

EAT. DRINK. SOCIALIZE.


PALS CAFE

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



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

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

MON

BIG CITY BBQ: CAROLINA CHOPPED SMOKED PORK 8.40
slow smoked pulled pork in carolina vinegar sauce served on brioche bun, topped with cole slaw, and served with creamy bacon corn and peppers and cucumber tomato salad
SOUP: mexican street corn and beef chili 3.75

TUES

GRAZE: chicken andouille gumbo, vegetable gumbo with beyond sausage, dirty rice .51/oz
SOUP: thai chicken & rice and beef chili 3.75

WED

GRAZE: chicken andouille gumbo, vegetable gumbo with beyond sausage, dirty rice .51/oz
SOUP: beef vegetable and beef chili 3.75

THURS

GRAZE: chicken andouille gumbo, vegetable gumbo with beyond sausage, dirty rice .51/oz
SOUP: chicken quinoa vegetable and beef chili 3.75

FRI


PICCOLA ITALIA PIZZA 7.05/8.70
choose your crust, sauce and fresh toppings to create your own pizza
SOUP: lentil and beef chili 3.75

GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

ULTIMATE TUNA MELT (V) 8.40
tuna salad, cheddar cheese, garlic aioli, sourdough

 **BLACK BEAN QUESADILLA (V)** 8.40
tortilla stuffed with fresh baby spinach, tomatoes, black beans, and pepperjack cheese

 **SWAP YOUR SIDE**

FIT BLT pasta salad

\$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 soda or water

SOMETHING
DELICIOUS
AWAITS YOU

DELI FEATURES

AVAILABLE ALL WEEK

includes choice of side

 **ASPARAGUS FONTINA MELT (V)** 8.00
asparagus, red peppers, fontina, kalamata olive butter, focaccia

 **SWAP YOUR SIDE**

FIT BLT pasta salad


\$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 soda or water

**CONNECT
WITH US**



 eatatpg.com

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 denotes registered dietitian pick