

EAT. DRINK. SOCIALIZE.

PALS CAFE

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

WEEK OF SEPTEMBER 8



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE



FIT CITRUS BREAKFAST BOWL (V)

cilantro lime brown rice, spicy black beans, cage free fried egg, cilantro, and citrus tomato salsa

'ALL IN' MEAL DEAL

bacon, egg, and cheese english muffin with tater tots and ocean spray juice

MON

GRAZE: BIBIMBAP

gochujang braised chicken thighs, basmati rice

SOUP: chicken and dumpling soup and beef chili

TUES

GRAZE: BIBIMBAP

gochujang braised chicken thighs, basmati rice

SOUP: thai chicken and rice soup and beef chili

WED

FOODWORK: GABBY'S CAFE

check-out pals café for some italian american favorites

SUSHI

california, spicy tuna, shrimp tempura, rainbow roll

SOUP: garden vegetable soup or beef chili

THURS

GRAZE: BIBIMBAP

crispy vegetable rice bowl, soy sesame glazed shitake mushrooms, kimchee

SOUP: broccoli cheddar soup or beef chili

FRI

CLOSED

grab and go available 24/7

GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

TRUFFLE BACON TURKEY BURGER

turkey burger with arugula, roasted roma tomatoes, maple bacon, and truffle parmesan mayonnaise on brioche



FIT PORTOBELLO BURGER (V)

grilled portobello mushrooms, lettuce, tomato, onion, and a cucumber yogurt sauce on brioche



SWAP YOUR SIDE

FIT artichoke herb quinoa pasta salad

'ALL IN' MEAL DEAL

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

HOUSE DRESSING FEATURES

ROASTED GARLIC DRESSING (V)

MANDARIN ORANGE VINAIGRETTE (V)

DELI FEATURES

AVAILABLE TUES-THURS

includes choice of side

GREEK CHICKEN FLATBREAD ROLLUP

grilled chicken, romaine, carrots, cucumbers, feta cheese and tzatziki on flatbread



PESTO FONTINA ARUGULA MELT (V)

pesto, fontina, sundried tomatoes, and arugula on toasted focaccia

CONNECT
WITH US



eatatpg.com



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denotes registered dietitian pick