# EAT. DRINK. SOCIALIZE.

# Minneapolis Gold Rush Café

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

# **WEEK OF AUGUST 26th**



# **RISE & SHINE**

5.19

### BREAKFAST

Fresh Fruit and Yogurt Parfait Bar 4.55 5.20 Made to Order Breakfast Burrito FIT Egg White Cheddar Sandwich Thin 5.20 Sausage, Egg & Cheese Croissant

9.29 Pork carnitas tacos With Spanish rice and roasted corn salsa 6.95 Crispy chicken sandwich

9.29 Smoked chicken thigh With baked macaroni and cheese 6.95 Avocado burger on brioche

Chicken tikka masala rice bowl With mezze spiced zucchini and roasted potatoes 6.95 Ultimate patty melt on rye

Carved pork, bacon and cheddar on tolerra With roasted potato wedges 9.59 Red hook shrimp Po' Boy with Cajun mayo

9.29 Oueso fundido With chorizo and roasted corn 9.59 BBQ beef and bacon Philly



café\_pulse minneapolis



# **FIT SPECIALS AVAILABLE ALL WEEK**

### **DELI:**

Closed

### **GRILL**:

Grilled Portobello with Cucumber Yogurt

### FIT SIDE:

9.29

9.29

Parmesan Green Beans

## IN THE MARKETPLACE

Join us for national sandwich month with homemade tortas fresh off the grill



SOUPS	
MONDAY Chicken Noodle	3.50
<b>TUESDAY</b> Mushroom Beef Barley	3.50
<b>WEDNESDAY</b> Creamy Sweet Corn	3.50
<b>THURSDAY</b> Creamy Chicken and Rice	3.50
<b>FRIDAY</b> Garden Vegetable	3.50