

EAT. DRINK. SOCIALIZE.

Salem Tower Café

Monday - Friday | 7:30 am - 1:30 pm

WEEK OF May 5



RISE & SHINE

BREAKFAST

Fresh Fruit and Yogurt Parfait Bar	.55 per oz
Made to Order Breakfast Burrito	5.75
Loaded Omelet	5.75
Sausage, Egg & Cheese Croissant	5.75

SOMETHING
DELICIOUS
AWAITS YOU

MON

Flour tortilla filled with cage free eggs, grilled chicken, pico, beans, rice and cheddar cheese	5.75
Smoked pork with black bean spread, guacamole and chipotle mayonnaise on a telera roll	8.25
Baked ziti bolognese, herb grilled chicken, roasted broccoli, roasted green beans, garlic roasted potatoes, buttered corn and banana pudding	.55 per oz

TUES

Cage free egg, sausage patty and american cheese on a croissant	5.75
Crispy flour tortilla filled with grilled chicken and cheddar cheese	8.25
Pico Mesa: Taco bar with all the fixings	.55 per oz

WED

Flour tortilla filled with cage free eggs, grilled chicken, pico, beans, rice and cheddar cheese	5.75
Smoked pork with black bean spread, guacamole and chipotle mayonnaise on a telera roll	8.25
Chicken cordon bleu, salisbury steak with mushroom gravy, mashed potatoes, cauliflower with parsley butter, brown rice, green beans and butterscotch pudding	.55 per oz

THURS

Cage free egg, sausage patty and american cheese on a croissant	5.75
Crispy flour tortilla filled with grilled chicken and cheddar cheese	8.25
Island Eats: spicy jerk pork, spicy jerk chicken, jasmine rice, braised cabbage, plantains, curry roasted cauliflower and red cabbage mango slaw	.55 per oz

FRI

Flour tortilla filled with cage free eggs, grilled chicken, pico, beans, rice and cheddar cheese	5.75
Smoked pork with black bean spread, guacamole and chipotle mayonnaise on a telera roll	8.25
Big City BBQ: bbq chicken thighs, pulled pork, baked beans, macaroni and cheese, potato wedges, coleslaw, collard greens, potato salad and chocolate pudding	.55 per oz

FIT SPECIALS

AVAILABLE ALL WEEK

DELI:

Closed

GRILL:

Turkey Avocado Jack Burger

FIT SIDE:

Broccoli Salad

IN THE MARKETPLACE

Join us Tuesday for Pico Mesa Taco Bar,
Thursday for Island Eats and Friday for Big
City BBQ.



eatify

Download and order
with the app today!

SOUPS

MONDAY

Chicken Noodle :3.55/\$4.45

TUESDAY

Thai Style Chicken and Rice :3.55/\$4.45

WEDNESDAY

Italian Wedding :3.55/\$4.45

THURSDAY

Lemon Chicken Orzo :3.55/\$4.45

FRIDAY

Baked Stuffed Potato :3.55/\$4.45

**CONNECT
WITH US**



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www.cafe-pulse.com