# EAT. DRINK. SOCIALIZE.

## TOWER MARKETPLACE

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

**WEEK OF APRIL 7** 

# **WEEKLY BREAKFAST FEATURES**

#### **INCLUDES CHOICE OF SIDE**

FIT BLUEBERRY OATMEAL PANCAKES (V) house made oatmeal pancakes, blueberries, honey 5.50

CHILAQUILES (V)

corn tortillas, chipotle salsa, eggs, beans, queso fresco

6.00

#### CHEF TABLE: SHRIMP AND SMOKED GOUDA GRITS 9.00 sauteed shrimp with andoullie sausage served over smoked gouda grits GRAZE: chicken & andouille gumbo, cornbread muffin, creamy mac n cheese .51/oz SOUP: chicken noodle 3.75

#### **FOOD WORKS: MAZUNTE**

stop in tower café for taco tuesday with mazunte

GRAZE: chicken & andouille gumbo, cornbread muffin, creamy mac n cheese .51/oz 3.75

SOUP: broccoli cheddar

#### MEZZE: CHICKEN BOWL

chicken slouvaki and spiced roasted vegetables over jasmine rice with pickled onions, cherry

tomatoes and feta cheese

GRAZE: buttermilk brined fried chicken, vegetable gumbo with beyond sausage dirty rice,

collard greens

.51/oz 3.75

10.00

SOUP: southwest tortilla

#### CHEF TABLE: PORK SCHNITZEL SANDWICH

8.40 breaded pork loin with mustard on a pretzel roll with a side of german potato salad

GRAZE: buttermilk brined fried chicken, shrimp etouffee, red beans & sausage .51/oz

SOUP: chicken and dumpling 3.75

## FISH MARKET: FIT GRILLED COD

12.00

FIT grilled lemon herb cob on a bed of black barley, roasted sweet potatoes, celery, red onion, pecans tossed in honey mustard dressing

SOUP: tomato basil 3.75

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## **GRILL FEATURES**

### **AVAILABLE ALL WEEK**

includes choice of side

#### **ULTIMATE TUNA MELT**

8.40

8.40

tuna salad, cheddar cheese, garlic aioli, sourdough

#### **BLACK BEAN QUESADILLA (V)**

tortilla stuffed with fresh baby spinach, tomatoes, black beans, and pepperjack

#### SWAP YOUR SIDE

FIT grilled garlic zucchini wedges (VG)

#### \$6 'ALL IN' MEAL DEAL

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

## **DELI FEATURES**

#### **AVAILABLE ALL WEEK**

includes choice of side

#### TURKEY PROVOLONE CHIVE SANDWICH

8.00 roasted carved turkey, provolone, chive cream cheese, bacon

#### ASPARAGUS FONTINA MELT (V)

8.00

asparagus, red peppers, fontina, kalamata olive butter, focaccia

#### **SWAP YOUR SIDE**

FIT grilled garlic zucchini wedges (VG)

#### **\$6 'ALL IN' MEAL DEAL**

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