

# EAT. DRINK. SOCIALIZE.

## PALS CAFE

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

### WEEK OF JANUARY 19



## WEEKLY BREAKFAST FEATURES

### INCLUDES CHOICE OF SIDE

#### SPICY CHICKEN MUSHROOM SANDWICH

crispy spicy chicken topped with fried egg, sautéed mushrooms, american cheese, and mayonnaise on a whole wheat bun



#### FIT EGG WHITE DENVER OMELET

egg white omelet with ham, peppers, onions and cheddar cheese

### ALL IN' MEAL DEAL

sausage breakfast burrito supreme with tater tots and ocean spray juice

MON

CLOSED

24/7 grab and go available

TUES

#### MACHU PERU GRAZE:

pollo a la brasa, tri-color quinoa salsa criolla

**SOUP:** beef and bean chili & caribbean stew with peanuts

WED

#### FOODWORKS: BIBIBOP ASIAN GRILL

build your own bowl asian rice bowl

**SOUP:** beef and bean chili & chicken quinoa vegetable soup

THURS

#### MACHU PERU GRAZE:

lomo saltado, peruvian potatoes, grilled asparagus

**SOUP:** beef and bean chili & homemade vegetable

FRI

CLOSED

24/7 grab and go available

CONNECT  
WITH US

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denotes registered dietitian pick

## GRILL FEATURES

### AVAILABLE ALL WEEK

includes choice of side

#### SOUTHWEST BURGER

beef burger, sliced avocado, jalapenos, monterey jack cheese, salsa fresca, telera roll



#### CHURRASCO BLACK BEAN BURGER (V)

plant based chipotle black bean burger, provolone, tomatoes, roasted bell peppers, bibb lettuce, and chimichurri mayo on brioche



### SWAP YOUR SIDE

**FIT** artichoke herb quinoa pasta salad (VG)

## FEATURED HOUSE DRESSING

**BBQ RANCH DRESSING**

## MEAL DEAL

### AVAILABLE ALL WEEK

includes a 20 oz soda or water and choice of whole fruit, vegetable crudite, or bagged chips

#### CHEESEBURGER ON BRIOCHE

beef burger topped with american cheese on a brioche bun



#### SIGNATURE GRILLED CHICKEN

grilled chicken sandwich topped with lettuce blend, tomato and onion on a brioche bun



#### SIGNATURE GARDEN BURGER

garden burger topped with lettuce blend, tomato and onion on a brioche bun