

EAT. DRINK. SOCIALIZE.

CENTRAL

Monday - Friday

Breakfast: 07:00 am - 9:30 am

Lunch: 11:00 am - 1:00 pm

WEEK OF JANUARY 12TH



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

MONTE CRISTO BREAKFAST BISCUIT SANDWICH

sweet battered buttermilk biscuit, ham, provolone cheese, fried egg, and strawberry jam

FIT CITRUS BREAKFAST BOWL (V)

cilantro lime brown rice, spicy black beans, cage-free fried egg, chopped cilantro, and citrus tomato salsa

'ALL IN' MEAL DEAL

sausage breakfast burrito supreme with tater tots and ocean spray juice

MON

PICCOLA ITALIA: CHEESE CALZONE

pizza dough stuffed with ricotta, asiago and mozzarella cheese blend topped italian seasoning

SOUP: clam chowder

TUES

PICCOLA ITALIA: BAKED PENNE BOLOGNESE

individually baked penne pasta casserole tossed with ground pork and beef bolognese topped with mozzarella and parmesan cheese

ISLAND EATS GRAZE: sweet plantains, island rice and beans, island curry chicken

SOUP: thai red curry and lentils

WED

PICCOLA ITALIA: TUSCAN KALE CEASAR SALAD

fresh kale topped with oven dried tomatoes, focaccia croutons, and a housemade caesar dressing

ISLAND EATS GRAZE: island curry cauliflower, island curry beef, island rice and bean

SOUP: chicken and dumpling

THURS

PICCOLA ITALIA: PEPPERONI CALZONE

pizza dough stuffed with pepperoni, ricotta, asiago, and mozzarella cheese blend topped italian seasoning blend

ISLAND EATS GRAZE: coconut jasmine rice, island style greens, spicy jerk pork

SOUP: broccoli cheddar

FRI

PICCOLA ITALIA: GNOCCHI WITH SAUSAGE AND FENNEL

gnocchi with italian sausage, fennel, and parmesan cheese

SOUP: poblano white cheddar

CONNECT
WITH US



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denotes registered dietitian pick

GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

ULTIMATE TUNA MELT

fad-free tuna salad with cheddar cheese and garlic aioli on toasted sourdough bread

SPICY AVOCADO BEAN BURGER (V)

black bean burger topped with sliced avocado, chipotle aioli, lettuce, onion and tomato on a whole wheat bun

SWAP YOUR SIDE

FIT mezze spiced roasted winter vegetables (VG)

MEAL DEAL

choice of cheeseburger, signature garden burger, or signature grilled chicken sandwich
Includes whole fruit, vegetable crudité, or bagged chips and 20oz water or soda

FEATURED HOUSE DRESSING

BBQ RANCH DRESSING (V)

PEAR CHAMPAGNE VINAIGRETTE (VG)

DELI FEATURES

AVAILABLE ALL WEEK

includes choice of side

ROAST BEEF AND PORTOBELLO

roast beef, portobello mushroom, cheddar cheese, and horseradish mayonnaise on a baguette

FIT CHICKPEA SALAD SANDWICH (V)

chickpea salad, tomatoes, and arugula on multigrain bread

SWAP YOUR SIDE

FIT farro couscous with brussels & cranberry (VG)

MEAL DEAL

turkey pesto mayo wrap
includes whole fruit, vegetable crudité, or bagged chips and 20oz water or soda