

EAT. DRINK. SOCIALIZE.

TOWER

Monday – Friday

Breakfast: 07:00 am – 10:00 am

Lunch: 11:00 am – 1:00 pm

WEEK OF JANUARY 12TH



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

MONTE CRISTO BREAKFAST BISCUIT SANDWICH

sweet battered buttermilk biscuit, ham, provolone cheese, fried egg, and strawberry jam

FIT CITRUS BREAKFAST BOWL (V)

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

'ALL IN' MEAL DEAL

sausage breakfast burrito supreme with tater tots and ocean spray juice

MON

DHABA: CHICKEN RICE BOWL

FIT chicken tikka bowl with basmati rice, chana masala, cilantro, and cucumber raita

SOUP: clam chowder

TUES

FOOD WORKS: KABOBSKE

visit tower café for your favorite local mediterranean

ISLAND EATS GRAZE: sweet plantains, island rice and beans, island curry chicken

SOUP: thai red curry and lentils

WED

BIG CITY BBQ: BARBEQUE PORK PLATE

smoked pulled pork with baked beans, honey mustard coleslaw, onion rings, and cornbread

ISLAND EATS GRAZE: island curry cauliflower, island curry beef, island rice and bean

SOUP: chicken and dumpling

THURS

PIRI PIRI: FIT PORTUGUESE CHICKEN

FIT piri piri chicken with herb raisin pistachio couscous, spanish roasted vegetables, sliced avocado, and spicy dipping sauce

ISLAND EATS GRAZE: coconut jasmine rice, island style greens, spicy jerk pork

SOUP: broccoli cheddar

FRI


CHEF TABLE: FISH TACOS

grilled pacific cod topped with baja mango coleslaw and sour cream on tortillas served with red rice

SOUP: poblano white cheddar

CONNECT WITH US

 eatatpg.com

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denotes registered dietitian pick

GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

ULTIMATE TUNA MELT

fad-free tuna salad with cheddar cheese and garlic aioli on toasted sourdough bread

SPICY AVOCADO BEAN BURGER (V)

black bean burger topped with sliced avocado, chipotle aioli, lettuce, onion and tomato on a whole wheat bun

SWAP YOUR SIDE

FIT mezze spiced roasted winter vegetables (VG)

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

FEATURED HOUSE DRESSING

BBQ RANCH DRESSING (V)

PEAR CHAMPAGNE VINAIGRETTE (VG)

DELI FEATURES

AVAILABLE ALL WEEK

includes choice of side

ROAST BEEF AND PORTOBELLO

roast beef, portobello mushroom, cheddar cheese, and horseradish mayonnaise on a baguette

FIT CHICKPEA SALAD SANDWICH (V)

chickpea salad, tomatoes, and arugula on multigrain bread

SWAP YOUR SIDE

FIT farro couscous with brussels & cranberry (VG)

MEAL DEAL

turkey pesto mayo wrap
includes whole fruit, vegetable crudité, or bagged chips and 20oz water or soda