

EAT. DRINK. SOCIALIZE.

JF3 CAFÉ

Monday – Friday | 07:00 am – 1:30 pm

WEEK OF FEBRUARY 9TH



RISE & SHINE

BREAKFAST

Ham and Onion Egg Bite, Tomato Basil Egg Bite, Biscuits and Sausage Gravy, Homes Fries, Pork Sausage Links	.60/oz
Blueberry or Strawberry Overnight Oats	4.09
Root Vegetable Super Grain Bowl with Orange Honey Yogurt	5.29
Sausage Croissant, Bacon Croissant, Caprese Sandwich, Turkey Club Biscuit	4.63

MON

GOOD MOOD MONDAY @MASHUP Mac and Cheese, Brussels Sprouts and Orange Glazed Chicken or Tofu (V)	9.79
POKE @UMAMI Salmon, Tuna or Tofu Poke Bowls (Vg)	10.99
BUTCHER & BAKER Italian Hoagie, Baharat Chicken, Greek Chicken, Mediterranean Vegetable Wrap (V) with Fruit Salad (Vg), Bacon Broccoli Salad or Bakers Chips (Vg)	8.79

TUES

CANTINA Beef Barbacoa, Pollo Asado, Tofu Chorizo (Vg)	8.55
DIY Gochujang Chicken, Gochujang Tofu (Vg)	.60/oz
BUTCHER & BAKER Italian Hoagie, Baharat Chicken, Greek Chicken, Mediterranean Vegetable Wrap (V) with Fruit Salad (Vg), Bacon Broccoli Salad or Bakers Chips (Vg)	8.79

WED

CANTINA Beef Barbacoa, Pollo Asado, Tofu Chorizo (Vg)	8.55
BIG CITY BBQ @MASHUP Honey BBQ Salmon, BBQ Pulled Pork	9.79+
BUTCHER & BAKER Italian Hoagie, Baharat Chicken, Greek Chicken, Mediterranean Vegetable Wrap (V) with Fruit Salad (Vg), Bacon Broccoli Salad or Bakers Chips (Vg)	8.79

THURS

CANTINA Beef Barbacoa, Pollo Asado, Tofu Chorizo (Vg)	8.55
DIY Braised Beef, Cauliflower Steak (Vg)	.60/oz
BUTCHER & BAKER Italian Hoagie, Baharat Chicken, Greek Chicken, Mediterranean Vegetable Wrap (V) with Fruit Salad (Vg), Bacon Broccoli Salad or Bakers Chips (Vg)	8.79
ITALIAN CHEF TABLE @ PICCOLA Smoked "Porchetta" Dip with Arugula Parmesan Salad	9.79

FRI

CANTINA Beef Barbacoa, Pollo Asado, Tofu Chorizo (Vg)	8.55
POKE @UMAMI Salmon, Tuna or Tofu Poke Bowls (Vg)	10.99
BUTCHER & BAKER Italian Hoagie, Baharat Chicken, Greek Chicken, Mediterranean Vegetable Wrap (V) with Fruit Salad (Vg), Bacon Broccoli Salad or Bakers Chips (Vg)	8.79

CONNECT
WITH US



@INGREDIENTSCAFES



eurestcafes.compass-usa.com/Ingredients

WEEKLY FEATURES

CHEF PICKS

Pupusa, Black Beans and Topo Chico	8.55
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PICCOLA ITALIA

PINSA

Meat Lovers	7.49
Pepperoni Basil	7.49
Supreme	7.49
Roasted Vegetable	7.49
Four Cheese	7.49

CALZONE

Roasted Vegetable	7.49
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PASTA

Sausage and Veggie Mac (Pork or Beyond)	7.55
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Savour
BY NEXTEP

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SOUPS

MONDAY

Chicken Noodle	5.35
Creamy Tomato Basil (V)	5.35

TUESDAY

Turkey Meatball Soup	5.35
Baked Stuffed Potato (V)	5.35

WEDNESDAY

Beef and Bean Chili	5.35
Three Bean Vegan Chili (Vg)	5.35

THURSDAY

Chicken Tortilla	5.35
SW Vegetable Tortilla (Vg)	5.35

FRIDAY

Clam Chowder	5.35
Corn Chowder (V)	5.35