

Jefts

June 9th – June 13th

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Soup

Chipotle Sweet Potato**
Pasta Fagioli

Corn Chowder*
Turkey Chili

Miso**
Chicken Noodle

Moroccan Lentil**
Caribbean Jerk Chicken

Chef's Choice

The Mart

**Celebrate National
Ocean Day
Fire Roasted Fish**

Long Island Monkfish
Bacon Tomato Broth
Mediterranean Couscous**
Garlic Broccoli Rabe**



Philippines

Chicken Adobo
Tofu, Vegetable Pansit**
Steamed Bok Choy**
Garlic Rice*

**Celebrate National
Corn on the Cobb Day**

New England Seafood Boil
Poached Cod, Clam Broth
Smoked Sausage
Boiled Red Bliss Potato
Seasoned Corn on the Cobb



Today is Falafel Day!

Falafel**
Lamb Kofta
Mujadara*
Warm Eggplant Salad**
Israeli Pickle Salad
Harissa and Cacik Sauces

Neapolitan Pizza
At the Hearth

Spotlight

**In Honor Caribbean Heritage Month
Havana Bowl**

Cuban Inspired Grain Bowls

Beef Ropa Vieja, Mojo Shrimp, Black Bean Stew**
White Rice**, Sweet Plantains**, Pickled Red Onion**
Tomato Avocado Salad**, Cilantro Lime Crema*

Great American BBQ

Kansas City Style BBQ Pulled Pork
Carolina Style BBQ Chicken
Homestyle Macaroni Salad*, Cole Slaw*
Bread and Butter Pickles, Martins Potato Roll
Cornbread*

Closed

**Greens &
Bowls jFIT**

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

Vegetarian*

Vegan**

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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

**Express
Self Serve
Salad Bar** jFIT

Deconstructed Italian Summer Bowl

Balsamic Chicken, Pesto Tofu, Sliced Eggs, Tuscan Bean Salad, Marinated Olives, Marinated Artichoke,

Perl Mozzarella, Tortellini Salad, Grape Tomatoes, Roasted Cauliflower

Closed

**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

LTO: City Island Fry Basket

Popcorn Shrimp, Waffle Fries, Garlic Parmesan Corn, Spicy Remoulade Sauce

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)

The Angry Broker- Spicy Vodka Chicken Parmesan Hero

The OG- Roast Beef, Swiss, Caramelized Onion, Garlic Mayo, Kaiser

Vegetarian*

Vegan**