

EAT. DRINK. SOCIALIZE.

TOWER MARKETPLACE

Monday – Friday
Breakfast: 07:00 am – 10:00 am
Lunch: 11:00 am – 1:00 pm
WEEK OF JULY 14



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

STRAWBERRY FRENCH TOAST

texas french toast stuffed with a marinated strawberry cream cheese filling

6.00



FIT TOFU BLACK BEAN BREAKFAST BURRITO (V)

scrambled tofu, black beans, peas, cilantro, tomato, mexican spices in a whole wheat tortilla

6.50

\$7 'ALL IN' MEAL DEAL

bacon, egg, and cheese burrito with tater tots and ocean spray bottled juice

MON

GUEST APPRECIATION: BLACKBERRY BALSAMIC BBQ GLAZED TURKEY BREAST

blackberry balsamic bbq glazed roasted turkey breast with bbq baked beans and cilantro jicama slaw with 20 oz water or soda

7.99

SOUP: chicken and dumpling

3.75

TUES

FOODWORKS: EL CARDENAL

join us in Tower Café for authentic Mexican flavors

prices vary

DHABA GRAZE: chicken tikka, saag paneer, basmati rice, and indian green beans

.51/oz

SOUP: broccoli cheddar

3.75

WED

NATIONAL ICE CREAM MONTH: BBQ BABY BACK RIBS

FIT bbq baby back ribs with pepper bacon mac n' cheese, wine braised cabbage and apples, and 20oz water or soda. Add on a house made ice cream sandwich +2.95

12.00

DHABA GRAZE: chicken tikka, saag paneer, basmati rice, and indian green beans

.51/oz

SOUP: vegetable beef barley

3.75

THURS

COOL CHIX: DILL PICKLE BRINED CHICKEN BITES

hand breaded dill pickle brined chicken nugget bites with cucumber tomato pepper salad, pimento cheese macaroni salad, lemon pepper ranch dipping sauce and a buttermilk biscuit with 20 oz water or soda

8.40

DHABA GRAZE: chicken tikka, saag paneer, basmati rice, and indian green beans

.51/oz

SOUP: garden vegetable

3.75

FRI



FISH AND CHIP SHOP: FIT FISH TACOS

flour tortillas filled with **FIT** fresh tilapia, romaine lettuce, pico de gallo, and chipotle crema served with a grilled cotija cheese corn salad and mango slaw with 20oz water or soda

8.40

SOUP: corn chowder

3.75

CONNECT
WITH US



eatatpg.com



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denotes registered dietitian pick

GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

PORK CUBANO SANDWICH

fire braised pork and ham with melted swiss cheese, chopped pickles, and yellow caesar dressing on a telera roll

8.00



ONION SWISS TRUFFLE BURGER (V)

white truffle burger topped with swiss cheese, crispy onions, arugula and roasted garlic aioli on brioche

8.40



SWAP YOUR SIDE

FIT miso roasted carrots (VG)

\$6 '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

ORANGE SESAME DRESSING

CRANBERRY BASIL VINAIGRETTE

DELI FEATURES

AVAILABLE ALL WEEK

includes choice of side

GARDEN CHICKEN WRAP

grilled chicken, fresh lettuce, carrots, bell peppers, parmesan cheese and ranch dressing in a tortilla wrap

8.00



VEGGIE GOAT CHEESE BAGUETTE (V)

herb sun-dried tomato marinated grilled zucchini and eggplant with spinach and goat cheese on crusty baguette

7.70



SWAP YOUR SIDE

FIT miso roasted carrots (VG)

\$6 '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