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# From Gridiron to Grill

## John Offerdahl is the Gridiron Griller



For nine years, this all-pro linebacker for the Miami Dolphins prowled the NFL's gridiron, looking for football or foe to devour. Now he's roaming South Florida's backyards and tailgates seeking the next great recipe to tackle his taste buds and yours. His name is John Offerdahl and he is...the Gridiron Griller! Firing up the grill with his dad in Wisconsin was good preparation for becoming a backyard grilling/tailgating enthusiast. John had 4 older sisters, but at the Offerdahl home, grilling was man's work and John quickly fell in love with the simplicity of preparation and the intoxicating smell and taste of the results.

Their favorite recipe was the bratwurst they grilled and soaked in good old Milwaukee beer. John's mom and dad would team up to grill those bratwurst at tailgates outside the stadium in Kalamazoo, Michigan, where John's career as a Western Michigan University Bronco provided four years of tailgating opportunities. Once John signed with the Miami Dolphins, his parents would fly down and let him bring the grill as they would often tailgate post-game in the player's parking lot of the stadium.

Needless to say, each time John fires up his backyard grill today, many of those great memories coming wafting back. According to John, "There's something primordial and deeply satisfying about grilling food over an

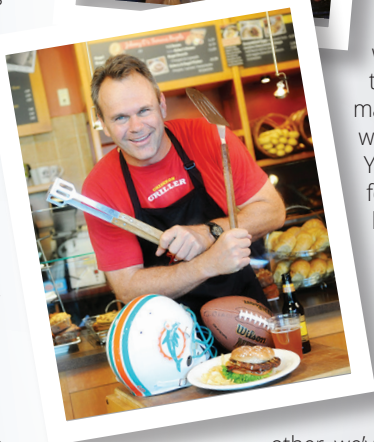
open flame. It takes time and is often a social experience as you hang out with friends and family talking sports, and waiting to devour the grilling results."

As John gained restaurant experience in the bagel shops he opened in the 90's, he wanted to add in a grill to bring that same freshly prepared smell and taste to the quick-casual restaurant format. Offerdahl's Café Grill became the hybrid of both. Though grilling has become his business, it's the hobby side of the grill John enjoys sharing with others. "Grilling shouts family, food and fun," comments John. "I want to share what I've learned about the simplicity of using a few fresh ingredients to create great food without the fun being swallowed up with too many ingredients or tedious preparations." So, the Gridiron Griller is out to tackle taste buds one yard at a time!

Log onto the Gridiron Griller website [www.gridirongriller.com](http://www.gridirongriller.com) to access recipes anyone can make — even an ex-linebacker with a Bio-chemistry degree!

You can see past shows, which feature equal parts fun and food by clicking on to the archives. The recipes are also formatted for printing. Some shows feature a celebrity griller lending new recipes and ideas, which are entertaining and educational. Since it's great to learn from each

other, we've provided a place for you to post your tips and recipes. Who knows, maybe you'll be John's next grilling guest!



[www.GridironGriller.com](http://www.GridironGriller.com)

# Gridiron Grill-Off

## Food,Wine & Music Festival

**The Gridiron Grill-Off Food & Wine Festival teams up celebrity athletes from the Gridiron with celebrity chefs from the Grill for an afternoon where Celebrity, Competition & Charity COLLIDE!**

### Celebrity

Miami Dolphins Legends team up with South Florida's best chefs to sign autographs and WIN your vote for the best Grill-Off recipe!

### Competition

Vote by dropping your wooden chips at your favorite restaurants and compete and COMPETE in a cornhole bean bag competition that teams Celebrity Pros with YOU the Community Joe.

### Charity

100% of the Gridiron Grill-Off net proceeds benefits Offerdahl's Hand-Off Foundation and our mission to "Feed the Need of Those in Crisis" in partnership with business, government, civic and faith-based organizations



**GridironGrillOff.com**











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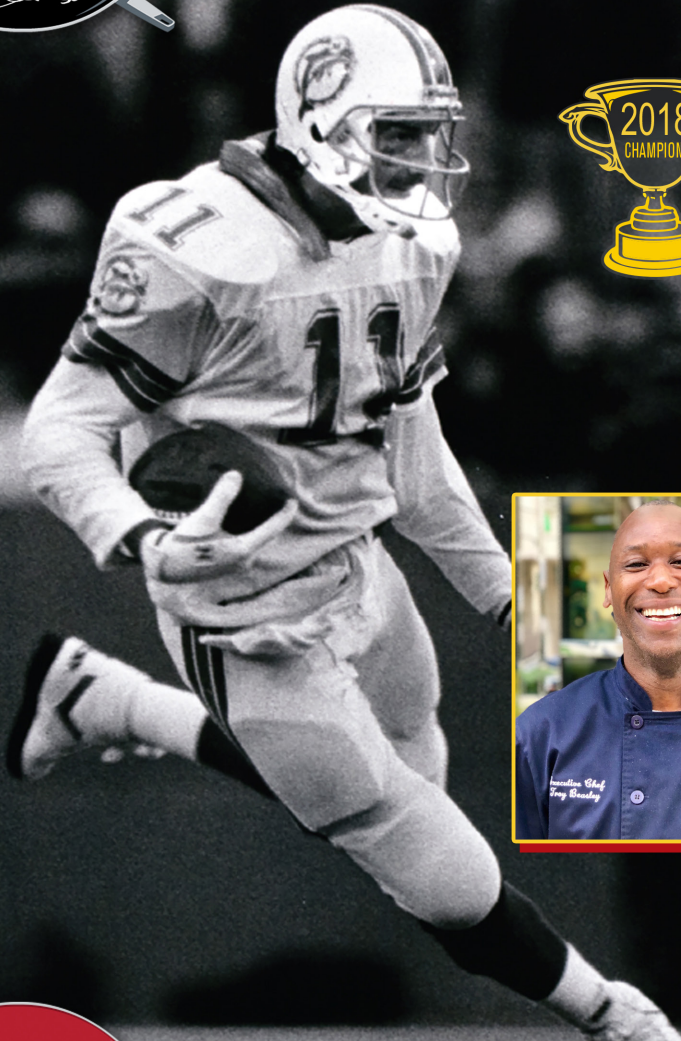
100% of the Gridiron Grill-Off net proceeds benefits Offerdahl's Hand-Off Foundation and our mission to "Feed the Need of Those in Crisis" in partnership with business, government, civic and faith-based organizations





# JIM "CRASH" JENSEN

WR, RB, TE,  
QB, ST



11

CHEF TROY **BEASLEY**

BEACH HOUSE POMPANO



**JIM "CRASH"  
JENSEN**



**CHEF TROY  
Beasley**

## BEACH HOUSE POMPANO



### GRILL OFF DISH:

**Jensen's Oh Honey BBQ  
Wings**

### WINE PAIRING:

**Ruffino Lumina  
Pinot Grigio**

## JIM "CRASH" JENSEN 11 - MIAMI DOLPHINS WR, RB, TE, QB, ST

One of the most versatile players in Dolphins history. Played 12 seasons (1981-92) as a wide receiver, running back, tight end, quarterback and special teams star. Finished his career with 229 receptions for 2,171 yards and 19 touchdowns; also passed for two TDs. Named Dolphins special teams MVP in 1988. Caught Dan Marino's 200th career touchdown pass.

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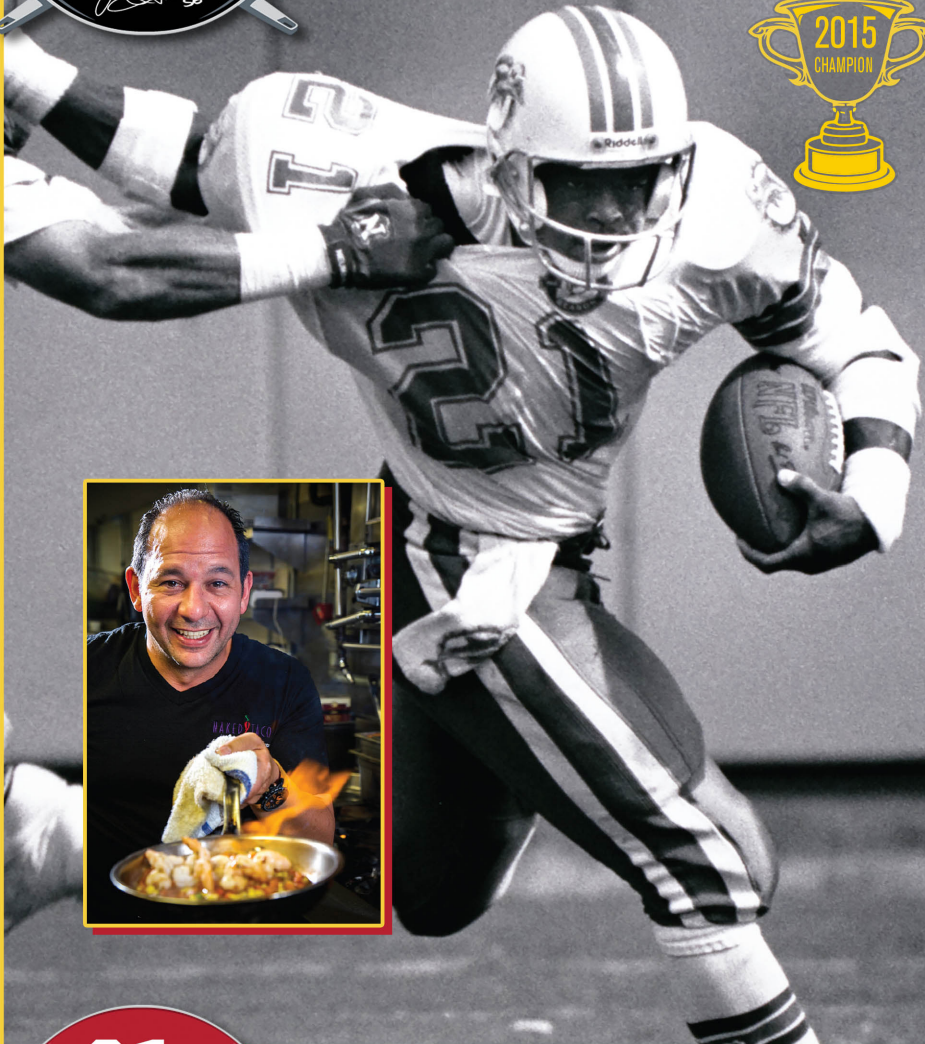
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MARK **HIGGS** RB



**21A**

CHEF RALPH **PAGANO**

**NAKED TACO**



**MARK  
HIGGS**



**CHEF RALPH  
PAGANO**

## NAKED TACO



### GRILL OFF DISH:

**Higgy's Mexico City Street Tacos  
with Guajillo Chili Rubbed  
Pork & Roasted Pineapple**

### PAIRING:

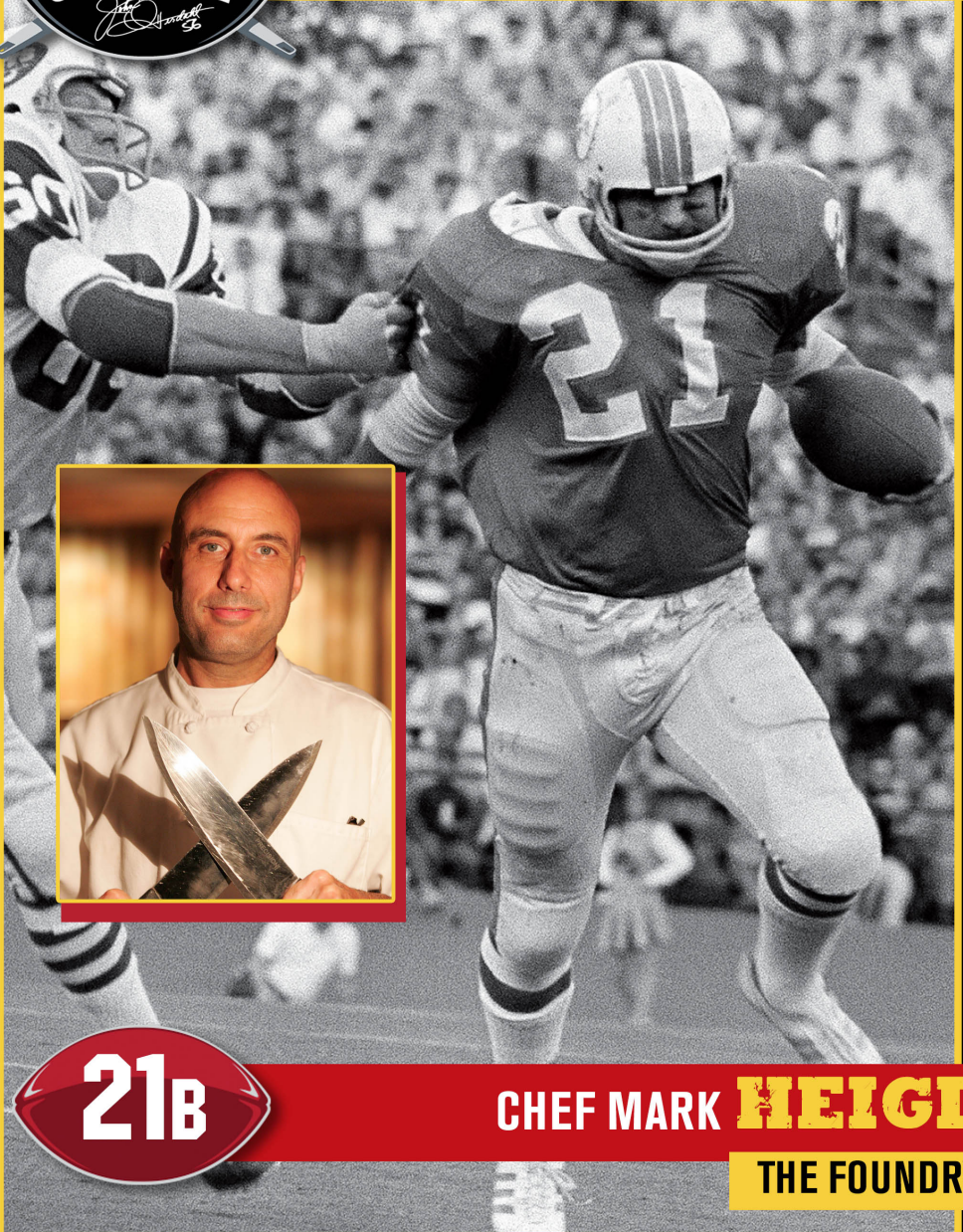
**La Pinta Tequila**

## MARK HIGGS 21 - MIAMI DOLPHINS RUNNING BACK

Drafted by the Dallas Cowboys in 1988 out of Kentucky, "Higgy" joined the Dolphins as a free agent in 1990 after a season in Philadelphia. Led Miami in rushing three consecutive seasons, 1991-1993. Final two years of NFL career was in Arizona before retiring after 1995 season. NFL career totals 2,959 yards rushing and 14 touchdowns. Brother of former NBA player Kenny Higgs.



JIM **KIICK** RB



**21B**

CHEF MARK **HEIGL**

**THE FOUNDRY**





EUGENE "MERCURY" **MORRIS** RB



**22A**

CHEF MARK **HEIGL**

**THE FOUNDRY**



**JIM KIICK &  
MERCURY MORRIS**



**CHEF MARK  
HEIGL**

## **THE FOUNDRY**



### **GRILL OFF DISH:**

**Morris & Kiick's Balsamic Marinated  
Grilled Short Rib, Blistered Tomato  
Risotto & Tomato Jam**

### **WINE PAIRING:**

**Cuttings Cabernet  
Sauvignon**

### **JIM KIICK 21 & EUGENE "MERCURY" MORRIS 22 - MIAMI DOLPHIN'S RUNNING BACKS**

The "Dynamic Duo" of Jim Kiick and Eugene "Mercury" Morris helped the Dolphins break the NFL record for rushing yards during the 1972 "Perfect Season" as well as lead Miami to three Super Bowls. Kiick was a two time AFL All-star while Morris was a three time Pro-Bowler. Both were an integral part of the ball-control running game which characterized the Dolphins under head coach Don Shula in the early 1970s.

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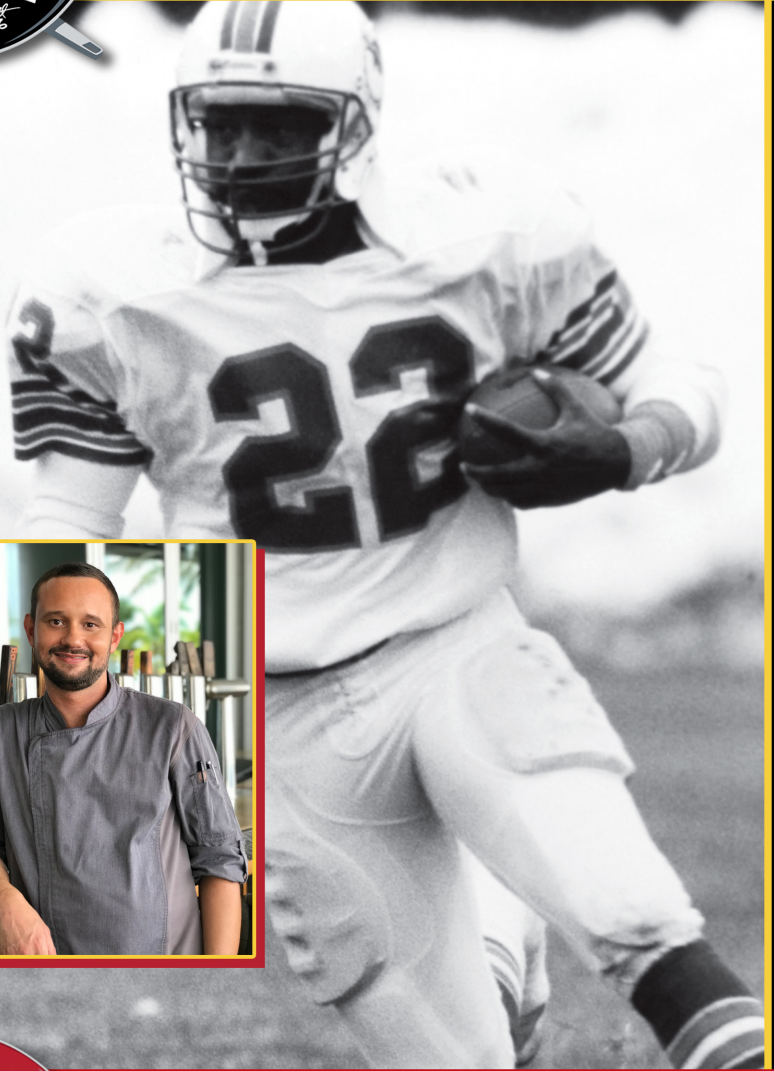
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TONY **NATHAN** RB



CHEF NEIL **EYCHAS**

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**TONY  
NATHAN**



**CHEF NEIL  
EYCHAS**

**BURLOCK COAST AT THE RITZ CARLTON FT LAUDERDALE BEACH**



**GRILL OFF DISH:**

**Nathan's House Made Tasso  
Ham on an White Cheddar  
Biscuit**

**PAIRING:**

**Kim Crawford  
Rose**

**TONY NATHAN 22 - MIAMI DOLPHINS RUNNING BACK**

Nathan was the Dolphins' starting running back in Super Bowl XVII and Super Bowl XIX. He had a superb performance in Super Bowl XIX, with 18 yards rushing and 10 receptions for 83 yards. His ten receptions were the second most in Super Bowl history at the time. He was also instrumental in the Dolphins' 45-28 win over the Pittsburgh Steelers in the 1985 AFC Championship game, in which he rushed for 64 yards and a touchdown.



GREATER FORT LAUDERDALE

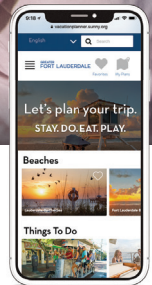
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### PINK MULE

Fill a rocks glass or copper mug with ice. Add 1.5 oz. vodka, the juice of 1/8 fresh lime (squeeze and drop in), 2 oz. Ocean Spray® Pink Cranberry Juice and 2 oz. ginger beer. Stir to mix. Garnish with a lime and cranberry skewer.



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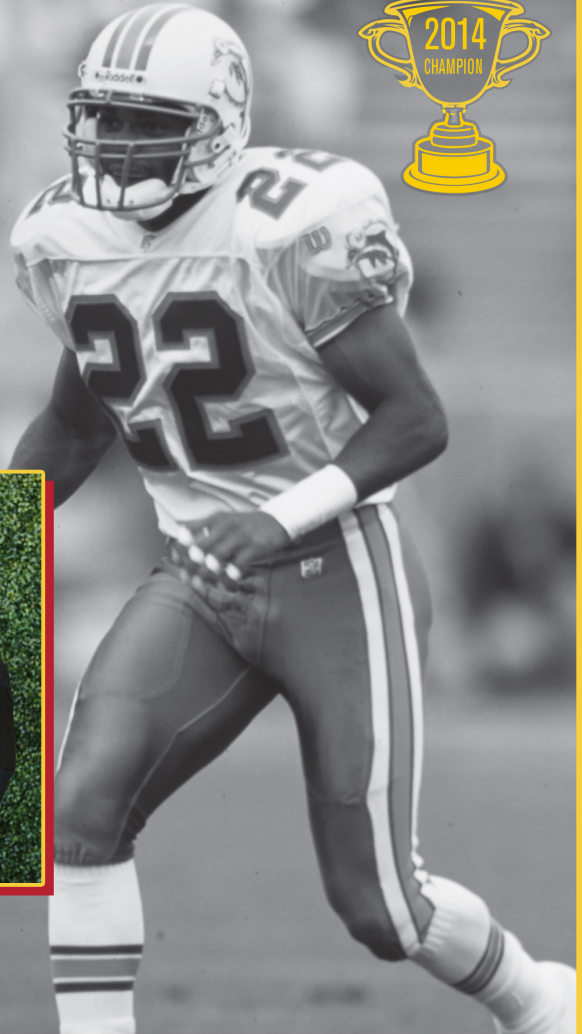
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**GRILL OFF DISH:**

**Wooden's Grilled Tenderloin  
Canapes**

**WINE PAIRING:**

**Simi Sauvignon  
Blanc**

### **SHAWN WOODEN 22 - MIAMI DOLPHINS SAFETY**

Shawn Wooden played safety in the National Football League for 9 seasons for the Miami Dolphins and the Chicago Bears. Wooden was drafted in the 6th round by Jimmy Johnson, the then coach of the Miami Dolphins. After one year with the Chicago Bears, he returned to the Miami Dolphins for the remainder of his career.



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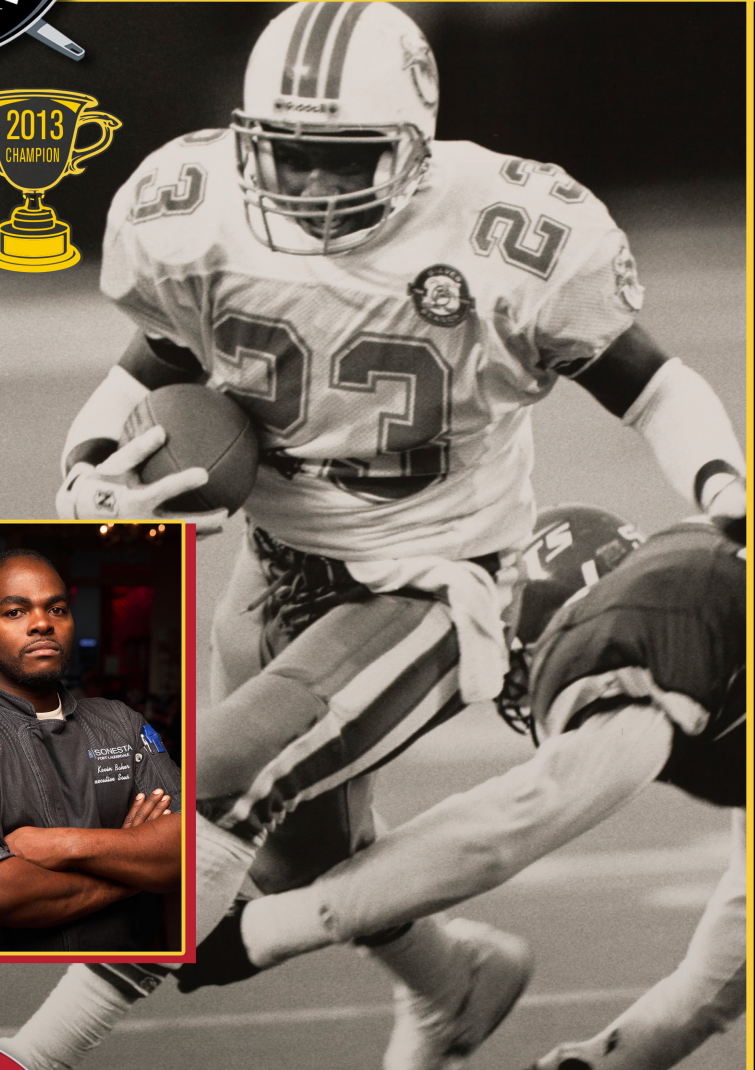
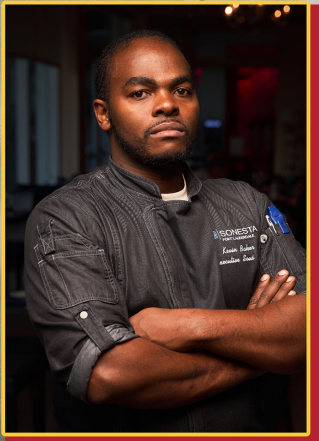
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TROY **STRADFORD** RB



CHEF KEVIN **BAKER**

STEELPAN AT THE SONESTA FORT LAUDERDALE BEACH

**TROY  
STRADFORD**



**CHEF KEVIN  
BAKER**

## **STEELPAN AT THE SONESTA FT LAUDERDALE BEACH**



**GRILL OFF DISH:**

**Stradford's Caribbean Jerk Wings**

**PAIRING:**

**Charles Smith  
Kung Fu Girl  
Riesling**

### **TROY STRADFORD 23 - MIAMI DOLPHINS RUNNING BACK**

Drafted fourth round in 1987 out of Boston College where he left as Eagles all-time leading rusher. Earned Offensive Rookie-of-the-year honors in 1987 with over 1,000 combined rushing and receiving yards and seven touchdowns. Six year NFL career included play with Chiefs, Rams and Lions as well as the Dolphins. Current member of The Finsiders, the Miami Dolphins multi-media show.





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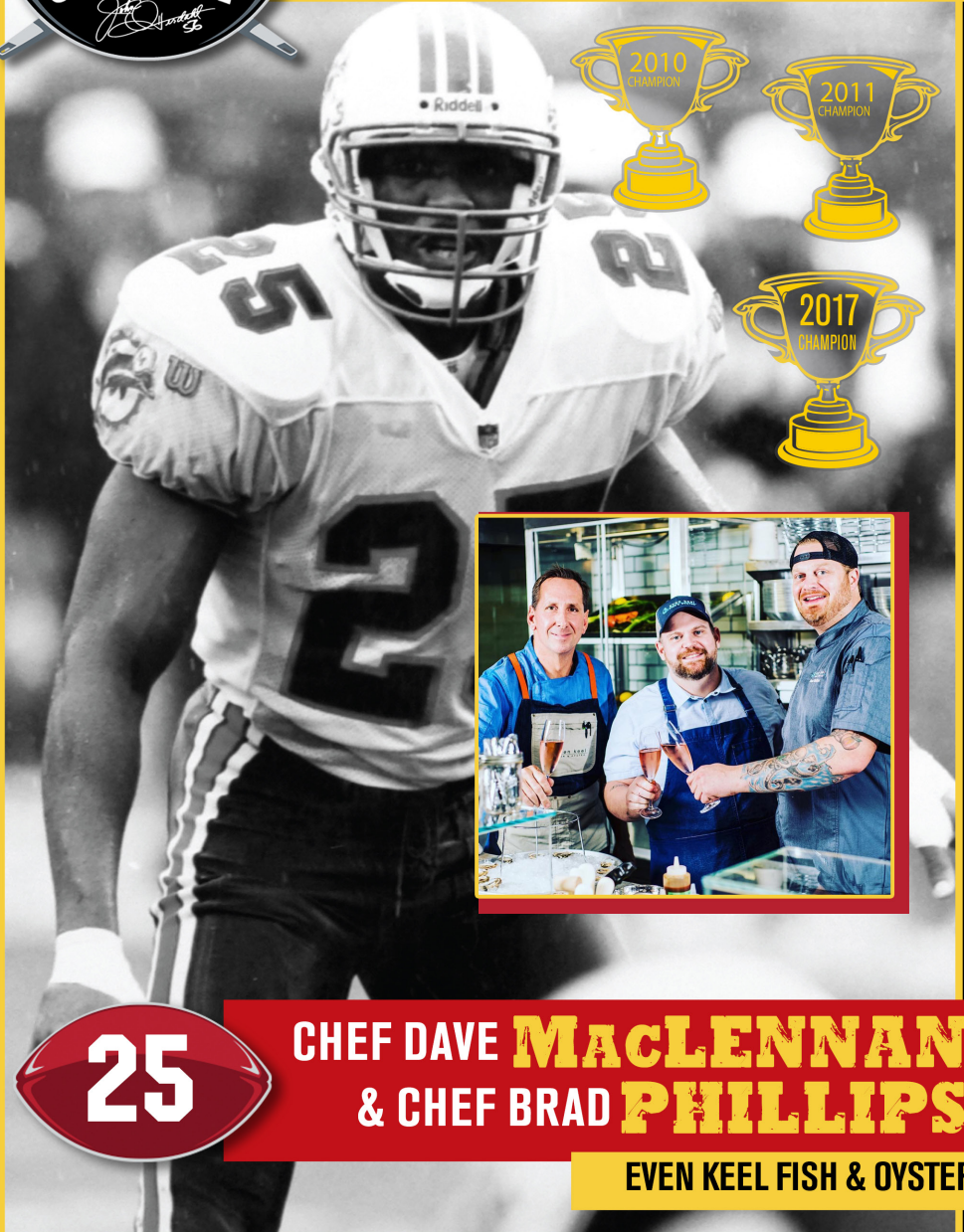
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LOUIS **OLIVER** S



**25**

CHEF DAVE **MACLENNAN**  
& CHEF BRAD **PHILLIPS**

**EVEN KEEL FISH & OYSTER**

**LOUIS  
OLIVER**



**CHEF DAVE MACLENNAN  
& CHEF BRAD PHILLIPS**

## **EVEN KEEL FISH & OYSTER**



### **GRILL OFF DISH:**

**Oliver's Grilled Octopus with  
Sofrito, Chorizo, Crispy Potato,  
Almonds & Chorizo Aioli**

### **WINE PAIRING:**

**Charles Smith Eve  
Chardonnay**

## **LOUIS OLIVER 25 - MIAMI DOLPHINS SAFTEY**

One of the most dynamic and physical safeties in Dolphins history. Florida Gator drafted by Miami in the first round of the 1989 NFL Draft, Louis played seven seasons for the Dolphins (1989-1993, 1995-1996) and one season for the Cincinnati Bengals (1994). Career highlight was on October 4, 1992, when he picked off Buffalo Bills quarterback Jim Kelly three times, returning one 103 yards for a touchdown.



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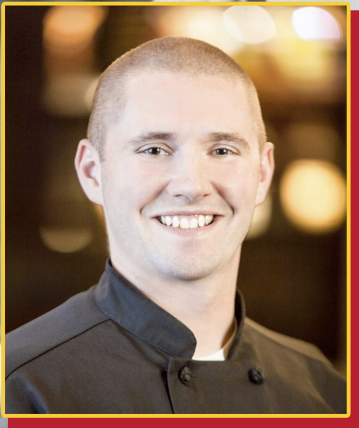


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DON **McNEAL** S



CHEF KENNY **VELSOR**

GRILL AT CALVARY

**DON  
MCNEAL**



**CHEF KENNY  
VELSOR**

## GRILL AT CALVARY



### GRILL OFF DISH:

**McNeal's Coriander Grilled  
Mahi, Macadamia Nuts &  
Tangerine Brown Butter**

### PAIRING:

**Pellegrino**

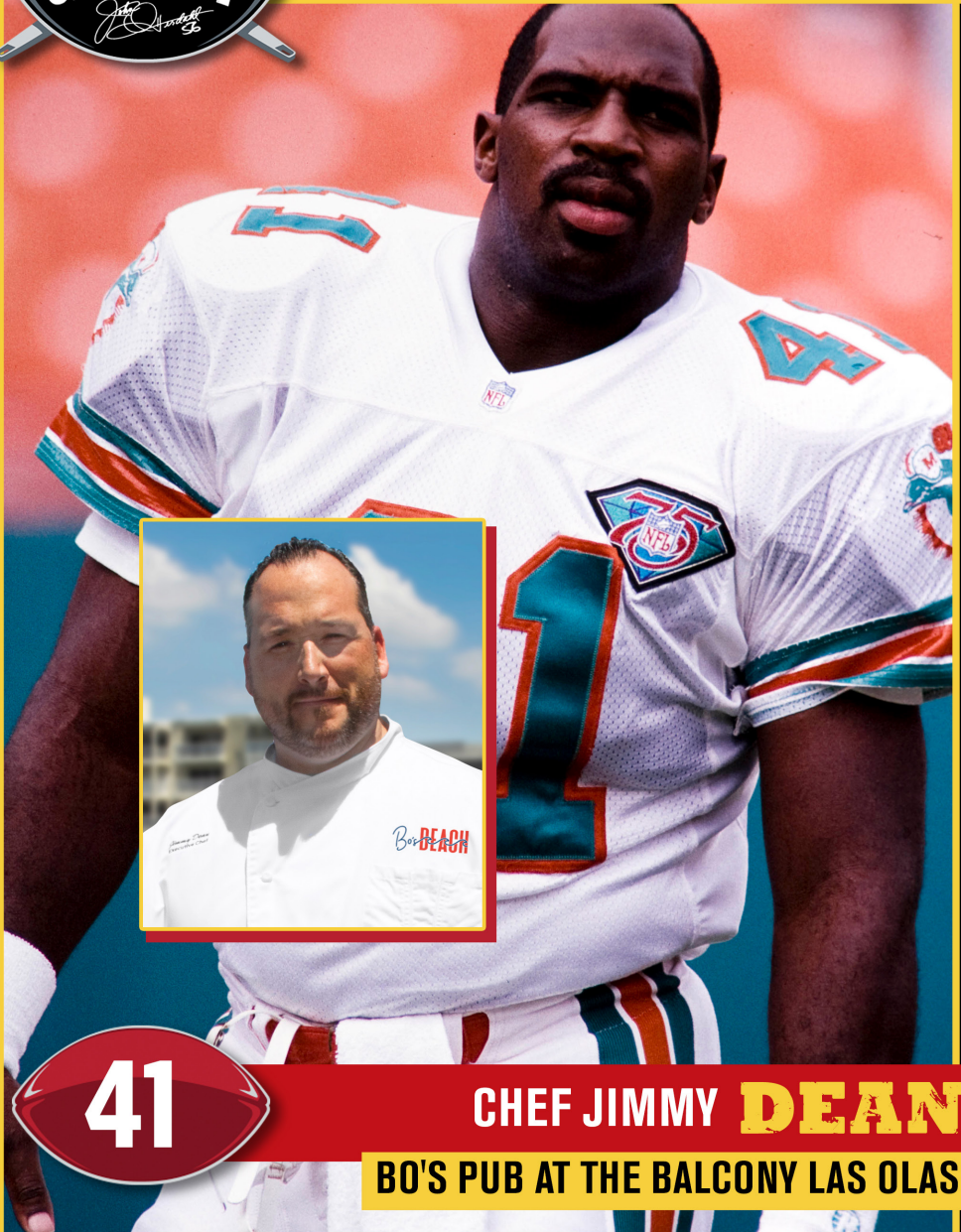
## DON MCNEAL - MIAMI DOLPHINS RUNNING BACK

Florida Gator drafted by Dolphins in the first round of the 1985 NFL Draft. Played five seasons for the Dolphins (1985-1989). Gained almost 5,000 total yards rushing, receiving and on kick returns, scoring 28 touchdowns. Career highlight game came on Monday night in 1986 vs 10-1 Jets team, Lorenzo rushed for 148 yards and three touchdowns in a 45-3 Dolphin rout.





KEITH **BYARS** RB



**41**

CHEF JIMMY **DEAN**

**BO'S PUB AT THE BALCONY LAS OLAS**

**KEITH  
BYARS**



**CHEF JIMMY  
DEAN**

## **BO'S PUB AT THE BALCONY LAS OLAS**



### **GRILL OFF DISH:**

**Byar's Burger with Bacon Jam,  
Caramelized Onions, Beer  
Cheese & Pickled Jalapeños**

### **PAIRING:**

**Simi Cabernet  
Sauvignon**

### **KEITH BYARS - MIAMI DOLPHINS FULLBACK**

Keith Alan Byars is an American sports broadcaster and former American football fullback in the National Football League for the Philadelphia Eagles, Miami Dolphins, New England Patriots and New York Jets.



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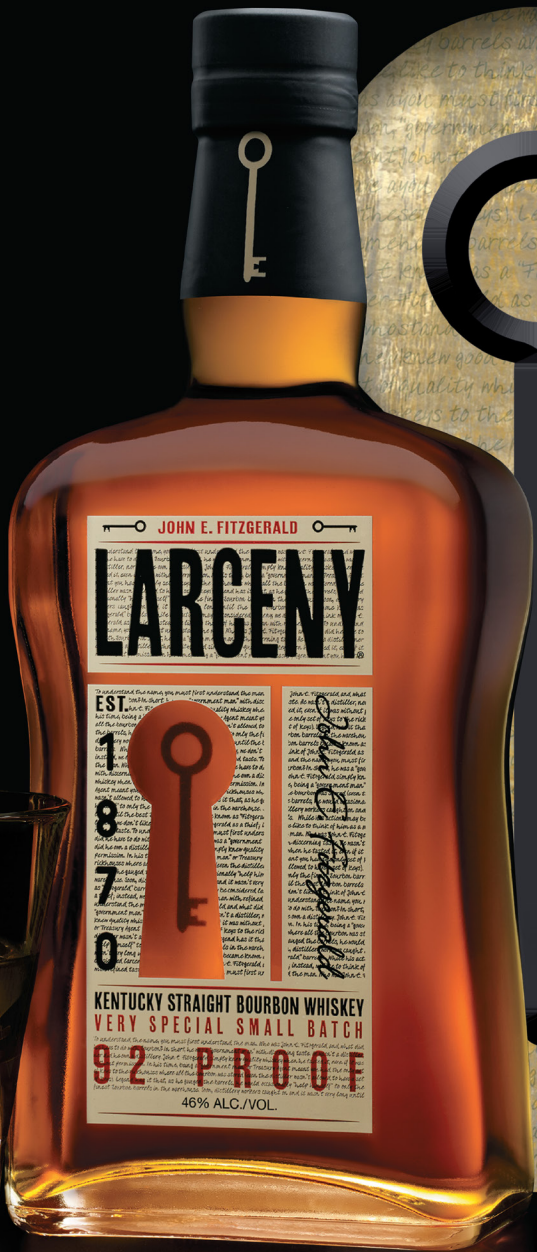
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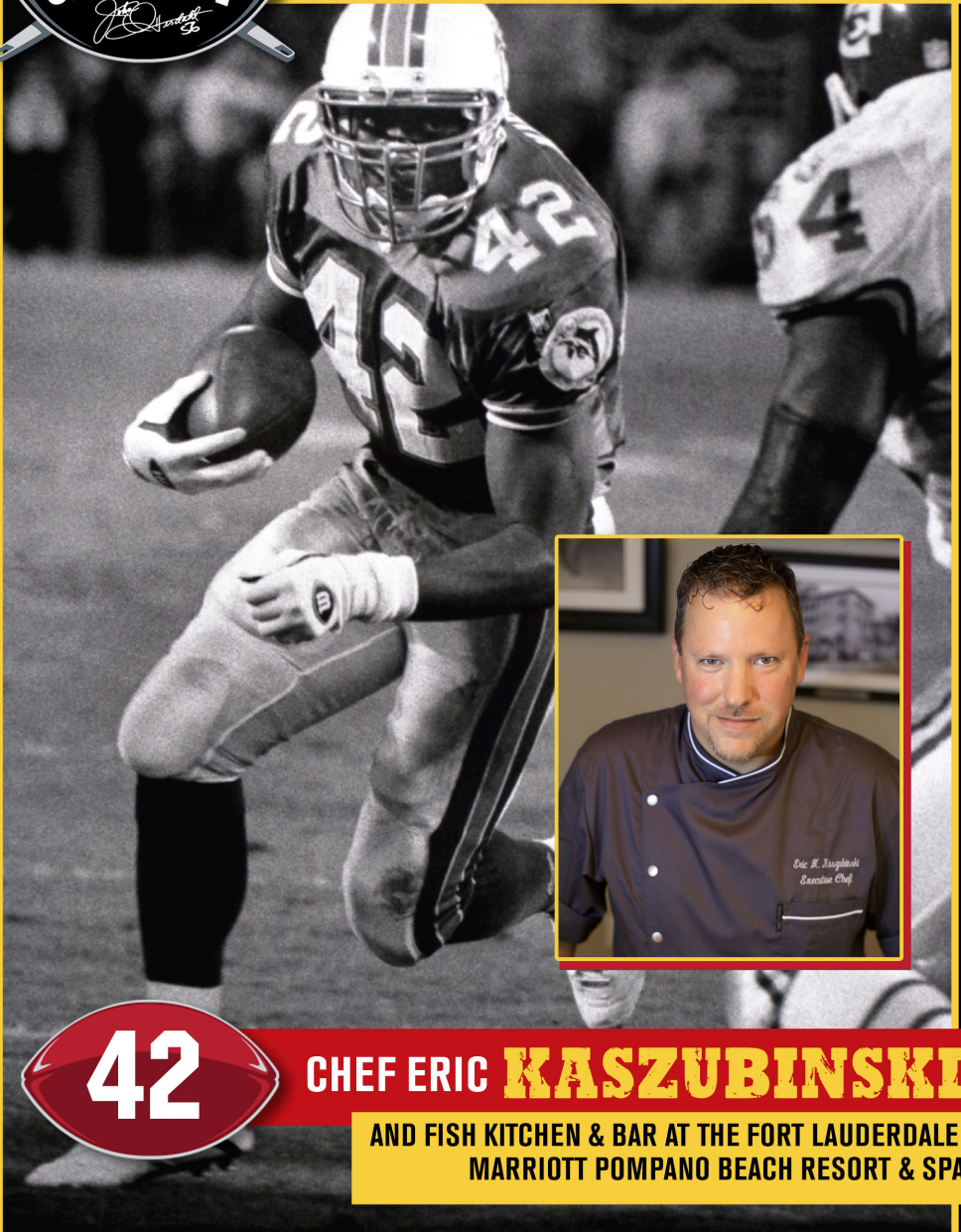


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TERRY **KIRBY** RB



**42**

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**TERRY  
KIRBY**



**CHEF ERIC  
KASZUBINSKI**

**AND FISH KITCHEN & BAR AT THE FORT LAUDERDALE  
MARRIOTT POMPANO BEACH RESORT & SPA**



**GRILL OFF DISH:**

**Kirby's Grilled Kurobuta Pork Belly  
with Crispy Fried Oyster, Anson  
Mills Grits & Peppadew Gastrique**

**PAIRING:**

**Saldo Zinfandel  
& Kim Crawford  
Sauvignon Blanc**

**TERRY KIRBY - MIAMI DOLPHINS RUNNING BACK**

Third round pick in 1993 out of Virginia. 10 year career started with the Dolphins, before moving on to the 49ers, Browns and Raiders. Known for his versatility, Kirby amassed 2,875 rushing yards, 3,222 receiving yards, 2,374 return yards and 85 passing yards, accounting for 46 touchdowns. In 2007, he was inducted into the Virginia High School League Hall of Fame.



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**CHANNING  
CROWDER**



**CHEF JORLIAN  
RIVERA**

## **S3 RESTAURANT**



### **GRILL OFF DISH:**

**Channing's Grilled Bean Curd  
Avocado Infused Sushi Rice**

### **WINE PAIRING:**

**Simi Dry Rose**

## **CHANNING CROWDER - MIAMI DOLPHINS LINEBACKER**

Son of All-American defensive lineman and former Dolphin Randy Crowder. Attended University of Florida where he was Sporting News Freshman of the Year in 2003. First team All SEC and first team All-American in 2004. Gators' Defensive captain in 2004. Drafted by the Dolphins in the third round in 2005 where he started 13 of 16 games as a rookie. Finished second to Zach Thomas in tackles in 2006 with 104 stops.

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2018	11 Jim Jensen & Chef Rick Schwager	Beach House Pompano
2017	25 Louis Oliver & Chef David Hackett	The Biltmore Hotel
2017	Fan Favorite - Mark "Super" Duper & Chef Rey De La Osa	Publix Apron's
2016	23 Troy Stradford & Chef Greg McGowan - Judge's Choice	Pelican Landing
2016	52 Channing Crowder & Chef Chris Miracolo - Fan Favorite	S3
2015	23 Troy Stradford & Chef Greg McGowan - Judge's Choice	Pelican Landing
2015	21 Mark Higgs & Chef Ralph Pagano - Fan Favorite	Naked Taco
2014	52 Channing Crowder & Chef Chris Miracolo - Judge's Choice	S3
2014	47 Glenn Blackwood & Chef Victor Franco - Fan Favorite	Oceans 234
2013	64 Ed Newman & Chef Peter Boulukos	YOLO
2013	Fan Favorite - Troy Stradford & Chef Greg McGowan	Pelican Landing
2012	23 Troy Stradford & Chef Greg McGowan	Pelican Landing
2011	25 Louis Oliver & Chef David Hackett	Hollywood Prime
2010	25 Louis Oliver & Chef David Hackett	Hollywood Prime

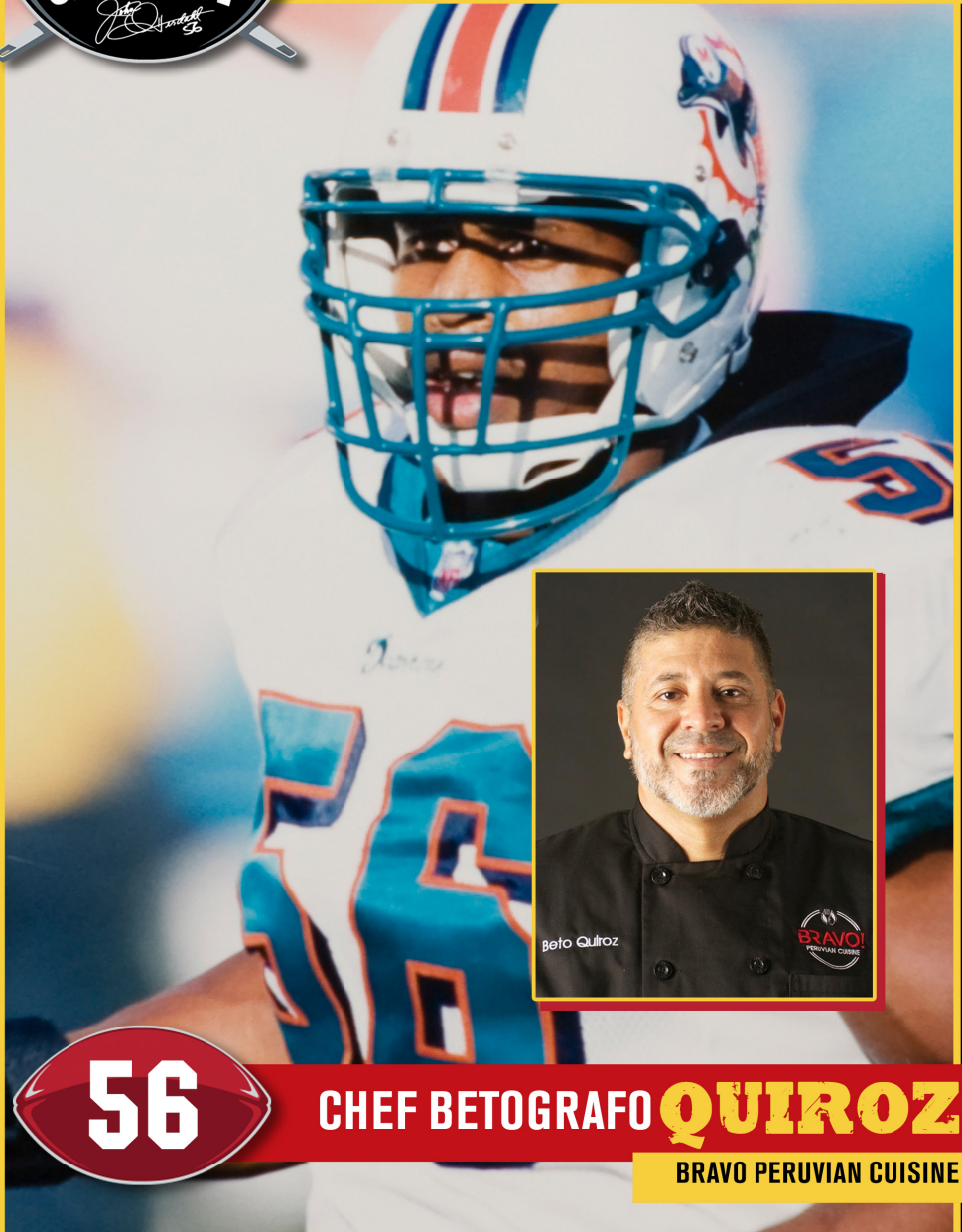


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TWAN **RUSSELL** LB



**56**

CHEF BETOGRAFO **QUIROZ**

**BRAVO PERUVIAN CUISINE**

**TWAN  
RUSSELL**



**CHEF BETOGRAFO  
QUIROZ**

## **BRAVO PERUVIAN CUISINE**



### **GRILL OFF DISH:**

**Russell's Grilled Octopus Causa**

### **WINE PAIRING:**

**Kim Crawford  
Sauvignon Blanc**

## **TWAN RUSSELL - MIAMI DOLPHINS LINEBACKER**

Local athlete out of St. Thomas Aquinas High School and the University of Miami. High School State Champion in the 300 meter hurdles. Drafted by Washington Redskins in fifth round of 1997 NFL draft. Went on to play for the Dolphins and Redskins before retiring in 2004. After football started the Russell Life Skills and Reading Foundation which currently serves 450 youth in Broward and Miami-Dade Counties.



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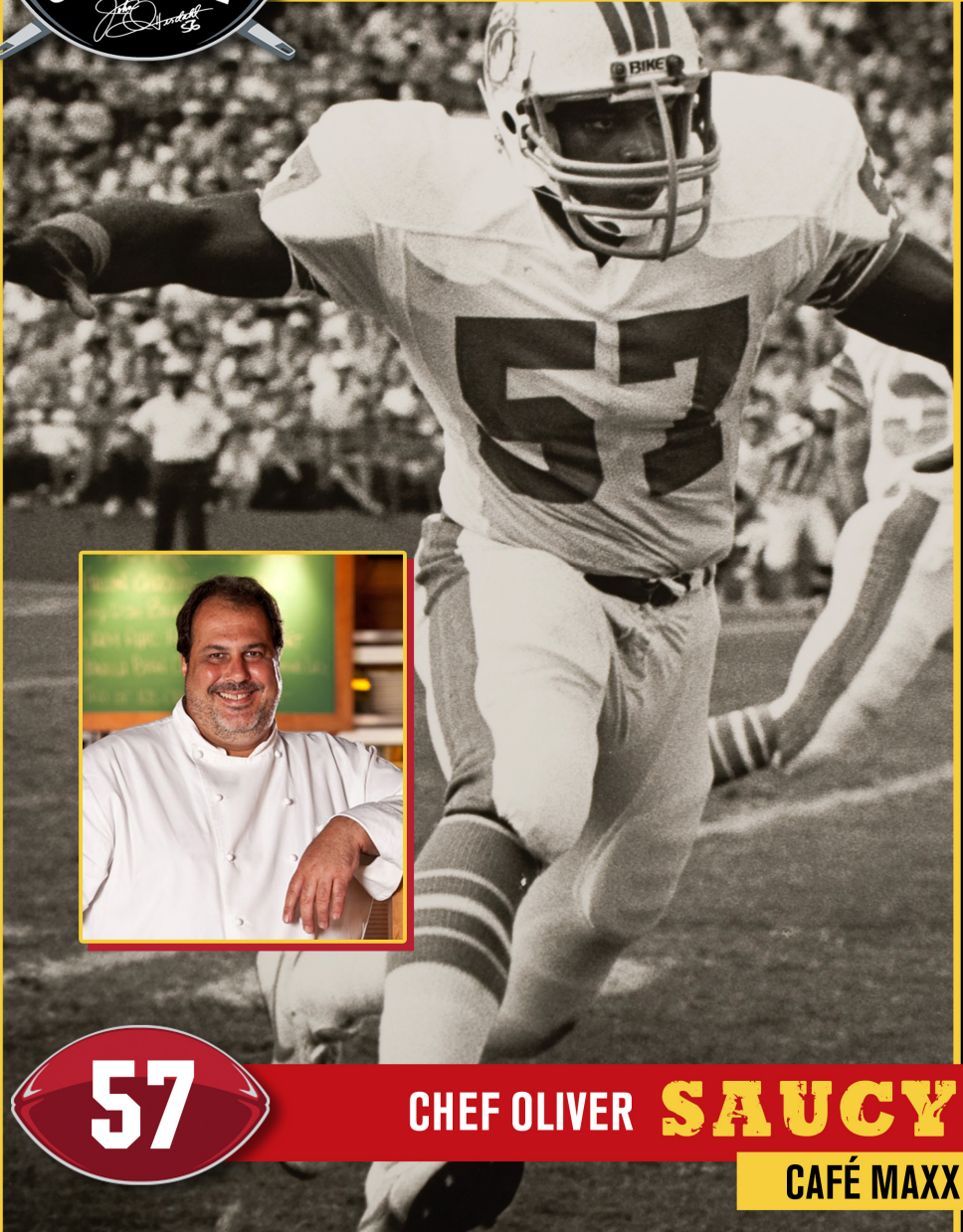


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DWIGHT **STEPHENSON** C



**57**

CHEF OLIVER **SAUCY**

**CAFÉ MAXX**



**DWIGHT  
STEPHENSON**



**CHEF OLIVER  
SAUCY**

## CAFÉ MAXX



### **GRILL OFF DISH:**

**Stephenson's Brazilian Beef  
Lettuce Wrap with Traditional  
Cheese Bread & Cachaça Pickles**

### **WINE PAIRING:**

**Moons Red Blend**

## **DWIGHT STEPHENSON - MIAMI DOLPHINS CENTER**

Stephenson was drafted by Don Shula and the Miami Dolphins in the second round of the 1980 NFL Draft. He was used on special teams only until late in the 1981 season, when starting center Mark Dennard was injured. A few seasons later, Stephenson was "universally recognized as the premier center in the NFL". With the exceptionally explosive Stephenson as offensive captain, the Dolphins offensive line gave up the fewest sacks in the NFL for a record six straight seasons.





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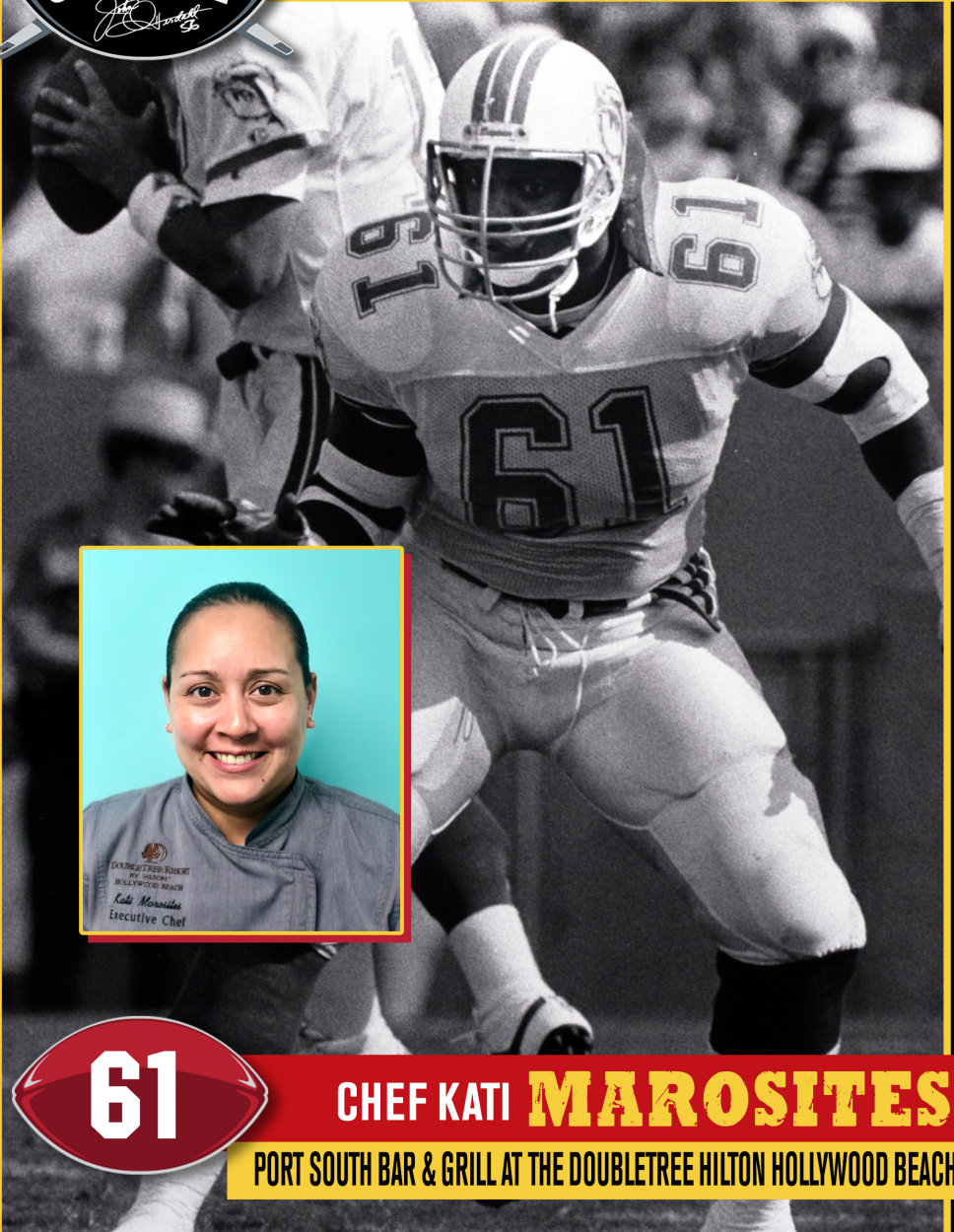
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**ROY  
FOSTER**



**CHEF KATI  
MAROSITES**

**PORT SOUTH BAR & GRILL AT THE  
DOUBLETREE HILTON HOLLYWOOD BEACH**



**GRILL OFF DISH:**

**Foster's Braised Beef Brisket with  
Pickled Vegetables & a Trio of  
Marble Potatoes**

**WINE PAIRING:**

**Cuttings Cabernet  
Sauvignon**

**ROY FOSTER - MIAMI DOLPHINS GUARD**

Roy Foster was a 6'4" offensive lineman out of USC. He was a two time member of the All-America Team, a consensus selection in 1981. Miami chose him with their first round pick of the 1982 NFL Entry Draft with the 24th overall pick.



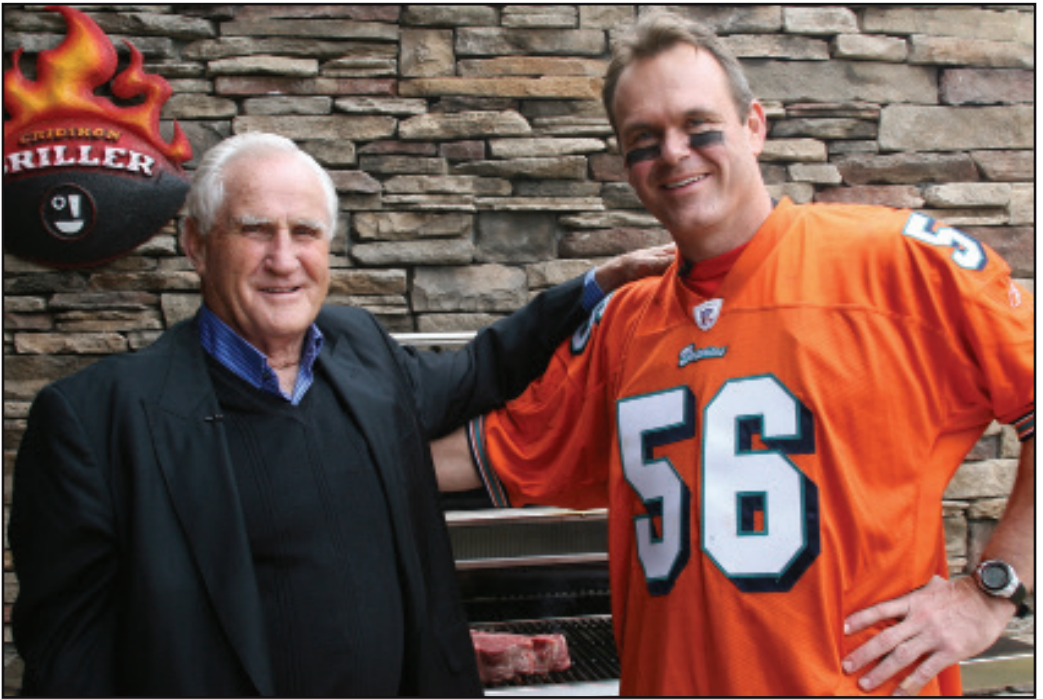


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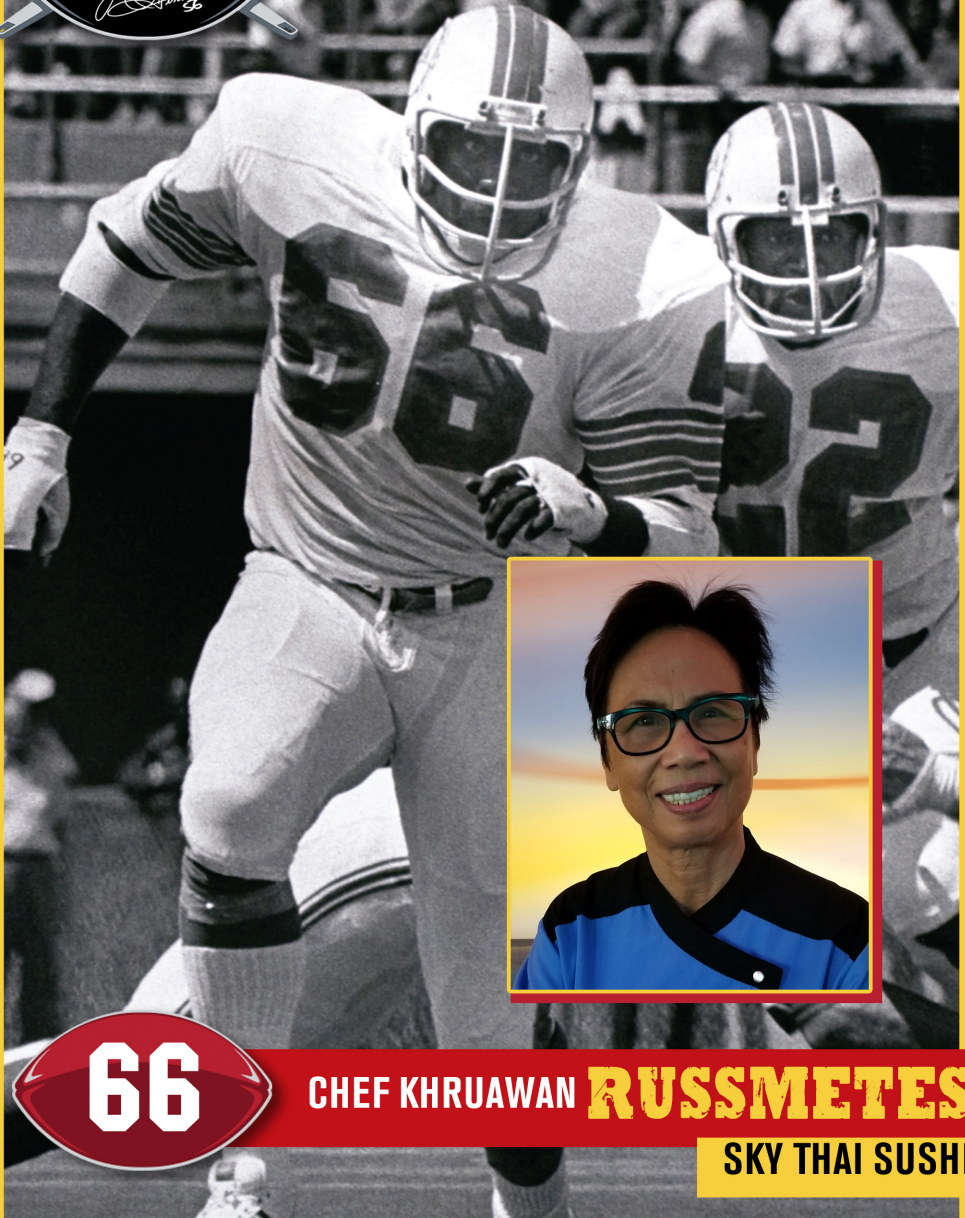
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A d a m **S t e i n b e r g** L a w . c o m

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LARRY **LITTLE** G



**66**

CHEF KHRUAWAN **RUSSMETES**

**SKY THAI SUSHI**



**LARRY  
LITTLE**



**KHRUAWAN  
RUSSMETES**

## **SKY THAI SUSHI**



### **GRILL OFF DISH:**

**Little's Grilled Shrimp Curry**

### **WINE PAIRING:**

**Ruffino  
Sparkling Rose**

## **LARRY LITTLE - MIAMI DOLPHINS GUARD**

Began his professional career as a free agent with the San Diego Chargers out of Bethune Cookman. Traded to the Dolphins prior to the 1969 season, where he played through 1980. Selected to Pro Bowl five times. Two time Super Bowl champion including 1972 Perfect Season. Named to NFL's All Decade Team of the 70's. Added to Dolphins Honor Roll and elected to Pro Football Hall of Fame in 1993.

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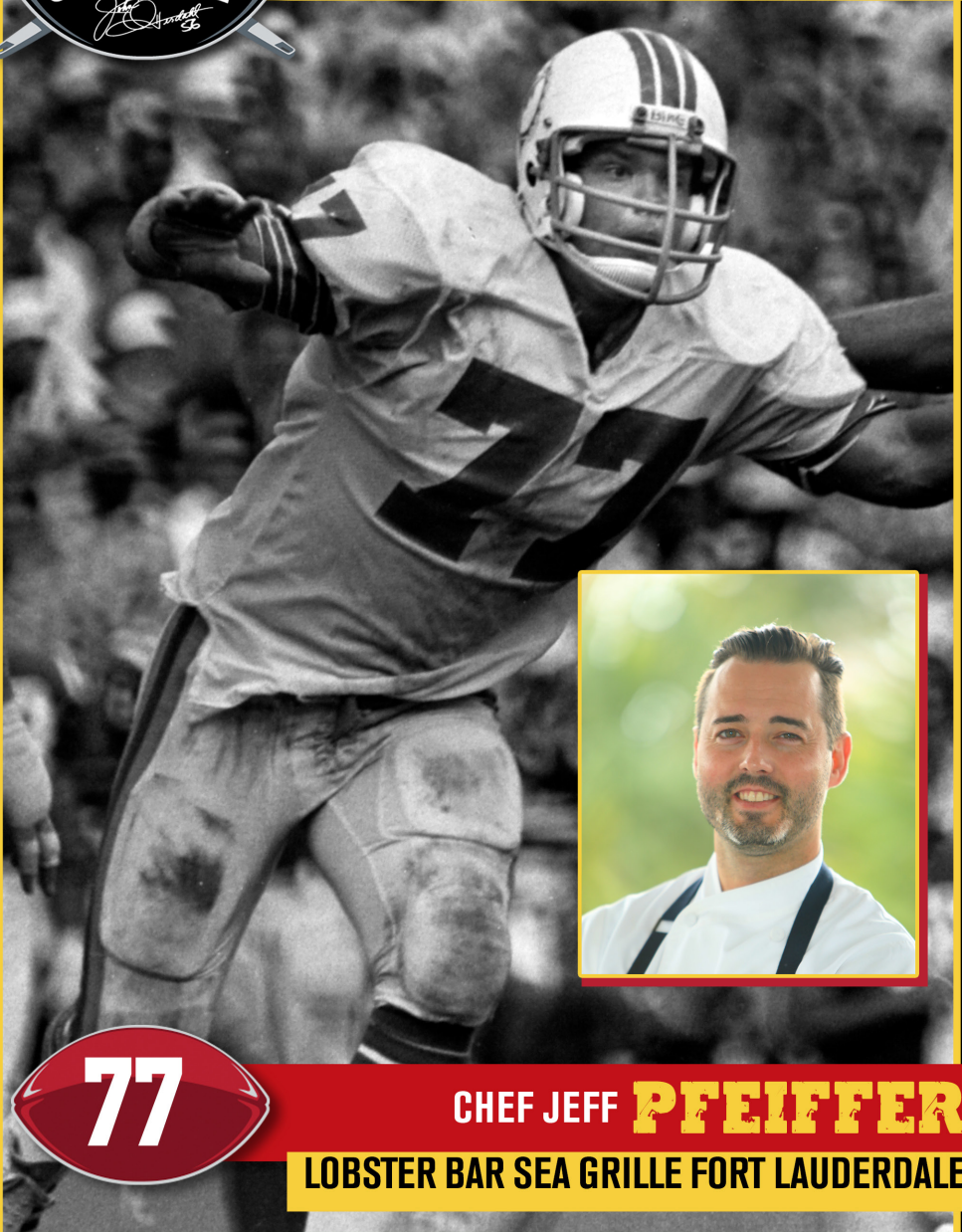
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AJ **DUNE** DE



**77**

CHEF JEFF **PFEIFFER**

**LOBSTER BAR SEA GRILLE FORT LAUDERDALE**

**AJ  
DUHE**



**CHEF JEFF  
PFEIFFER**

## **LOBSTER BAR SEA GRILLE FORT LAUDERDALE**



### **GRILL OFF DISH:**

**Duhe's Sweet Heat Atlantic  
Swordfish Kebabs**

### **WINE PAIRING:**

**Casamigo's Tequila  
- Spicy Verde  
Cocktail**

## **AJ DUHE - MIAMI DOLPHINS DEFENSIVE END**

First round pick out of LSU in 1977 NFL Draft, 13th pick overall. AFC Rookie of the Year in 1977. All-Pro in 1981 and 1984. Selected to the Pro Bowl in 1984. Spent entire 8 year career with the Dolphins. Best remembered for performance in 1982 AFC Championship game vs New York Jets, known as "The Mud Bowl". Three interceptions in the second half, including one for a touchdown helped propel the Dolphins to Super Bowl XVII.







OJ **McDUFFIE** WR



CHEF STEVEN **DAPUZZO**

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**OJ  
McDUFFIE**



**CHEF STEVEN  
DAPUZZO**

**WILD THYME OCEANSIDE EATERY  
AT THE ATLANTIC HOTEL & SPA**



**GRILL OFF DISH:**

**McDuffie's Wild Crusted Grilled Slice  
Steak with Wild Whiskey Barbeque  
Sauce & Fingerling Potatoes**

**WINE PAIRING:**

**Kim Crawford  
Sauvignon Blanc**

**OJ McDUFFIE - MIAMI DOLPHINS WIDE RECEIVER**

First round pick in 1993 after an All-American collegiate career at Penn State. Made his mark early as a punt return specialist before becoming Dan Marino's go to receiver. Played entire 8 year NFL career with the 'Fins - leading NFL in catches in 1998 with 90. Finished career with 415 receptions, 8,304 total yards and 31 touchdowns.

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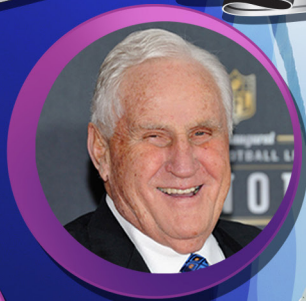
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TROY **DRAYTON** TE



**84**

CHEF ALVARO **MACHADO**

SUVICHE FORT LAUDERDALE



**TROY  
DRAYTON**



**CHEF ALVARO  
MACHADO**

## **SUVICHE FORT LAUDERDALE**



### **GRILL OFF DISH:**

**Drayton's Sauteed Filet with Red and Green Onions, Tomatoes & Lomo Sauce**

### **WINE PAIRING:**

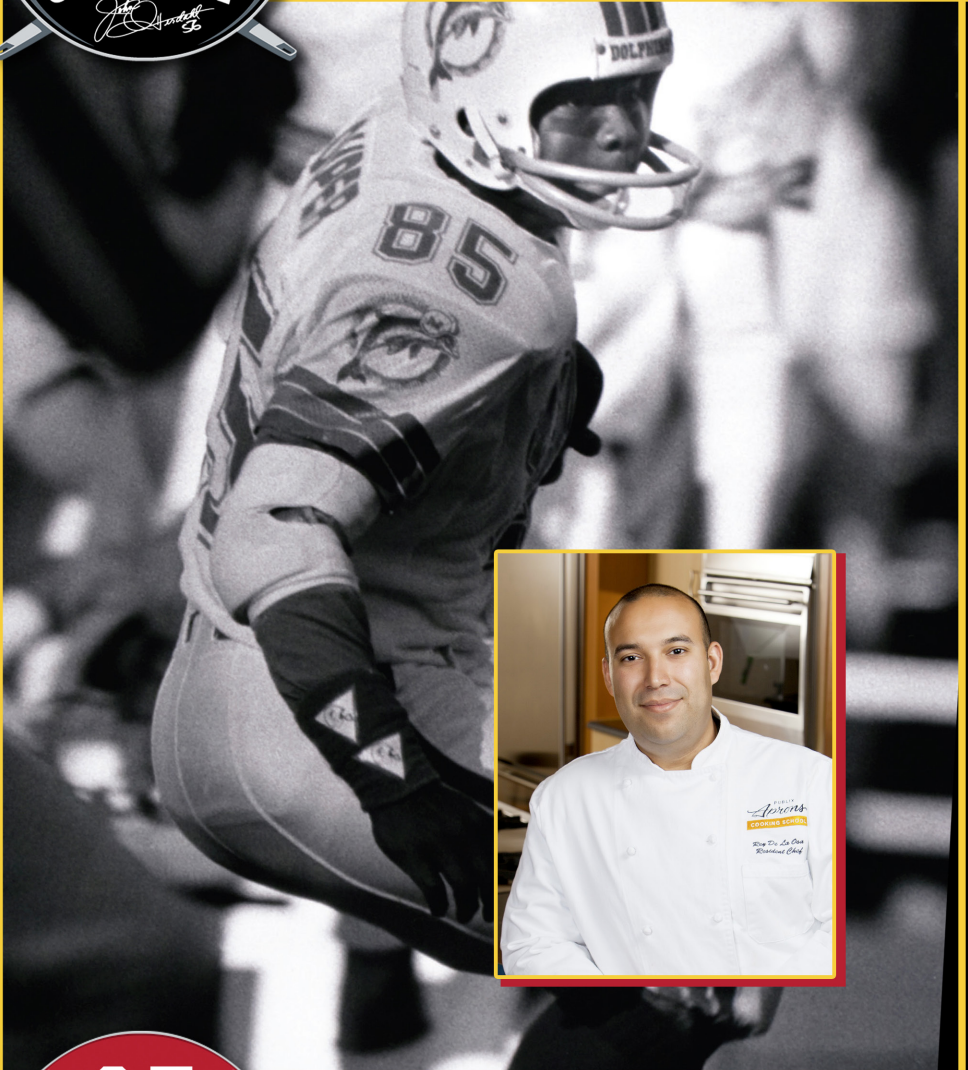
**Simi Cabernet Sauvignon**

## **TROY DRAYTON - MIAMI DOLPHINS TIGHT END**

Troy Anthony Drayton is a former professional American football tight end from 1993 to 2001. He played in 9 seasons in the National Football League, mainly for the St. Louis Rams and the Miami Dolphins. He was All-America at Pennsylvania State University where he played from 1989 to 1992.



MARK "SUPER" **DUPER** WR



CHEF REY **DE LA OSA**

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**MARK “SUPER”  
DUPER**



**CHEF REY  
DE LA OSA**

## **APRONS COOKING SCHOOL**



### **GRILL OFF DISH:**

**Super Duper's Schweid & Sons  
Burger with Chimichurri Aioli &  
Crispy Onions**

### **WINE PAIRING:**

**Saldo Zinfandel**

## **MARK “SUPER” DUPER - MIAMI DOLPHINS WIDE RECEIVER**

Selected by the Dolphins in the second round of the 1982 NFL Draft out of Northwestern State University. Best years came while teamed with Pro Football Hall of Fame quarterback Dan Marino and fellow wide receiver Mark Clayton, the other half of the “Marks Brothers” tandem. A three-time Pro Bowl selection (1983-86). Caught 511 receptions for 8,869 yards and 59 touchdowns. Inducted in the Dolphins Honor Roll, along with Clayton, in 2003.

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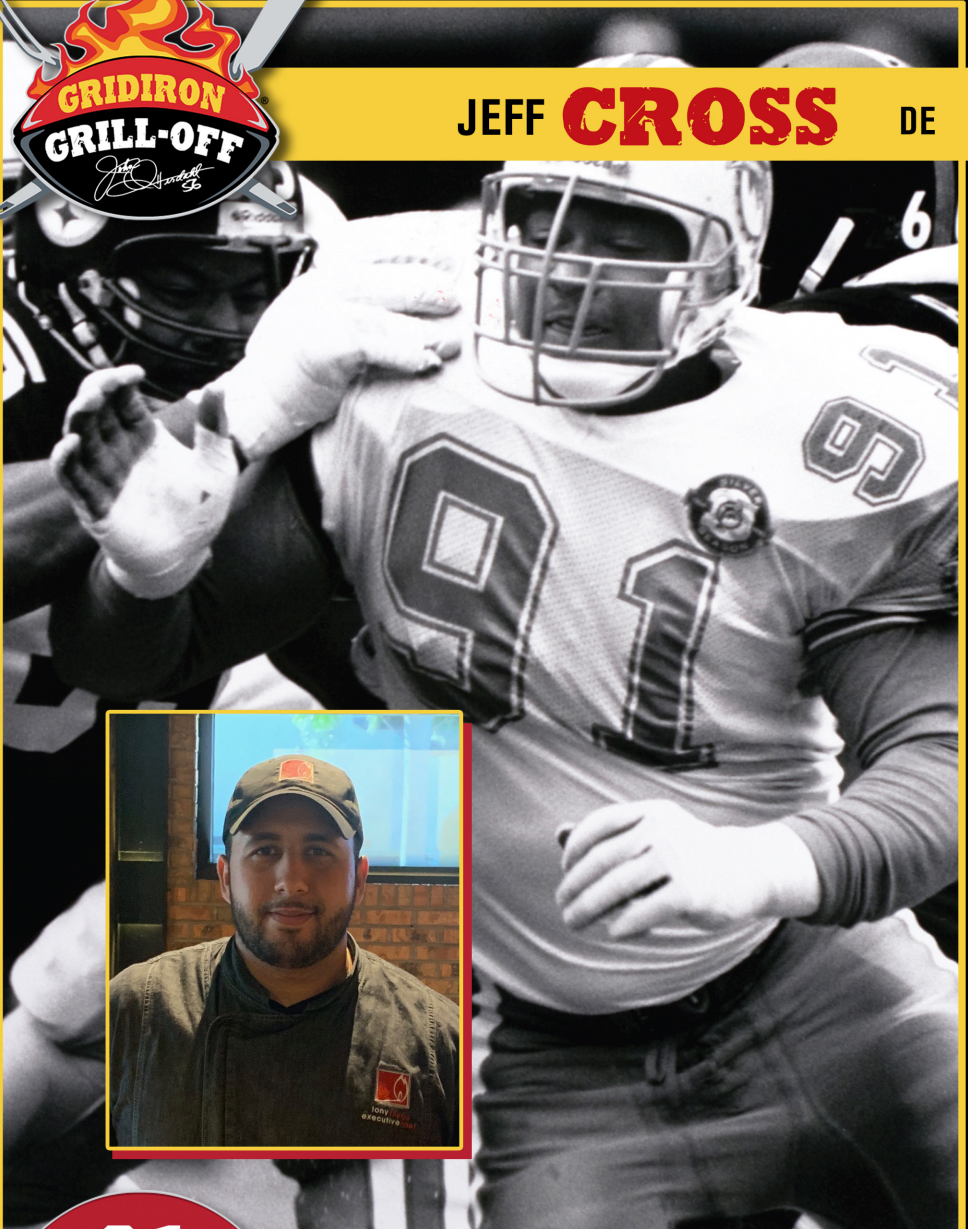
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JEFF **CROSS**

DE



**91**

CHEF TONY **FLIYOU**

**MATCHBOX VINTAGE PIZZA BISTRO**



**JEFF  
CROSS**



**CHEF TONY  
FLIYOU**

## **MATCHBOX VINTAGE PIZZA BISTRO**



### **GRILL OFF DISH:**

**Cross' Mini Meatball Sliders**

### **WINE PAIRING:**

**Simi Cabernet  
Sauvignon**

### **JEFF CROSS - MIAMI DOLPHINS DEFENSIVE END**

Drafted in the ninth round in 1988 from Missouri. Quickly made an impact at 6'4" and 280 lbs. Rewarded by his peers, the press and his fans by becoming a Pro Bowl selection in 1990. Finished nine year NFL career with 59.5 sacks and one interception.

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