

EAT. DRINK. SOCIALIZE.

CENTRAL CAFE

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

WEEK OF APRIL 22



RISE & SHINE

WEEKLY BREAKFAST SPECIALS

includes choice of side

FIT egg white scramble with potato, spinach & tomato 6.00
strawberry cheesecake stuffed french toast 6.50

WEEKLY FEATURES

AVAILABLE ALL WEEK FLAME GRILL SPECIALS

includes choice of side

roast: club or nashville spicy pickled crispy chicken sandwich 8.40

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 red quinoa fruit salad (V)
grilled pineapple

MON

EARTH WEEK: LIVE GNOCCHI STATION 9.99

pan sauteed gnocchi, artichoke hearts, cherry tomatoes, parmesan cheese with your choice of herb grilled chicken or grilled portobello mushroom, served with parmesan bread.

SOUPS: FIT southwest vegetable | house made chili

TUES

STOP FOOD WASTE DAY: EARTH BOWLS 8.40/9.45

choice of FIT curry lentil quinoa 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

SOUPS: parmesan kale and Italian sausage | house made chili

WED

EARTH WEEK: VEGGIE CARVING STATION 10.00

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

SOUPS: FIT southwest vegetable | house made chili

THURS

EARTH WEEK: CHICKEN PAD THAI 10.00

chicken, pad thai sauce, green beans with rice noodles

SOUPS: FIT vegetable beef barley | house made chili

FRI

EARTH WEEK: DRY RUBBED SALMON 9.00

dry rubbed salmon or oregano sumac roasted chicken with fattoush salad

SOUPS: clam chowder | house made chili

GLOBAL BOWLS

breakfast grit bowl with sausage, eggs, gravy and cheese

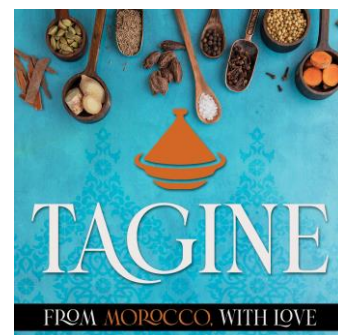
chicken or beef tinga brown rice bowl

roasted chicken cobb salad

INTERNATIONAL CUISINE

TAGINE

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



CONNECT
WITH US



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