

CATERING MENU

EONS mission is to provide you with great quality healthy delicious Greek food by amazing chef George Georgiades. It is organic, hormone and antibiotic free, sustainable and eco-friendly!

We serve fresh food fast and to your liking with an emphasis on presentation. Let us create the perfect custom menu for your next event! Healthy food is in and it has never been easier to share with friends.

HEALTHY PLATTERS \$14.95

Freshly made hormone and anti-biotic free, organic meats, salads and spreads authentically prepared for a delicious healthy gathering.

1. CHOOSE YOUR BASE

ORGANIC GREENS WHITE RICE BROWN RICE

2. CHOOSE YOUR PROTEIN

CHICKEN Hormone and anti-biotic free	PORK Braised	FALAFEL Oven baked
STEAK ADD \$1 Grass fed	LAMB ADD \$2 Organic grass fed	SALMON ADD \$3 Organic
SHRIMP ADD \$3 Wild and organic	OCTOPUS ADD \$5 Wild and organic	

3. CHOOSE TWO SIDES

GIGANTE BEANS Savory Braised Giant Lima Beans	BEET SALAD Roasted Beets, Citrus Olive Oil
LENTIL SALAD Sun-Dried Tomatoes, Red Onions	CHICKPEA SALAD Roasted Peppers, Lemon & Olive Oil, Herbs
GREEK SALAD Tomatoes, Cucumber, Peppers, Onions, Olives, Feta Cheese	EONS SALAD Organic Farro, Cucumbers, Tomatoes, Red Onions, Parsley & Mint

4. CHOOSE A SPREAD

TZADZIKI Yogurt, Garlic, Cucumber & Dill	HUMMUS Chick Peas, Roasted Garlic, Tahini & Lemon Juice
GARLIC SPREAD Garlic & Almond	EGGPLANT Roasted Baby Eggplant
FETA SPREAD Feta Cheese, Roasted Pepper	

5. CHOOSE YOUR PITA

REGULAR OR WHOLE WHEAT
Cut into triangles for dipping

ADDITIONAL SIDES

ADDITIONAL SIDES OR SPREADS ADD \$2.80 PER PERSON
Choose a tray of any additional side or spread of your choice

PITA WRAPS \$11.95

All wraps are made fresh with your choice of protein, spread, salad and organic greens all wrapped in pita (regular or whole wheat).

1. CHOOSE YOUR PROTEIN

CHICKEN
Hormone and anti-biotic free

STEAK
Grass fed

FALAFEL
Oven baked

2. CHOOSE ONE FILLER

GIGANTE BEANS Savory Braised Giant Lima Beans	BEET SALAD Roasted Beets, Citrus Olive Oil
LENTIL SALAD Sun-Dried Tomatoes, Red Onions	CHICKPEA SALAD Roasted Peppers, Lemon & Olive Oil, Herbs
GREEK SALAD Tomatoes, Cucumber, Peppers, Onions, Olives, Feta Cheese	EONS SALAD Organic Farro, Cucumbers, Tomatoes, Red Onions, Parsley & Mint

3. CHOOSE ONE SPREAD

TZADZIKI Yogurt, Garlic, Cucumber & Dill	HUMMUS Chick Peas, Roasted Garlic, Tahini & Lemon Juice
GARLIC SPREAD Garlic and almond spread	EGGPLANT Roasted Baby Eggplant
FETA SPREAD Roasted pepper & feta spread	

ADDITIONAL SIDES

ADDITIONAL SIDES OR SPREADS ADD \$2.80 PER PERSON
Choose a tray of any additional side or spread of your choice

EXTRAS

SPINACH PIE \$3.47 Spinach and feta wrapped in fillo	PITA CHIPS \$0.75 Baked in house
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DESSERTS \$3.47
Choose from Baklava, Greek yogurt parfait (layered with fig and apricot preserves, or rice pudding)

BEVERAGES

BOTTLE BOYLAN SODA \$2.99	BOTTLED WATER \$2.07
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ORDERING

- All prices are per person, minimum of 10 people, and taxes are not included.
- Credit card information required upon placing order; payment completed at time of delivery.
- Same day catering cancellations may be charged a fee.
- Deliveries available to all parts of city by special arrangement and at additional charge.
- We are trying to save the world one plate at a time. Paper products available upon request.