EAT. DRINK. SOCIALIZE.

CENTRAL MARKETPLACE

Monday – Friday
Breakfast: 7:00 am – 9:30 am
Lunch: 11:00 am – 1:30 pm

WEEK OF MARCH 9

WEEKLY BREAKFAST FEATURES

AVAILABLE ALL WEEK
includes choice of side

THE ELVIS WAFFLE
sweet belgian waffle with creamy peanut butter, fresh bananas, bacon, and honey

FIT BREAKFAST ENCHILADAS WITH AVOCADO TOMATILLO SALSA (V)
two egg and pepper stuffed corn tortillas topped with avocado tomatillo salsa and cheese

MON

GRAZE: pesto chicken thighs, roasted vegetables, wild rice

SOUP: cuban black bean

TUES

LITTLE LIME GRAZE: red rice, chicken tinga, black beans

SOUP: broccoli cheddar

WED

LITTLE LIME GRAZE: red rice, ground beef, black beans, fajita corn and zucchini

SOUP: vegetable beef barley

THURS

LITTLE LIME GRAZE: : red rice, pork carnitas, black beans, pico

SOUP: chicken noodle

FRI

FLAME: CHICKEN TENDER COMBO

SOUP: tomato basil

FLAME

AVAILABLE ALL WEEK
includes choice of side

ULTIMATE TUNA MELT ON SOURDOUGH
fad-free tuna salad with cheddar cheese and garlic aioli on toasted sourdough bread

FIT CARIBBEAN GRILLED CHICKEN
grilled chicken with a pineapple, tomato, jalapeno, onion, and ginger salsa on brioche

SWAP YOUR SIDE
FIT sriracha dill potato salad (**V**)

BUTCHER & BAKER

AVAILABLE ALL WEEK
includes choice of side

HAM AVOCADO HAVARTI SANDWICH
black forest ham, havarti, sliced avocado, roasted garlic aioli, andbbq plum tomatoes on a telera roll

JERK CHICKPEA SALAD WRAP (V)
smashed chickpeas, pineapple, raisins, and shredded carrots in a jerk seasoned mayo with lettuce and tomatoes in a wrap

SWAP YOUR SIDE
FIT cucumber kale parsley grain salad (**VG**)

PICCOLA ITALIA

AVAILABLE ALL WEEK

BROCCOLI CHEDDAR CALZONES

SAUSAGE AND PEPPERS
penne pasta with marinara topped with mild italian sausage, peppers and onions

DEROIT STYLE PEPPERONI

BAKED PENNE BOLOGNESE
Individually baked penne pasta casserole tossed with ground pork and beef bolognese topped with mozzarella and parmesan cheese

CONNECT WITH US

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denotes registered dietitian pick