

JANUARY HIGHLIGHTS



ALL
MONTH
LONG

EVERY FRIDAY IN JANUARY

1/16 – Wing bar with new sauces. bone-in and boneless options at the Entrée Station.

1/23 – Pork belly tater tot bowl at the Flame Grill

1/30 – Baked spud bar with all the potato fixings at the Entrée Station

GEAR UP FOR
**GAME
DAY**



RESOLUTION RESET CHEF'S TABLE

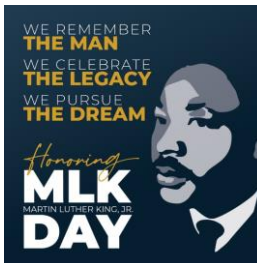
Chef Eric in partnership with Emily from the Total Life fitness center will be preparing a mediterranean quinoa bowl with either citrus tofu or grilled salmon as protein options.

WED
14

MON
19

CLOSED IN HONOR OF MLK DAY

Reflecting on his major contributions the American legacy such as the Civil Rights Act of 1964 and the Voting Rights Act of 1965, championing equality and voting rights in the United States for black Americans. As well as his messages of unity.



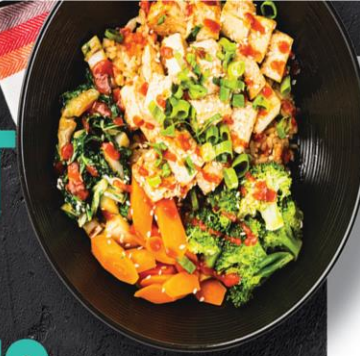
NATIONAL
SEAFOOD
DAY

CELEBRATE NATIONAL SEAFOOD DAY

Enjoy shrimp & grits, chicken fried steak and house-made biscuits at the Entrée Station

THUR
22

RESET
YOUR
HABITS
AND
EAT
FIT.



Featuring all the best meals **FIT** has to offer!

EVERY WEDNESDAY @
THE FLAME GRILL

1/14

chicken, poblano and avocado on
whole wheat sandwich thin

1/21

grilled salmon with horseradish kale
slaw on whole wheat bun

1/28

chicken and veggie fried rice bowl

BETTER
GROUPS/INDIVIDUAL
CHOICES

FOOD *with*
PURPOSE

FOLLOW US ON 
@allianzeats