EAT. DRINK. SOCIALIZE.

TOWER MARKETPLACE

Monday - Friday Breakfast: 7:00 am - 10:00 am

Lunch: 11:00 am - 1:00 pm

WEEK OF APRIL 22



RISE & SHINE

WEEKLY BREAKFAST SPECIALS

includes choice of side

turkey cheese turmeric cauliflower rice scramble

6.50

power up breakfast burrito

6.50

EARTH DAY CHEF'S TABLE: CHICKEN PAD THAI

10.00

chicken, pad thai sauce, green beans with rice noodles

STOP FOOD WASTE DAY: EARTH BOWLS

choice of FIT curry lentil guinoa mushroom patty (V), FIT herb grilled chicken, or FIT cajun blackened shrimp served with rainbow carrot and asparagus hash, chickpeas, falafel, grilled pineapple, almonds and asparagus stem pesto

EARTH WEEK CHEF'S TABLE: VEGGIE CARVING STATION

10.00

choice of charcoal roasted carrots ember roasted cabbage red and green herb smoked delicata squash mushroom shawarma

EARTH WEEK CHEF'S TABLE: DRY RUBBED SALMON

9.00

dry rubbed salmon or oregano sumac roasted chicken with fattoush salad

FOODWORKS: KABOBSKE

12.00

wrap, rice bowl, or salad with choice of gyro, chicken shawarma, falafel

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STREET EATS: WINGS

10.00

choice of buffalo, carolina gold, rotisserie rubbed or kansas city bbg chicken wings served with carrot and celery sticks, bakers chips, and choice of dressing





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WEEKLY FEATURES

AVAILABLE ALL WEEK FLAME GRILL SPECIALS

includes choice of side

sweet & spicy ground turkey lettuce cups 8.40 grilled salmon sandwich with kale apple horseradish slaw 8.95

BUTCHER AND BAKER SPECIALS

includes choice of side

turkey club with asparagus stem pesto 9.00 chickpea salad on multigrain 8.00

SWAP YOUR SIDE

bbq roasted potato wedges

SOUPS

MONDAY

FIT southwest vegetable (VG)

beef chili

TUESDAY

parmesan kale and italian sausage beef chili

WEDNESDAY

FIT southwest vegetable (VG)

beef chili **THURSDAY**

FIT vegetable beef barley beef chili

FRIDAY

clam chowder

beef chili