

# EAT. DRINK. SOCIALIZE.

## CENTRAL CAFE

Monday - Friday  
Breakfast: 7:00 am - 9:30 am  
Lunch: 11:00 am - 1:00 pm  
**WEEK OF APRIL 7**



### WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

#### MEATLOVERS BURRITO

scrambled eggs, hash browns, bacon, sausage ham, cheddar cheese, tortilla

6.50

#### FIT BLUEBERRY OATMEAL PANCAKES (V)

house made oatmeal pancakes, blueberries, honey

5.50

MON

#### CHEFS TABLE: BEER BATTERED COD SANDWICH

beer battered cod sandwich served with dill aioli, shredded lettuce, and truffled potatoes

10.95

SOUP: southwest tortilla

3.75

TUES

#### CHEFS TABLE: ROJA CHICKEN TACOS

three corn tortillas with roja chicken, shaved romaine, red onion, cotija cheese and avocado, aji verde served with latin rice. add churros for \$2.95

10.45

GRAZE: chicken & andouille gumbo, cornbread muffin, creamy mac n' cheese, butter bean succotash

.51/oz

SOUP: vegetable pozole

3.75

WED

#### CHEFS TABLE: BEEF ROULADEN WITH HERBED SPAETZLE

beef flank steak pounded out, rolled and stuffed with spinach and caramelized onions served with herbed spaetzle and braised red cabbage

11.45

GRAZE: buttermilk fried chicken, vegetable gumbo with beyond sausage, dirty rice, collard greens

.51/oz

SOUP: broccoli cheddar

3.75

THURS

#### CHEFS TABLE SINGAPORE CHICKEN

poached chicken thigh with garlic, fried rice, sugar snap peas, mango and sweet chili reduction

9.45

GRAZE: cornmeal fried white fish, voodoo sauce, shrimp etouffee, fried okra, red beans and sausage

.51/oz

SOUP: tomato basil bisque

3.75

FRI

#### FISH MARKET: FIT GRILLED COD

FIT grilled lemon herb cod on a bed of black barley, roasted sweet potatoes, celery, red onion, pecans tossed in honey mustard dressing

12.00

SOUP: garden vegetable

3.75

### GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

#### WHITE CHEDDAR MAC GRILLED CHEESE (V)

white cheddar macaroni and cheese and cheddar grilled cheese texas toast

8.40

#### ULTIMATE TUNA MELT

tuna salad, cheddar cheese, garlic aioli, sourdough

8.40

#### BLACK BEAN QUESADILLA (V)

tortilla stuffed with fresh baby spinach, tomatoes, black beans, and pepperjack cheese

8.40

SWAP YOUR SIDE

FIT BLT pasta salad

**\$6 'ALL IN' MEAL DEAL**

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

SOMETHING  
**DELICIOUS**  
AWAITS YOU

### DELI FEATURES

AVAILABLE ALL WEEK

includes choice of side

#### TURKEY AND SWISS SUB

turkey, swiss cheese, fresh lettuce and tomato on a house baked sub roll

8.50

#### BUFFALO CHICKEN SUB

crispy buffalo chicken, blue cheese crumbles and hot sauce on house baked sub roll

8.50

#### ASPARAGUS FONTINA MELT (V)

asparagus, red peppers, fontina, kalamata olive butter, focaccia

8.00

SWAP YOUR SIDE

FIT BLT pasta salad

**\$6 'ALL IN' MEAL DEAL**

choice of garden hummus wrap, honey dijon ham sandwich, or turkey pesto mayo wrap includes whole fruit, vegetable crudité, or bagged chips and 20oz water or soda

CONNECT  
WITH US

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denotes registered dietitian pick