

EAT. DRINK. SOCIALIZE.

TOWER CAFE

Monday – Friday
Breakfast: 07:00 am – 10:00 am
Lunch: 11:00 am – 1:00 pm

WEEK OF NOVEMBER 3RD



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

CHORIZO POTATO BREAKFAST BURRITO

scrambled eggs, peppers and onions, fried potatoes, chorizo, and cheddar cheese in a flour tortilla

-  **FIT QUINOA HASH WITH EGG AND ROMESCO ALMOND SAUCE (V)**
hash with potatoes, sweet potatoes, rutabagas and red quinoa drizzled with almond romesco sauce and topped with cage free fried egg

'ALL IN' MEAL DEAL

spicy chicken and honey butter biscuit sandwich with tater tots and ocean spray juice

MON

NATIVE AMERICAN HERITAGE MONTH: SOFKEE PORK

braised pork and hominy stew with potato, carrot, onion, and tomato served with roasted sweet potatoes and butternut squash with a 20oz bottled water or soda

SOUP: tomato basil

TUES

FOOD WORKS: BENTON

RHYTHM & ROUX GRAZE : chicken gumbo, macaroni and cheese, hushpuppies

SOUP: chicken noodle

WED

KITCHEN AND CO.: BBQ PORK CHOPS

with garlic mashed potatoes, roasted green beans, and a dinner roll

RHYTHM & ROUX GRAZE : fried chicken, collard greens, jambalaya

SOUP: broccoli cheddar

THURS

THAI & TRUE: CURRY BOWL

chicken massaman curry with jasmine rice, cauliflower, bell peppers, and sweet potato.

RHYTHM & ROUX GRAZE : fried fish, fried okra, red beans and rice

SOUP: thai chicken and rice

FRI

FOOD TRUCK FAVORITES: WINGS TOSSED TO ORDER

choice of rotisserie rubbed, buffalo, or carolina gold chicken wings tossed to order with french fries, carrots and celery sticks, and blue cheese or ranch with a 20oz bottled water or soda

SOUP: clam chowder

CONNECT WITH US

 eatatpg.com

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denotes registered dietitian pick

GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

JALAPENO BBQ BACON BURGER

beef burger with lettuce, tomatoes, red onions, applewood smoked bacon, bbq sauce, fried jalapenos, and pepper jack on brioche

-  **BRIE & MUSHROOM TRUFFLE BURGER (V)**
white truffle veggie burger with roasted mushrooms, brie, garlic aioli, arugula and caramelized onions on brioche

SWAP YOUR SIDE

FIT sweet potato wedges (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

ORCHARD VINAIGRETTE

DELI FEATURES

AVAILABLE ALL WEEK

includes choice of side

TURKEY CRAN-ORANGE SANDWICH

roasted turkey with cranberry orange compote, stuffing, and sweet potatoes on a ciabatta roll

-  **FIT CHICKPEA SALAD SANDWICH (V)**
chickpea salad, tomatoes, and arugula on multigrain bread

SWAP YOUR SIDE

 **FIT** apple cranberry pecan slaw (VG)

MEAL DEAL

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