

# CATERING MENU



## 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

<b>Chicken</b> Hormone and anti-biotic free	<b>Pork</b> Braised	<b>Falafel</b> Oven baked
<b>Steak Add \$1</b> Grass fed	<b>Lamb Add \$2</b> Organic grass fed	<b>Salmon Add \$3</b> Organic
<b>Shrimp Add \$3</b> Wild and organic	<b>Octopus Add \$5</b> Wild and organic	<b>Yeero</b> Black Angus Beef & Lamb

### 3 CHOOSE TWO SIDES

<b>Gigante Beans</b> Savory Braised Giant Lima Beans	<b>Beet Salad</b> Roasted Beets, Citrus Olive Oil	<b>Lemon Potatoes</b> Baked with Lemon & Herbs
<b>Lentil Salad</b> Sun-Dried Tomatoes, Red Onions	<b>Chickpea Salad</b> Roasted Peppers, Lemon & Olive Oil, Herbs	
<b>Greek Salad</b> Tomatoes, Cucumber, Peppers, Onions, Olives, Feta Cheese	<b>Eons Salad</b> Organic Farro, Cucumbers, Tomatoes, Red Onions, Parsley & Mint	

### 4 CHOOSE A SPREAD

<b>Tzadziki</b> Yogurt, Garlic, Cucumber & Dill	<b>Hummus</b> Chickpeas, Roasted Garlic, Tahini & Lemon Juice
<b>Garlic Spread</b> Garlic and Almond	<b>Eggplant</b> Roasted Baby Eggplant
<b>Feta Spread</b> Feta Cheese, Roasted Pepper	

### 5 CHOOSE YOUR PITA

Regular or Whole Wheat

## 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**      **Steak**      **Falafel**  
Hormone and anti-biotic free      Grass fed      Oven baked

### 2 CHOOSE ONE FILLER

<b>Gigante Beans</b> Savory Braised Giant Lima Beans	<b>Beet Salad</b> Roasted Beets, Citrus Olive Oil
<b>Lentil Salad</b> Sun-Dried Tomatoes, Red Onions	<b>Chickpea Salad</b> Roasted Peppers, Lemon & Olive Oil, Herbs
<b>Greek Salad</b> Tomatoes, Cucumber, Peppers, Onions, Olives, Feta Cheese	<b>Eons Salad</b> Organic Farro, Cucumbers, Tomatoes, Red Onions, Parsley & Mint

### 3 CHOOSE ONE SPREAD

<b>Tzadziki</b> Yogurt, Garlic, Cucumber & Dill	<b>Hummus</b> Chickpeas, Roasted Garlic, Tahini & Lemon Juice
<b>Garlic Spread</b> Garlic and Almond	<b>Eggplant</b> Roasted Baby Eggplant
<b>Feta Spread</b> Feta Cheese, Roasted Pepper	

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!

### ADDITIONAL SIDES OR SPREADS

Choose a tray of any additional side or spread of your choice. Add \$2.80 Per Person

### EXTRAS

**Spinach Pie \$3.47**  
Spinach and feta wrapped in fillo

**Pita Chips \$0.75**  
Baked in house

### DESSERTS

**Greek yogurt parfait \$3.47**  
Layered with fig and apricot preserves

**Baklava \$3.47**

### BEVERAGES

**Bottled Boylan Soda \$2.99**

**Bottled Water \$2.07**

# What is EONS?



## Mediterranean Diet

The Greek Mediterranean diet has been proven for numerous health benefits and a healthier lifestyle using fresh non-processed ingredients and olive oil.



## Quality Ingredients

By using better ingredients and shifting to sustainable, eco-friendly, organic choices, EONS will help push the food industry in the right direction with better choices.



## Food For Life

The EONS spiral symbol is the symbol for life incorporated in the motive of EONS as it provides food for life.



## 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.

## Places we've happily catered to

**A&E Network**

**Access Hollywood**

**American Heart Association**

**Awesomeness TV**

**Bellevue Hospital**

**Box Inc.**

**CUNY Graduate Center**

**Design Within Reach**

**Doctors Without Borders**

**FiDi**

**GE**

**Gilda's Club**

**Gotham Hall**

**Holy Name Medical Center**

**INSider NYC**

**Integrative Nutrition**

**Intel Processing**

**JP Morgan Chase & Co**

**Jump Operations**

**Keystone Strategy**

**Loreal**

**Montclair University**

**Mount Sinai Hospital**

**MTV**

**NBC**

**Nespresso**

**NYU Langone**

**OkCupid**

**Paramount Pictures**

**Porcelanosa**

**Publicis**

**Risk Focus**

**Rockefeller Center**

**Shutterstock**

**SONY**

**Sotheby's**

**Ten-X**

**The Chrysler Building**

**The Empire State Building**

**The Hudson Yards**

**The MetLife Building**

**The Yard**

**The United Nations**

**Valley Hospital**

**Vistar Media**

## Locations

**New York City**  
633 Second Avenue  
New York, NY  
10016

212-696-1234

**Fresh Meadows**  
61-42 188TH Street  
Fresh Meadows, NY  
11365

718-487-4807

**New Jersey**  
501 Route 17 South  
Paramus, NJ  
07652

201-523-9500

## connect

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