

EAT. DRINK. SOCIALIZE.

PALS CAFE

Monday – Friday

Breakfast: 7:30 am – 9:00 pm

Lunch: 11:00 am – 1:00 pm

WEEK OF NOVEMBER 3



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

CHORIZO POTATO BREAKFAST BURRITO

scrambled eggs, peppers and onions, fried potatoes, chorizo, and cheddar cheese in a flour tortilla



FIT QUINOA HASH WITH EGG AND ROMESCO ALMOND SAUCE (V)

hash with potatoes, sweet potatoes, rutabagas and red quinoa drizzled with almond romesco sauce and topped with egg-free fried egg

MEAL DEAL

spicy chicken and honey butter biscuit sandwich with tater tots and ocean spray juice

MON

RHYTHM & ROUX GRAZE :

corn meal fried fish, dirty rice, corn succotash, cabbage

SOUP: beef chili, broccoli & cheddar

TUES

RHYTHM & ROUX GRAZE :

corn meal fried fish, dirty rice, corn succotash, cabbage

SOUP: beef chili, garden vegetable

WED

RHYTHM & ROUX GRAZE :

buttermilk brined fried chicken, dirty rice, corn succotash, cabbage

SOUP: beef chili, loaded potato

THURS

RHYTHM & ROUX GRAZE :

corn meal fried fish, dirty rice, corn succotash, cabbage

SOUP: beef chili, broccoli & cheddar

FRI

CLOSED

24/7 grab and go available

GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

JALAPENO BBQ BACON BURGER

beef burger with lettuce, tomatoes, red onions, applewood smoked bacon, bbq sauce, fried jalapenos, and pepper jack on brioche



BUFFALO CHICKEN TOT BOWL

crispy tater tots with fried buffalo chicken, blue cheese crumbles, and green scallions



SWAP YOUR SIDE

FIT maple roasted acorn squash (VG)

FEATURED HOUSE DRESSING

BBQ RANCH DRESSING

ORACHARD VINAIGRETTE

MEAL DEAL

AVAILABLE ALL WEEK

includes a 20 oz soda or water and choice of whole fruit, vegetable crudite, or bagged chips

CHEESEBURGER ON BRIOCHE

beef burger topped with american cheese on a brioche bun

SIGNATURE GRILLED CHICKEN

grilled chicken sandwich topped with lettuce blend, tomato and onion on a brioche bun

SIGNATURE GARDEN BURGER

garden burger topped with lettuce blend, tomato and onion on a brioche bun

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denotes registered dietitian pick