

EAT. DRINK. SOCIALIZE.

THAMES RIVER MARKETPLACE

Monday – Friday

Breakfast: 7:30 am – 9:30 am

Lunch: 11 am – 1:30 pm

WEEK OF JUNE 23



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

MEATLOVERS BREAKFAST WRAP

7.80

flour tortilla filled with cage free scrambled eggs, hash browns, ham, bacon, pork sausage and cheddar cheese



FIT BLUEBERRY OATMEAL PANCAKES (V)

7.45

house made oatmeal pancakes with fresh blueberries drizzled with honey

MON

CAFE THOMPSON: CAJUN BLACKENED SHRIMP

12.30

cajun blackened shrimp, steamed rice, and tomatillo salsa, and a 20 oz water or soda

SOUP: tomato basil bisque / white cheddar & cauliflower bisque

TUES



LITTLE LIME: FIT ZUCCHINI AND CORN (V), FIT FLANK STEAK, OR CHICKEN FAJITAS 12.00

choice of FIT zucchini and corn (V), FIT flank steak, or chicken fajitas topped with lettuce, pico de gallo, shredded cheese, and jalapenos served with arroz a la mexicana and refried pinto beans

SOUP: tomato basil bisque / mexican street corn

WED

NICE THAI: THAI TOFU (V) THAI CHICKEN OR SHRIMP

11.10/12.30

choice of thai tofu (V) thai chicken or shrimp with spinach, mushrooms, peppers, ginger, garlic, steamed white rice with choice of yellow, red or green curry sauce

SOUP: tomato basil bisque / caribbean style jerk chicken

THURS

DHABA: CHICKEN TIKKA MASALA OR SHRIMP RICE BOWL

11.10/12.30

choice of chicken tikka or shrimp with basmati rice, cucumber raita, kachumbar salad, makhni sauce, cilantro and spinach daal

SOUP: tomato basil bisque / vegetable beef barley

FRI

FOOD TRUCK FAVORITES: GRILLED CHICKEN WINGS

11.10

grilled chicken wings tossed in choice of buffalo, honey garlic, or sweet chili sauce with country coleslaw, potato wedges and ranch or blue cheese dip with a 20oz bottled water or soda

SOUP: tomato basil bisque / clam chowder

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eurestcafes.compass-usa.com/pfizer

Brendan.Dion@compass-usa.com



GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

ULTIMATE TAILGATE DOG

9.65

quarter pound all beef frank, toasted bun, tomatoes, pickles, applewood smoked bacon, american cheese, caramelized onion spread



SWAP YOUR SIDE

FIT american macaroni salad (V)

\$9 'ALL IN' MEAL DEAL

ultimate tuna melt with french fries
includes 20oz water or soda

SPINACH ALFREDO PIZZA

neapolitan style pizza with alfredo sauce, mozzarella cheese and spinach served with 20oz bottled water or soda
11.90

SOMETHING DELICIOUS AWAITS YOU

DELI FEATURES

AVAILABLE ALL WEEK

includes choice of side

PORK SPINACH SANDWICH

10.35

fire-braised pork with sautéed fresh baby spinach, provolone cheese, and a roasted garlic aioli on telera

CHICKEN SALAD SUB

10.35

chicken salad, fresh lettuce, tomato, and red onion on a house baked sub roll

BEET AND SWEET POTATO HUMMUS (V)

9.80

roasted beets with feta cheese and a house made sweet potato hummus on whole grain panini bread



SWAP YOUR SIDE

FIT american macaroni salad (V)

\$9 'ALL IN' MEAL DEAL

6" turkey swiss sub with baker's chips
includes 20oz water or soda

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THE FORT MARKETPLACE

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MON

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12.30

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SOUP: tomato basil bisque / white cheddar & cauliflower bisque

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