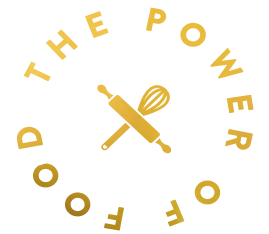


# Baptist Bridges and Towers Café Menu



Hours of Operation: Mon-Fri 6:30a-1:00am    Weekends 7:00am-10:30pm

# Weekly Menu

Day	Item	Criteria	Calories
Monday	<b>entrée:</b> Baked Fish Vera Cruz	FIT	160
	<b>entrée:</b> Roasted Herb Chicken	FIT	260
	<b>side item:</b> Barley with Mushrooms	FIT V	120
	<b>side item:</b> Thyme Roasted Potatoes	FIT V	110
	<b>side item:</b> Fresh Braised Greens	FIT V+	25
	<b>side item:</b> Cream Style Corn	V+	45
	<b>soup:</b> Chicken Noodle, Mushroom & Brie		
Tuesday	<b>entrée:</b> Citrus Pork Carnitas		400
	<b>entrée:</b> Classic Chicken Cacciatore	FIT	180
	<b>side item:</b> Spaghetti	FIT V	110
	<b>side item:</b> Black Beans with Rice	V+	270
	<b>side item:</b> Corn Pudding	V	120
	<b>side item:</b> Italian Green Beans	FIT V+	40
	<b>soup:</b> Lobster Bisque, Vegetable Soup		
Wednesday	<b>entrée:</b> Beer Marinated Beef Brisket		320
	<b>entrée:</b> Orange Flavored Chicken	FIT	220
	<b>side item:</b> Smoked Gouda Macaroni & Cheese		330
	<b>side item:</b> Vegetable Fried Rice	V FIT	90
	<b>side item:</b> Stir Fried Sugar Snap Peas	V+ FIT	60
	<b>side item:</b> Grilled Zucchini	FIT V+	50
	<b>soup:</b> Beef Barley, Broccoli Cheese		
Thursday	<b>entrée:</b> Hoisin Pork Tacos		440
	<b>entrée:</b> Beef Fajitas	FIT	160
	<b>side item:</b> Lime Brown Rice	FIT V+	110
	<b>side item:</b> Seasoned Pinto Beans		120
	<b>side item:</b> Mexican Street Corn		320
	<b>side item:</b> Tomato, Zucchini & Yellow Squash	FIT V+	40
	<b>soup:</b> Buffalo Chicken, Moroccan Lentil		
Friday	<b>entrée:</b> Rosemary Roasted Chicken (Towers-Fried Chicken)		240,330
	<b>entrée:</b> Cuban Pork Roast with Vegetables	FIT	230
	<b>side item:</b> Braised Collard Greens	FIT V+	25
	<b>side item:</b> Garlic Roasted Potatoes	FIT V+	120
	<b>side item:</b> Latin Black Beans	V+	70
	<b>side item:</b> (Towers-Macaroni & Cheese)		30
<b>soup:</b> Garden Vegetable, Clam Chowder			

\*Menu is subject to change due to availability.

FIT Criteria = FIT    Vegetarian = V    Vegan = V+