

EAT. DRINK. SOCIALIZE.

EARTH WEEK MENU

Monday – Friday
Breakfast: 7:30 am – 9:00 pm
Lunch: 11:00 am – 1:00 pm
WEEK OF APRIL 21



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

FIT BACON VEGGIE SCRAMBLE BOWL 6.50
scrambled eggs, spinach, tomatoes, onions, mushrooms, bacon, potatoes

MON

EARTH WEEK: TURKEY MUSHROOM MEATBALLS 10.00
turkey mushroom meatballs with broccoli cream sauce of zucchini zoodles. Includes 20 oz water or soda
SOUP: loaded potato and beef chili 3.75

TUES

EARTH WEEK: GRILLED PORTOBELLO (V) OR POBLANDO CHICKPEA PATTY (V) 10.00
choice of portobello (V) or poblano chickpea patty (V) over a bed of rainbow carrot and asparagus hash, roasted butternut squash, lemon ginger glazed broccolini, quinoa tabouli and topped with cauliflower alfredo sauce. Includes 20 oz water or soda
GRAZE: TURO TURO - chicken or pork adobo, garlic fried rice, and sides .51/oz
SOUP: creamy chicken and rice or beef chili 3.75

WED

DHABA: TIKKA BOWL 8.40/8.95/9.45
choice of paneer (V), chicken or shrimp tikka served with basmati rice, mango, roasted corn, kachumbar salad and pick a sauce from cilantro chutney, cucumber raita and tamarind chutney
GRAZE: TURO TURO - chicken or pork adobo, garlic fried rice, and sides .51/oz
SOUP: italian wedding and beef chili 3.75

THURS

EARTH WEEK: BLACKENED SALMON 11.00
blackened salmon with roasted sweet potatoes and balsamic brussel sprouts. Includes 20 oz water or soda
GRAZE: TURO TURO - chicken or pork adobo, garlic fried rice, and sides .51/oz
SOUP: hearty beef vegetable and beef chili 3.75

FRI

FISH AND CHIP SHOP: COD FISH & CHIPS 7.45
beer battered cod served with french fries, tartar sauce and lemon wedge
SOUP: tomato basil bisque and beef chili 3.75

GRILL FEATURES

AVAILABLE ALL WEEK
includes choice of side

ROASTED VEGETABLE & BEAN TOSTADAS (V) 8.40
corn tostada topped with refried beans and roasted bell peppers, broccolini, red onions, zucchini and corn with cherry tomatoes and cilantro

SWEET & SPICY TURKEY LETTUCE CUPS 8.40
ground turkey tossed with sweet chili sauce, hoisin, brown rice, scallions, water chestnuts, carrots in bibb lettuce

SWAP YOUR SIDE
FIT miso roasted carrots (V)

\$6 'ALL IN' MEAL DEAL

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

SOMETHING DELICIOUS AWAITS YOU

DELI FEATURES

AVAILABLE ALL WEEK
includes choice of side

TURKEY CLUB W/ ASPARAGUS PESTO 8.00
turkey, lettuce, tomato, swiss, bacon, house made asparagus stem pesto

SWAP YOUR SIDE
FIT miso roasted carrots

\$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

**CONNECT
WITH US**

eatatpg.com

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denotes registered dietitian pick