apples & toasted walnuts, served with white balsamic vinaigrette

## SEASONAL GREENS 13

**Thinly sliced, herb-grilled chicken breast**, mixed greens, tomatoes, cucumbers & pickled red onions, served with white balsamic vinaigrette

# The Ovlo Bowl

**Choice of protein**, seasoned brown rice, edamame beans, house-made kimchee, pickled cucumber, pickled red onions, carrots, radishes, fresh cilantro & toasted sesame seeds, served with a side of caramelized pineapple teriyaki, carrot ginger dressing

## Herb-grilled chicken breast 15

## Roasted Pork 16

## Herb-grilled Atlantic salmon\* 19

## Lemongrass grilled shrimp 17

## Herb-grilled steak\* 18

## Herb-grilled tempeh 17

# SANDWICHES

SERVED WITH YOUR CHOICE OF ANY ONE SIDE

SERVED ON LIGHTLY-TOASTED, ARTISAN STRECCI BREAD OR MULTIGRAIN BREAD

## BLACK BEAN HUMMUS

Black bean hummus, heirloom tomatoes, alfalfa sprouts, cucumbers & Greek yogurt aioli, served on Multigrain bread

## Thinly sliced, herb-grilled chicken breast 13

## Herb-grilled tempeh (with golden beet tahini) 16

## CHICKEN PESTO PANINI 14

**Thinly sliced, basil pesto-marinated chicken breast**, sun-dried tomatoes, fresh mozzarella & baby arugula, pressed hot on Strecci bread

## OVLO BANH MI

Lemongrass-roasted carrots, pickled cucumbers, cilantro, kimchee mustard & eel sauce, served on Strecci bread

## Roasted Pork 15

## Thinly sliced, herb-grilled chicken breast 14

## Thinly sliced, herb-grilled steak\* 16

## Lemongrass grilled shrimp 16

## Herb-grilled tempeh 16

## STEAK & BLUE CHEESE 16

**Thinly sliced, herb-grilled steak\***, Point Reyes blue cheese, red onion jam, heirloom tomatoes, baby arugula & toasted garlic aioli, served on Strecci bread

## SIMPLY GRILLED

Heirloom tomatoes, Bibb lettuce, alfalfa sprouts & yogurt aioli, served on Strecci bread

## Thinly sliced, herb-grilled chicken breast 13

## Thinly sliced, herb-grilled steak\* 16

## Herb-grilled tempeh (with golden beet tahini) 16



WE CAN CHANGE ANY PROTEIN

Chicken 2 | Steak 5 | Shrimp 5 | Tempeh 5 | Salmon 7

CURBSIDE • TO-GO • BOXED LUNCH CATERING • DELIVERY

## SIDES

4.50

### NOT FRENCH FRIES...

Fingerling potatoes treated like tostones & fried crispy

### CRISPY BRUSSELS SPROUTS

Black pepper agave & parmesan cheese

### LEMONGRASS ROASTED CARROTS

Cardamom-spiced crispy rice & cilantro

### CURRIED LENTILS

Red Chief lentil stew with curry spices & yogurt

### BROWN RICE & QUINOA

Brown Basmati rice, red quinoa & roasted vegetables

### MASHED POTATOES

No butter...

### VEGETABLE MINISTRONE

Seasonal vegetables, chickpeas & tomatoes

### SEASONAL MIXED GREENS

### OVLO CAESAR

### FARRO, WATERMELON & FETA

### GOLDEN BEETS, BABY ARUGULA, WALNUTS & BLUE CHEESE

### CHOPPED VEGETABLE SALAD

### ASIAN VEGETABLE SLAW

Carrots, fennel, cucumbers & radishes

## KIDS AGES 12 AND UNDER

SERVED WITH YOUR CHOICE OF SIDE & JUICE BOX

### KIDS PLATES

Grilled chicken breast or steak\* 8

Grilled Atlantic salmon\* 10

### KIDS SANDWICHES

½ SIMPLY GRILLED 8

Heirloom tomatoes, Bibb lettuce & Greek yogurt aioli, served on Strecci bread

Thinly sliced, herb-grilled chicken breast or steak\*

GRILLED CHEESE 5

Served on Multigrain bread

WE ARE HAPPY TO ACCOMODATE MOST DIETARY RESTRICTIONS AND ALLERGIES

**V** VEGAN   **VG** VEGETARIAN   **GF** GLUTEN-FREE

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

## DESSERT

### HOMEMADE CHOCOLATE CHIP COOKIE

ABSOLUTELY DELICIOUS...SHARING IS OPTIONAL!

Single Cookie

3.50

Buy 6 cookies & get the ONE free

21

Buy 12 cookies & get the TWO free

42

## BEVERAGES

CRAFT BEER - BOTTLES & CANS 5

WINE - 375mL 9

Red

Rosé

BOTTLED WATER 2

SAN PELLEGRINO 2.50

FLAVORED LA CROIX 2

Kiwi Watermelon

Cherry Lime

COCA-COLA PRODUCTS 2.50

Coke

Diet Coke

PURE LEAF BLACK TEA 2.50

Unsweetened Brewed Tea

# OVLO EATS

OvloEats.com

954 . 302 . 3750

Open daily for lunch & dinner

7626 Peters Road Plantation FL

Info@OvloEats.com

CURBSIDE • TO-GO • BOXED LUNCH CATERING • DELIVERY