

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 ^{GF} 11.25
Hormone & Antibiotic Free

PORK ^{GF} 10.75
Locally Sourced,
Hormone & Antibiotic Free

STEAK ^{GF} 12.25
Grass-Fed,
Hormone & Antibiotic Free

OCTOPUS ^{GF} 15.35
Sushi Grade Wild Octopus,
Onions, Roasted Peppers

SALMON ^{GF} 13.35
Organic

YEERO 10.65
Black Angus Beef & Lamb

SHRIMP ^{GF} 12.85
Wild

LAMB ^{GF} 12.75
Domestic Grass-Fed,
Hormone & Antibiotic Free

VEGGIE ^V 10.25
Choose Three Sides

FALAFEL ^{GF V} 9.25
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** ^{GF} 11.25
Brown Rice, Chicken, Greek Salad, Chickpea, Tzadziki
- WILD SHRIMP SALAD** ^{GF} 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** ^{GF} ^V 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** ^V 10.25
Falafel, Greek Salad, Organic Greens and Hummus

EXTRAS

- CHIPS & DIP** ^V 3.95
Housemade Pita Chips Seasoned with Oregano & Olive Oil + One Spread or Dip
- LEMON CHICKEN SOUP** 5.45
Served With In-House Baked Pita Chips
- VEGGIES & DIP** 3.95
Carrots and Celery + 1 Spread or Dip
- KIDS MEAL** 6.49
Choice of Rice or Pita, Chicken or Steak, + 1 Side Apple Juice or Organic Milk 12 And Under Only
- GREEK YOGURT** ^V 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
- 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!