


Jefs

April 14 th – April. 18 th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Spiced Carrot** French Onion Beef Broth	Black Bean** Kale & Sausage	Miso** Chicken Noodle	Chef's Choice	Closed
The Mart	Meatless Monday Garlic Tofu Stir Fry** Vegetable Noodle Stir Fry* Asian Veggie Mix** Edamame Dumplings* Mandarin & Cabbage Salad** 	Italian Comfort Chicken Parmesan Pasta Primavera* Broccoli Rabe* Caesar Salad* Garlic Bread*	Day of the Mushroom In honor of Earth Month Stewed Shiitake Mushroom Creole** Shrimp Creole Creamy Grits* Crispy Roasted Okra**	Sofrito Dominican Republic Chicken Guisado Spicy Stewed Eggplant** Rice and Peas Plantains* Green Salad*	Closed
Spotlight	Celebrate Passover Chef's Table Braised Beef Brisket Potato Kugel* Roasted Root Vegetables**	Celebrate Arab American Heritage Jef's Corner Guys Chicken Shawarma, Beef & Lamb Gyro or Cauliflower & Chickpea Shawarma** Over Yellow Rice** Pita, Shredded Lettuce, Sliced Tomato, Tabbouleh** White Sauce* & Spicy Harissa Sauce**		Welcome Spring Chef's Table Pan Roasted Fish Sweet Pea Risotto* Spring Vegetable Mélange* Lemon Herb Butter*	Closed
Greens & Bowls	Signature Greens and Bowls Made to Order Salad Mixed Greens, Romaine & Kale Blend, Baby Spinach Four Veggie Toppings: Cucumber, Tomato, Carrots, Olives, Broccoli, Red Onion, Broccoli, Peppers, Chickpeas, Quinoa One Protein: Grilled Chicken or Hard-Boiled Egg, Shrimp, Salmon One Cheese: Cheddar, Feta, Parmesan One Crunch: Pecans, Croutons, Cranberries One Dressing: Balsamic Vinaigrette, Ranch, Caesar, Blue Cheese, Extra Virgin Olive Oil & Red Wine Vinegar				
Sushi & Poke	Made to order Nigiri, Maki Sushi, Sashimi White Rice Sushi or Brown Rice Sushi, Sashimi Salad, Chirashi Tuna or Salmon Poke Bowls- Edamame, Corn, Cucumber, Avocado, Seaweed Salad and Poke Sauce or Spicy Mayo				

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Grill

Pat La Frieda Beef Burger

All-Natural Grilled Chicken Paillard
Pat La Frieda Turkey Burger
Morningstar Garden Burger

Additions: American, Cheddar, Swiss, Pepper jack, Lettuce, Tomato, Onion, Sliced Pickles
Crispy Bacon, Avocado, Chipotle Mayo, Buffalo Sauce, Mustard, Ketchup, BBQ Sauce

Brioche Bun or Lettuce Wrap

Chalkboard Grill (Tues-Thu)

Jef's Signature Grill Items

Plant Based Beyond or Impossible Burger- Avocado, Grilled Onions, Pepper Jack & Chipotle Mayo*

Oregano and Lemon Salmon a La Plancha- Seasonal Grilled Veggies, Cucumber Tzatziki

Beef Birria Bowls

Braised Beef, Shredded Lettuce, Pico de Gallo
White Rice, Shredded Cheese, Crispy Blue Corn Tortilla

Rustico Deli

Made to Order:

Roast Turkey, Ham, Grilled Chicken, Roast Beef Chicken Salad, Tuna Salad

American, Cheddar, Swiss, Pepper Jack, Avocado

Lettuce, Tomato, Onion, Bread & Butter Pickles, Spicy Peppers, Crispy Bacon, Mustard, Mayo, Buffalo Sauce, Olive Oil & Vinegar,

Chipotle Mayo, Pesto Aioli

Al Freddo Sandwich Corner (Tues-Thu)

Deviled Egg Salad Bagel- Spicy Egg Salad, Green Leaf Lettuce, Tomato, Everything Bagel

Gravesend Hero- Crispy Chicken Cutlet, Prosciutto, Fresh Mozzarella, Tomato Balsamic Vinegar, Herb Aioli

Vegetarian*

Vegan**