

# EONS

GREEK FOOD FOR LIFE

## CREATE YOUR OWN

### 1 CHOOSE YOUR BASE

#### Pita

White or Wheat

#### Rice

Brown or White

#### Salad

Organic Greens

### 2 CHOOSE YOUR PROTEIN

#### Chicken 11.25 GF

Hormone & Antibiotic Free

#### Pork 10.75 GF

Locally Sourced, Hormone & Antibiotic Free

#### Steak 12.25 GF

Grass-Fed, Hormone & Antibiotic Free

#### Octopus 15.35 GF

Sushi Grade Wild Octopus, Onions, Roasted Peppers

#### Salmon 13.35 GF

Organic

#### Yeero 10.65

Black Angus Beef & Lamb

#### Shrimp 12.85 GF

Wild

#### Lamb 12.75 GF

Domestic Grass-Fed, Hormone & Antibiotic Free

#### Veggie 10.25 V

Choose Three Sides

#### Falafel 9.25 GF V

Choose Two Sides

Extra Protein: \$3.50, Extra Seafood: \$3.95

### 3 CHOOSE TWO SIDES

#### Gigante Beans GF V

Savory Braised Giant Lima Beans

#### Lentil Salad GF V

Sun-Dried Tomatoes, Red Onions

#### Greek Salad GF V

Tomatoes, Cucumber, Peppers, Onions, Olives, Feta Cheese

#### Eons Salad V

Farro, Cucumbers, Tomatoes, Red Onions, Parsley & Mint

#### Beet Salad GF V

Roasted Beets, Citrus Olive Oil

#### Chickpea Salad GF V

Roasted Peppers, Lemon & Olive Oil, Herbs

#### Lemon Potatoes GF V

Baked with Lemon & Herbs

#### Veggie of The Day V

Fresh Seasonal Vegetables

\$2.00 For each extra side

### 4 CHOOSE A TOPPING

#### Tzadziki GF V

Yogurt, Garlic, Cucumber & Dill

#### Garlic Spread V

Garlic & Almond

#### Feta Spread GF V

Feta Cheese, Roasted Pepper

#### Hummus GF V

Chick Peas, Roasted Garlic, Tahini & Lemon Juice

#### Eggplant GF V

Roasted Baby Eggplant

\$2.00 For each extra topping

## SIGNATURE BOWLS

- The Greek Goodness** <sup>GF</sup> **11.25**  
Brown Rice, Chicken, Greek Salad, Chickpea, Tzadziki
- Wild Shrimp Salad** <sup>GF</sup> **12.85**  
Organic Greens, Wild Shrimp, Lentil Salad,  
Chickpea Salad, Roasted Eggplant
- Organic Salmon** **13.35**  
Mixed Greens, Organic Salmon, Farro Salad,  
Beet Salad, Lado Sauce
- The Mediterranean Bowl** <sup>GF V</sup> **10.25**  
Organic Greens, Greek Salad, Lentil Salad,  
Beet Salad, Feta Spread

## SIGNATURE WRAPS

- Eons Chicken Wrap** **11.25**  
Chicken, Greek Salad, Tzadziki,  
Organic Greens
- The Yeero Wrap** **10.65**  
House Made Yeero Meat,  
Greek Salad, Tzadziki
- Eons Seafood Wrap** **12.85**  
Wild Shrimp, Chickpea, Organic Greens  
Baby Roasted Eggplant
- The Veggie Wrap** <sup>V</sup> **10.25**  
Falafel, Greek Salad, Organic Greens  
and Hummus

## EXTRAS

- Chips & Dip** <sup>V</sup> **3.95**  
Housemade Pita Chips  
Seasoned with Oregano & Olive  
Oil + 1 Spread or Dip
- Veggies & Dip** **3.95**  
Carrots and Celery  
+ 1 Spread or Dip
- Greek Yogurt** <sup>V</sup> **3.95**  
Honey, Baklava Crunch,  
Fig Preserve, Seasonal Compote
- Baklava** **3.74**  
Flaky phyllo dough layered with  
cinnamon and chopped nuts,  
bathed in house made syrup
- Lemon Chicken  
Soup** **5.45**  
Served With In-House  
Baked Pita Chips
- Kids Meal** **6.49**  
Choice of Rice or Pita, Chicken or  
Steak, + 1 Side Apple Juice or  
Organic Milk • 12 And Under Only
- Fruit Cup** **2.99**
- Extra Side  
or Topping** **2.00**

## BEVERAGES

- Fountain** **2.07**  
House-made Drinks
- Bottled Soda** **2.99**  
Boylan Hand-Crafted,  
Corn Syrup Free
- Bottled Water** **2.07**  
Natural Spring Water
- Kids Drinks** **1.84**  
Apple Juice or Organic Milk



Let EONS cater your next event!  
We happily CATER throughout  
the New York City area!