

FOOD *First*

PCA CAFE

Monday - Friday
Breakfast | 07:00 am - 09:30 pm
Lunch | 11:30 am - 01:30 pm

WEEK OF SEPTEMBER 21

BUTCHER & BAKER

MONDAY TUNA MELT

classic tuna salad & provolone cheese on
toasted sourdough 4.99

TUESDAY BAJA SHRIMP WRAP

sauteed shrimp, pepperjack, pico, romaine &
chipotle aioli in a spinach tortilla 4.99

WEDNESDAY FALAFEL WRAP (V)

crispy falafel, hummus, feta, lettuce, tomato &
tzatziki in a flour tortilla 4.99

THURSDAY CLASSIC TURKEY & CHEDDAR SUB

smoked turkey, cheddar cheese, lettuce &
tomato in a sub roll 4.99

FRIDAY AVOCADO BLT

bacon, smashed avocado, lettuce, tomato &
mayo on toasted white bread 4.99

BUTCHER & BAKER SPECIALS SERVED WITH A SIDE

SOUPS

MONDAY

TOMATO SOUP (V)

TUESDAY

CHICKEN MISO

WEDNESDAY

CHEDDAR BROCCOLI (V)

THURSDAY

BEEF CHILI

FRIDAY

CHEF'S CHOICE

**SOMETHING
DELICIOUS
AWAITS YOU**

RISE & SHINE



MONDAY - TWO EGGS YOUR WAY; served with two bacon or sausage links and side of potatoes 3.99

TUESDAY - ACAI BOWL; served with fresh cut fruit & assorted toppings 4.99

WEDNESDAY - BREAKFAST CRUNCHWRAP 4.99

THURSDAY - BYO BREAKFAST BOWL 4.99

FRIDAY - BISCUIT & GRAVY; served with eggs your way 3.99

MONDAY

FLAME ITALIAN TURKEY BURGER 4.99

grilled turkey burger topped with mozzarella & parmesan cheeses, marinara & spinach on
brioche; served with a side

KITCHEN & CO. CHICKEN CORDON BLEU 5.99

chicken breast stuffed with smoked ham & swiss cheese, panko breaded & fried; served with
cream sauce & seasonal vegetable

TUESDAY

FLAME SOUTH CAROLINA BIRD DOG 4.99

crispy southern fried chicken tenders topped with mustard bbq sauce & coleslaw in a bun;
served with a side

HISPANIC HERITAGE MONTH PORK CARNITAS TACOS 5.99

slow cooked pork carnitas served in warm corn tortillas; served with assorted toppings &
sauces

WEDNESDAY

FLAME MUSHROOM SWISS BURGER 4.99

grilled 5oz beef burger topped with roasted mushrooms & swiss cheese; served with a side

MEZZE CHICKEN SHAWARMA 5.99

seared chicken shawarma, yellow rice, tomato-cucumber salad, hummus & pita chip

*falafel available as a vegetarian entrée or as a side \$1.99

THURSDAY

HISPANIC HERITAGE MONTH SONORAN HOTDOG 4.99

deep fried bacon wrapped all beef hotdog on a bolillo bun topped with refried beans, smashed
avocado, diced tomato & onion, pickled onions & crema; served with a side

KITCHEN & CO. LEMON BUTTER TILAPIA 5.99

tilapia filet baked in a lemon butter sauce; served with wild rice & asparagus

FRIDAY

FLAME HONEY DIJON GRILLED CHICKEN SANDWICH 4.99

grilled chicken breast topped with dijon honey mustard, cheddar, lettuce & tomato; served
with a side

KITCHEN & CO. HOUSE MADE CHICKEN TENDERS 5.99

served with your choice of dipping sauce & side

CONNECT WITH *Us*

REINA VILLANUEVA | 612.229.4816 | café manager

let us cater your next meeting! email us at PCAcafe@packagingcorp.com