



CATERING
MENU

Healthy Platters \$17.95

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

Steak Add \$1
Grass fed

Shrimp Add \$3
Wild and organic

Pork
Braised

Lamb Add \$2
Organic grass fed

Octopus Add \$5
Wild and organic

Falafel
Oven baked

Salmon Add \$3
Organic

Yeero
Black Angus Beef & Lamb

3 CHOOSE TWO SIDES

Gigante Beans
Savory Braised Giant Lima Beans

Lentil Salad
Sun-Dried Tomatoes, Red Onions

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

Beet Salad
Roasted Beets, Citrus Olive Oil

Chickpea Salad
Roasted Peppers, Lemon & Olive Oil, Herbs

Eons Salad
Organic Farro, Cucumbers, Tomatoes, Red Onions, Parsley & Mint

Lemon Potatoes
Baked with Lemon & Herbs

4 CHOOSE A SPREAD

Tzadziki
Yogurt, Garlic, Cucumber & Dill

Garlic Spread
Garlic and Almond

Feta Spread
Feta Cheese, Roasted Pepper

Hummus
Chickpeas, Roasted Garlic, Tahini & Lemon Juice

Eggplant
Roasted Baby Eggplant

5 CHOOSE YOUR PITA

Regular or Whole Wheat

Pita Wraps \$13.95

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
Chickpeas, Roasted Garlic, Tahini & Lemon Juice

Garlic Spread
Garlic and Almond

Eggplant
Roasted Baby Eggplant

Feta Spread
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 \$5.85
Spinach and feta wrapped in fillo

Pita Chips \$1.25
Baked in house

DESSERTS

Greek yogurt parfait \$4.95
Layered with fig and apricot preserves

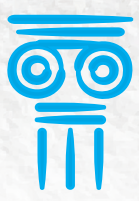
Baklava \$4.24

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	Gilda's Club	Mount Sinai Hospital	Shutterstock
Access Hollywood	Gotham Hall	MTV	SONY
American Heart Association	Holy Name Medical Center	NBC	Sotheby's
Awesomeness TV	INSIDER NYC	Nespresso	Ten-X
Bellevue Hospital	Integrative Nutrition	NYU Langone	The Chrysler Building
Box Inc.	Intel Processing	OkCupid	The Empire State Building
CUNY Graduate Center	JP Morgan Chase & Co	Paramount Pictures	The Hudson Yards
Design Within Reach	Jump Operations	Porcelanosa	The MetLife Building
Doctors Without Borders	Keystone Strategy	Publicis	The Yard
FiDi	Loreal	Risk Focus	The United Nations
GE	Montclair University	Rockefeller Center	Valley Hospital
			Vistar Media



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