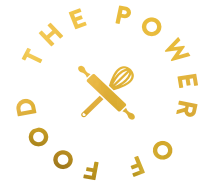


Baptist Tower Café Menu



Hours of Operation: Mon-Fri 6:00am - 2pm (wk1) Weekends closed

Weekly Menu

Day	Dates	Calories
Monday	8/14/17-8/18/17	
entrée:	Baked Fish Vera Cruz FIT	164
entrée:	Roasted Herb Chicken FIT	260
side item:	Barley w/ Mushrooms FIT V+	119
side item:	Thyme Roasted Potatoes FIT V	108
side item:	Fresh Braised Greens V+	22
side item:	Cream Style Corn FIT V+	65
soup:	Italian Wedding & Mushroom & Brie	
Tuesday		Calories
entrée:	Citrus Pork Carnitas	398
entrée:	Classic Chicken Cacciatore FIT	180
side item:	Spaghetti FIT V	112
side item:	Black Beans and Rice FIT V+	119
side item:	Corn Pudding FIT V	176
side item:	Italian Green Beans FIT V+	41
soup:	Lobster Bisque & Vegetable	
Wednesday		Calories
entrée:	Beer Marinated Beef Brisket	319
entrée:	Orange Flavored Chicken FIT	217
side item:	Smoke Gouda Macaroni Cheese V	208
side item:	Vegetable Fried Rice FIT V+	139
side item:	Stir Fried Sugar Snap Peas FIT V	61
side item:	Grilled Zucchini FIT V+	58
soup:	Beef Barley & Broccoli & Cheese	
Thursday		Calories
entrée:	Hoisin Pork Tacos	441
entrée:	Beef Fajitas FIT	162
side item:	Lime Brown Rice FIT	113
side item:	Seasoned Pinto Beans FIT V	124
side item:	Mexican Street Corn FIT V+	233
side item:	Tomato, zucchini & Squash FIT V+	43
soup:	Buffalo Chicken & Lentil and Spinach	
Friday		Calories
entrée:	Fried Chicken	420
entrée:	Cuban Pork Roast FIT	227
side item:	Braised Collard Greens V	25
side item:	Garlic Roasted Potatoes FIT V	120
side item:	Latin Black Beans V+	103
side item:	Grilled Summer Vegetables FIT V+	27
soup:	New England Clam Chowder & Garden Vegetable	

*Menu is subject to change due to availability.

Fit Criteria = FIT Vegetarian = V Vegan = V+