



Citi Eats March 2025

March's superfood Protein AND vegetables

This month, we're shining a spotlight on legumes, a nutritional powerhouse rich in protein, fiber and essential vitamins. They're a versatile choice that can be counted as either a protein or vegetable, making them a great meat substitute in stews, chili and soups. Lentils cook quickly in about 20 to 30 minutes, while beans take longer but can be soaked overnight to speed up the process.

Look out for delicious legume-based dishes featured throughout our cafe all month long!



EVERYDAY SUPERFOODS





Nicole Arcilla
MS, RDN, LDN



Alexandry Calisto
RD



Eliza Leone
MS, RD, LDN



Andrea Canada
MPH, RD



Marielle Dominguez
MS, RDN



Aimee Takamura
RD



Avia Goldstein
MS, RD, CDN



Hannah Kutzin
MS, RD, CDN



Steven Rich
MS, RDN



Maya Billig
MS, RD

Better For You

Now with calorie counts!

We're excited to announce that our Better for You station will now feature calorie counts on all entrees.

By partnering with our team of registered dietitians, we're able to offer healthier menu options with accurate calorie information, ensuring you can make informed choices. Plus, with their expert recipes and portioning tools, we're committed to serving you meals that are not only delicious but also better for you.

Stay tuned for our quarterly pop-ups, where our registered dietitians will be on hand to share tips and answer your questions!

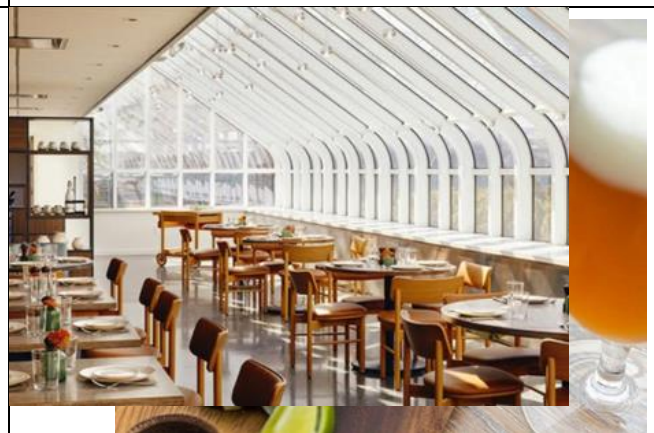
Chef's Table exclusive

Brooklyn Botanical Garden – *Yellow Magnolia Cafe*

We're continuing to showcase curated menu items from our award-winning dining portfolio at the Chef's Table.

On March 19, we're excited to feature **Yellow Magnolia Cafe** located at the **Brooklyn Botanical Garden**. This café, led by Executive Chef Fred Sabo, offers modern American cuisine with an emphasis on locally-sourced and seasonal ingredients.

In celebration, guests who purchase an entree will have the chance to win dinner for two at this beautiful garden restaurant. Don't miss out on this special opportunity!





Renee Beckford, Executive Dining Room Cook



Jen Kim, Executive Dining Room Pastry Chef

Women's History Month

Women who lead and feed

March is Women's History Month—a time to honor the remarkable contributions women have made to American society and history. In the culinary world, women have long shaped food culture, championed innovation and broken barriers in a traditionally male-dominated industry.

To celebrate, we're highlighting three incredible women who are making an impact in our kitchens:

Renee Beckford | Executive Dining Room Cook

Renee Beckford, a graduate Restaurant Associate's Aptitude Potential Training (APT) program for women in culinary leadership, won the Best Culinary Concept for her signature "beef patty," now featured across our company and at *three eighty ate*.

How did the APT program impact your career?

The program strengthened my leadership skills—like communication, adaptability, and decision-making—while maintaining high culinary standards.

What inspired your "beef patty" concept?

My Jamaican roots were the heart of this dish. I elevated traditional flavors using unique spices, quality ingredients, and perfected the crust for that ideal bite.

What advice do you have for women in the culinary field?

Stay confident, be assertive and never stop learning. Find mentors, advocate for yourself, and most importantly, trust your vision and share your unique perspective.

Jen Kim | Executive Dining Room Pastry Chef

Jen Kim is the creative force behind the homemade treats at our dessert bar, known for her skillful techniques and passion for crafting memorable desserts.

How has being a woman shaped your culinary journey?

Early on, I was often the only woman in the kitchen and felt the need to push harder to prove myself. Over time, I learned that success isn't just about skill—it's about hard work, collaboration and lifting others up.

Who has inspired you the most?

The women who showed me that it's possible to thrive in both your career and personal life. They've taught me that success is about balance, gratitude and finding fulfillment in all aspects of life.

What does being featured this month mean to you?

I'm grateful for the opportunities I've had and believe in helping others grow. This industry isn't easy, but for those who love cooking and hospitality, it's incredibly rewarding.



Marissa Carle, Jersey City Executive Chef

Marissa Carle | Executive Chef, Jersey City Café

Executive Chef Marissa Carle leads the Jersey City café with passion, creativity, and a deep commitment to culinary excellence.

How do you lead and mentor other women in the culinary industry?

Creating a supportive environment where everyone—especially women—feels comfortable sharing ideas is key. Women bring fresh perspectives that fuel innovation and meaningful dining experiences.

What challenges have shaped your career?

I started in the culinary field in my late 20s after a career in corporate HR, feeling pressure to catch up and prove myself in a male-dominated space. I've learned that the right work environment makes all the difference. My advice? Know your worth and find a place that supports your growth.

What message do you have for future female chefs?

Representation matters. We need more women in culinary leadership. When young women see others thriving in this space, it shows them what's possible. The industry needs them—and wants them—in the kitchen.

Italian delicatessen Salumeria
Quintessential European hand-held street food

Get ready for a delicious transformation! Our Specialty Sandwich station is turning into a classic Italian deli, bringing you bold flavors and high-quality ingredients straight from the heart of Italy.

Enjoy sandwiches featuring premium sliced meats, fresh toppings and house-made spreads. With at least one vegetarian/vegan option, there's something for everyone.

Stay tuned for the launch, you won't want to miss this!



1% for the planet



MARIMIX

- Good Housekeeping 2024 Best Snack Award Winner
- Nostalgic comfort-food with 100% clean ingredients
- Plant-based, gluten-free mix delivers satisfying crunch, & whole-grain goodness



Mari Fassett | Founder & CEO

Sustainable food trends

Our commitment to a more sustainable future

Sustainability in the food industry is essential to protecting our planet's health. As the global population grows and food demand increases, it's crucial to adopt sustainable practices that preserve natural resources while ensuring a stable food supply. By focusing on sustainability, we can reduce greenhouse gas emissions and strengthen food security for the future. **This March, we're spotlighting nutritious snacks from companies in the Compass Retail Incubator that are dedicated to advancing sustainable food practices. For example, MariMix is a sustainable**

snack brand known for its innovative, eco-friendly approach to trail mixes. Using upcycled ingredients, compostable packaging, and ethically sourced nuts and fruits, MariMix champions food waste reduction while delivering delicious, nutrient-dense snacks. Perfect for eco-conscious consumers, it embodies the future of sustainable snacking. Scan the QR code for more information.

Carbon friendly week

This month, carbon friendly week will be taking place, **the week of March 17**. In continuing our efforts to reduce our carbon footprint, **beef will not be offered on the menu at any of our stations.**

Your feedback is important to us. While we work toward a more sustainable *three eighty ate*, please feel free to email us at threeeightyate@citi.com with any feedback or suggestions to help us reach our net zero operational goals.

Spring at Starbucks

Spring is in the air, and so are fresh new flavors at Starbucks! Inspired by the beauty of cherry blossoms, the Iced Cherry Chai features cherry-flavored cold foam, adding delicate floral and almond notes. Topped with crunchy cherry-flavored sprinkles, it's a refreshing twist on your favorite chai.

Pair your drink with our **Toasted Chile Lavash Flatbread**, filled with diced chicken, charred poblanos, green jalapeños, three chili pepper cheese and jalapeño cream cheese for a bold, flavorful bite.

Spring arrives at Starbucks March 4. Mark your calendars!



If you haven't already...

The best way to stay up to date on everything going on at *three eighty ate*, Starbucks and the markets, is to **follow @threeeightyate on Instagram!** Scan the *three eighty ate* QR code on the right.

We'd love to hear from you:

Scan the yellow QR code on the right to send in feedback on your dining experience at *three eighty ate*. You can also email threeeightyate@citi.com at any time with any thoughts, questions or comments.

Mobile ordering at *three eighty ate*

You can **order from the Grill, Deli, Bowl, and Sushi stations** from *three eighty ate* BEFORE you leave your desk!

Pickups at ***three eighty ate* Express and in the cafe** are quick and easy.

If you haven't already downloaded Thrive, search "Thrive Ordering" in the app store or Google Play or scan the QR code on the left.



Get connected!

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A Mission of Enabling Growth & Economic Progress | [Transforming Citi](#)