

# EAT. DRINK. SOCIALIZE.

## TOWER CAFE

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

### WEEK OF SEPTEMBER 8



## WEEKLY BREAKFAST FEATURES

### INCLUDES CHOICE OF SIDE

#### DENVER HASH BREAKFAST WRAP

cage free scrambled eggs, ham, peppers, mushrooms, and onions, swiss cheese and potatoes

#### 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 minute maid juice

MON



#### PIRI PIRI: FIT CHICKEN RICE BOWL

FIT chicken skewers over brown basmati rice with black eyed pea salad, sliced avocado, and spicy herb marinate drizzle with a 20oz water or soda

**SOUP:** cuban black bean

TUES

#### FOODWORKS: BIBIBOP

join us in tower café for your favorite local bowls

**BIBIMBAP GRAZE:** gochujang chicken thighs, basmati rice

**SOUP:** chicken noodle

WED

#### KITCHEN & CO: WHISKEY AND COLA MEATLOAF

choice of meatloaf made with whiskey and coca cola served with garlic lemon broccolini and scalloped potatoes. Add apple cobbler +2.95

**BIBIMBAP GRAZE :** bulgogi beef, brown rice, garlic ginger spinach, kimchee

**SOUP:** southwest tortilla

THURS

#### CHEF APPRECIATION WEEK: CHEF KIRSTIE'S FISH TACOS

grilled salmon topped with cabbage and chili coleslaw, pico de gallo, and cilantro lime crema in a corn tortilla with a grilled corn and avocado salad, corn chips, and a 20oz water or soda

**BIBIMBAP GRAZE :** gochujang chicken, soy sesame glazed mushrooms, kimchee

**SOUP:** loaded potato

FRI


#### FOOD TRUCK FAVORITES: WINGS TOSSED TO ORDER

crispy chicken wings with choice of rotisserie rubbed, buffalo sauce, or carolina gold sauce with french fries, carrots and celery, and blue cheese or ranch with a 20oz water or soda

**SOUP:** italian wedding

## CONNECT WITH US

 eatatpg.com

 ashlee williamson | 513.773.6982 | ashlee.williamson@compass-usa.com



denotes registered dietitian pick

## 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** "not your mom's" three bean salad (VG)

### '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

## FEATURED HOUSE DRESSING

**ROASTED GARLIC DRESSING (V)**

**MANDARIN ORANGE VINAIGRETTE (V)**

## DELI FEATURES

### AVAILABLE ALL WEEK

includes choice of side

#### GREEK CHICKEN FLATBREAD

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

### SWAP YOUR SIDE

**FIT** artichoke herb quinoa pasta salad

### 'ALL IN' MEAL DEAL

choice of garden hummus wrap, honey dijon ham sandwich, or turkey pesto mayo wrap  
includes whole fruit, vegetable crudité, or bagged chips and 20oz water or soda