

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}
Hormone & Antibiotic Free

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

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

SALMON ^{GF}
Organic

YEERO
Black Angus Beef & Lamb

SHRIMP ^{GF}
Wild

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

VEGGIE ^V
Choose Three Sides

FALAFEL ^{GF V}
Choose Two Sides

Extra proteins available

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
Extra sides available

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

Extra toppings available

SIGNATURE BOWLS

THE GREEK GOODNESS ^{GF}

Brown Rice, Chicken, Greek Salad, Chickpea, Tzadziki

WILD SHRIMP SALAD ^{GF}

Organic Greens, Wild Shrimp, Lentil Salad, Chickpea Salad, Roasted Eggplant

ORGANIC SALMON

Mixed Greens, Organic Salmon, Farro Salad, Beet Salad, Lado Sauce

THE MEDITERRANEAN BOWL ^{GF} ^V

Organic Greens, Greek Salad, Lentil Salad, Beet Salad, Feta Spread

SIGNATURE WRAPS

EONS CHICKEN WRAP

Chicken, Greek Salad, Tzadziki, Organic Greens

THE YEERO WRAP

House Made Yeero Meat, Greek Salad, Tzadziki

EONS SEAFOOD WRAP

Wild Shrimp, Chickpea, Organic Greens, Baby Roasted Eggplant

THE VEGGIE WRAP ^V

Falafel, Greek Salad, Organic Greens and Hummus

EXTRAS

CHIPS & DIP ^V

Housemade Pita Chips Seasoned with Oregano & Olive Oil + One Spread or Dip

VEGGIES & DIP

Carrots and Celery + 1 Spread or Dip

GREEK YOGURT ^V

Honey, Baklava Crunch, Fig Preserve, Seasonal Compote

BAKLAVA

Flaky phyllo dough layered with cinnamon and chopped nuts, bathed in house made syrup

LEMON CHICKEN SOUP

Served With In-House Baked Pita Chips

KIDS MEAL

Choice of Rice or Pita, Chicken or Steak, + 1 Side Apple Juice or Organic Milk 12 And Under Only

FRUIT CUP

EXTRA SIDE OR TOPPING

BEVERAGES

FOUNTAIN

House-made Drinks

BOTTLED WATER

Natural Spring Water

BOTTLED SODA

Boylan Hand-Crafted, Corn Syrup Free

KIDS DRINKS

Apple Juice or Organic Milk



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