

EAT. DRINK. SOCIALIZE.

CENTRAL CAFE

Monday - Friday
Breakfast: 07:00 am - 9:30 pm
Lunch: 11:00 am - 1:00 pm

WEEK OF MAY 6



RISE & SHINE

WEEKLY BREAKFAST SPECIALS

includes choice of side

FIT italian sausage spinach mushroom omelet	6.50
blueberry buttermilk pancakes (V)	6.00

MON

MAC & CHEESYLOGY: CRISPY BUFFALO CHICKEN OR STEAKHOUSE MAC 8.40/8.95

white cheddar mac and cheese topped with choice of crispy buffalo chicken, blue cheese, and panko crunch or topped with shaved steak, spinach, and apples

SOUPS: vegetarian minestrone (V) | house made chili

TUES

FIESTA DE MAYO: QUESABIRRIA TACOS 11.00/12.00

crispy corn tortillas filled with choice of birria-style beef or birria-style brisket, melted jack cheese, cilantro, lime, and onions with a dipping broth, taqueria style cabbage salad, and tomato and avocado pico de gallo

SOUPS: broccoli cheddar | house made chili

WED

MEZZE: BAKED FALAFEL OR CHICKEN SOUVLAKI 8.40/8.95

choice of FIT baked falafel (VG) or FIT chicken souvlaki served with spiced jasmine rice, mezze spring roasted vegetables, mezze spiced garbanzo beans, artichoke hearts, and topped with mint & parsley pesto with sunflower seeds

SUSHI: pricing varies

SOUPS: ale and onion (V) | house made chili

THURS

APAH MONTH: FILIPINO CHICKEN OR PORK 8.40

served with garlic fried rice, achara and spicy vinegar dip

SOUPS: FIT pureed root vegetable (VG) | house made chili

FRI

COOL CHIX: CHICKEN 11.00

hand breaded dill pickle brined bites served with sweet smoke potato wedges and whole grain biscuit

SOUPS: clam chowder | house made chili

CONNECT
WITH US

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WEEKLY FEATURES

AVAILABLE ALL WEEK FLAME GRILL SPECIALS

includes choice of side

quesadilla take over: black bean quesadilla , chicken and mushroom quesadilla, poblano lime shrimp quesadilla	8.40/9.45
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SANDWICHES

steakhouse roast beef	8.95
ham and gouda baguette	8.95
baked falafel gyro on wheat pita	8.95
buffalo chicken wrap	8.95
roasted tomato basil ricotta flatbread	8.95

SWAP YOUR SIDE

FIT miso roasted carrots (VG)

GLOBAL BOWLS

breakfast grit bowl with sausage, eggs, gravy and cheese

chicken or beef tinga brown rice bowl

roasted chicken cobb salad

INTERNATIONAL CUISINE

TAGINE

roasted lamb, chicken and apricot, and a rich seven vegetable medley

