

620 TOWER

MKT CAFÉ & BARISTA BAR

MONDAY - FRIDAY
7 AM - 4 PM
WEEK OF JANUARY 27

BREAKFAST	SANDWICH		PIZZA	620 SPECIALTY PIZZA	\$7.00
	bacon, egg & smoked cheddar	\$4.70		cheeseburger pizza	
	sausage, egg & smoked cheddar	\$4.70		PEPPERONI	\$6.00
	southern crispy chicken	\$4.80		CLASSIC CHEESE	\$5.00
	WRAP & BURRITO				
	vegetarian breakfast wrap	\$4.55			
	bacon, egg & potato burrito	\$5.60			
	HOT OATS		SOUPS	SOUP	\$4.00
	steel cut oats or grits	\$3.00		MON: clam chowder	
	WEEKLY OMELET (WED)	\$8.00		TUE: chicken tortilla	
	create your own omelet with assorted fillings			WED: loaded baked potato	
		\$0.63		THU: beef chili	
	HOT BAR (MON-TUE / THU-FRI)	per oz	FRI: tomato basil		
	scrambled eggs, pork sausage, turkey sausage, breakfast potatoes, biscuits and gravy				
	WEEKLY DEAL	\$5.00	LUNCH TABLE	MON: PICCOLA ITALIA	\$9.00
	two bacon, egg and cheese tacos with breakfast potatoes and small coffee			meatball parmesan	
				eggplant parmesan	
				chicken parmesan	
				garlic bread	
					\$0.63 per oz
				TUE: LITTLE LIME	
				nacho bar	
				WED: LUNAR NEW YEAR	\$9.99
				general tso's chicken	
			peking beef		
			vegetable lo mein		
			fried rice		
			eggroll	\$0.63 per oz	
			THU: GAME ON		
			wing bar		
			assorted sauces		
			FRI: KITCHEN & CO.	\$0.63 per oz	
			pot roast		
			mashed potatoes		
			green beans		
			carrots		
			GRAB & GO SELECTIONS ARE AVAILABLE 24/7.		
SANDWICHES	FIT HUMMUS, CUCUMBER, TOMATO (V)	\$6.50			
	on whole wheat wrap				
	FIT CLASSIC SHRIMP SALAD	\$7.50			
	on a sub roll				
	BEEF BRISKET CHEESESTEAK	\$11.00			
	on baguette				
	WEEKLY DEAL: chicken cordon bleu, house	\$5.00			
	chips, canned beverage				
SALADS	FIT MARINATED TOFU WINTER FARM SALAD (V)	\$8.00			
	apple cinnamon vinaigrette				
	FIT GRILLED CHICKEN WINTER FARM SALAD	\$8.50			
	apple cinnamon vinaigrette				
	ROASTED SHRIMP SPINACH SALAD	\$8.00			
	strawberries, red wine vinaigrette				

WEEK A | WINTER LUNCH MENU

ARTISAN SANDWICHES

PRICE CAL

includes chips + 12oz or 16oz water or soda

FIT TURKEY CAESAR ON WHOLE WHEAT BUN	\$7.00	270
GARDEN VEGGIE SPINACH AND HERB WRAP (V)	\$6.50	610
BEEF BRISKET CHEESESTEAK ON BAGUETTE	\$11.00	860

FRESH MADE SALADS

PRICE CAL

includes chips + 12oz or 16oz water or soda

FIT MARINATED TOFU WINTER FARM SALAD & APPLE CINNAMON VINAIGRETTE (V)	\$8.00	170
FIT GRILLED CHICKEN WINTER FARM SALAD & APPLE CINNAMON VINAIGRETTE	\$8.50	380
ROASTED SHRIMP SPINACH QUINOA STRAWBERRY SALAD & RED WINE VINAIGRETTE	\$8.00	530

WEEK B | WINTER LUNCH MENU

ARTISAN SANDWICHES

PRICE CAL

includes chips + 12oz or 16oz water or soda

FIT HUMMUS, CUCUMBER AND TOMATO ON WHOLE WHEAT WRAP (V)	\$6.50	230
FIT CLASSIC SHRIMP SALAD ON A SUB ROLL	\$7.50	360
PROSCIUTTO AND HAM STUFFED ITALIAN GRILLED CHEESE ON SOURDOUGH	\$7.50	700

FRESH MADE SALADS

PRICE CAL

includes chips + 12oz or 16oz water or soda

FIT THAI RICE NOODLE SALAD WITH TOFU, PEANUTS, SPICY SOY DRESSING (V)	\$8.00	220
FIT ROASTED TURKEY BLUEBERRY CORN WHEATBERRY & ORANGE TARRAGON VINAIGRETTE	\$8.50	380
FIT GRILLED SALMON BLUEBERRY CORN WHEATBERRY & ORANGE TARRAGON VINAIGRETTE	\$9.00	400

WEEK C | WINTER LUNCH MENU

ARTISAN SANDWICHES

PRICE CAL

includes chips + 12oz or 16oz water or soda

FIT MEDITERRANEAN TUNA SALAD ON WHOLE WHEAT WRAP	\$7.00	230
FIT CORNED BEEF RUEBEN WITH SWISS ON RYE	\$8.00	560
ROASTED PORTOBELLO & TOMATO WITH MAPLE BACON TRUFFLE MAYO ON BRIOCHE	\$7.50	670

FRESH MADE SALADS

PRICE CAL

includes chips + 12oz or 16oz water or soda

FIT GRILLED TOFU, HONEY SESAME WONTONS, SWEET & SPICY SOY CHILI DRESSING (V)	\$7.00	360
FIT GRILLED CHICKEN, HONEY SESAME WONTONS, SWEET & SPICY SOY CHILI DRESSING	\$7.00	200
CHOPPED TURKEY COBB SALAD WITH RANCH DRESSING	\$6.00	410