

# Jefs

April 7<sup>th</sup> –  
April. 11<sup>th</sup>

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Soup**

White Bean Escarole  
Chicken Orzo

Three Bean Chili  
Beef Barley

Miso  
New England Clam Chowder

Vegetarian Minestrone  
Chicken And Rice

Chef's Choice

**The Mart**

**BYO Antipasti Salad**

Grilled Chicken, Salami's  
Tomato Bruschetta\*  
Artichoke & Chickpeas\*\*  
Pickled Veggie Gardinier  
Cubed Cheese  
Tri Color Salad\*\*

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**Celebrate National  
Empanada Day!**

Jamaican Beef Patty  
Rice & Peas\*\*  
Calliloo\*\*  
Sweet Plantains

**Classic Comfort**

Roasted Herb Turkey Breast  
Mashed Potatoes\*  
Roasted Green Beans and  
Mushrooms\*  
Banana Pudding\*

**Puerto Rico**

Bistecc Esebollado  
White Rice\*\*  
Habichuelas Guisado\*\*  
Green Salad\*\*

**Coastal**

Ginger Ponzu Fish  
Pineapple Salsa\*\*  
Sweet and Spicy Pepper  
Slaw\*\*  
Furikake Rice\*  
Hawaiian Mac Salad  
Sweet Rolls

**Spotlight**

**Global Grains  
Asian Stir-Fry**

Stir Fried Rice and Mixed Asian Vegetables\*\*  
Mini Veggie Eggrolls\*, Duck Sauce

Choice of Protein:  
Char Shu Chicken/Sweet Chili Shrimp/Mao Po Tofu\*

**Barbanzo  
Middle Eastern Grilled Meat & Falafel Bowls**

**Protein:** Chicken, Falafel\*\* or Shrimp  
With Lentil Salad\*\* and Hummus\*\*  
Israeli Salad\*\*, Feta\*, Olives\*  
Harissa, Cachik or Spicy Green Sauce

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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

### National Grilled Cheese Day is April 10!

Grilled Cheddar with Tomato and Bacon on Sliced Sourdough

## 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)

**Cape Cod Chicken Salad** - Cranberries, Granny Smith Apples, Pecan, Bibb Lettuce  
Thick Multi-Grain

**Tuscan Eggplant Wrap**- Crispy Eggplant, Fresh Mozzarella, Roasted Pepper and Tomato Salad  
Arugula\*

Vegetarian\*

Vegan\*\*