Thank you for considering
Eat Your Heart Out Catering Company, Inc.

You will find in this packet several typical menus, additional options, and other pertinent information to assist in feeding your hard-working staff or entertaining business clients. Please know that we welcome your suggestions and would be happy to custom design a box lunch just for you.

Please contact me or our Event Coordinator, Chloe Fennell. We would be happy to answer any questions.

We look forward to hearing from you,

Monica Grinnell, President
Classic Box Lunch

Sandwich
Baked turkey breast with housemade chutney or tarragon mayonnaise
Honey ham, dijon, and swiss cheese
Roast beef with sliced tomatoes and horseradish sauce
Three cheese, sweet red peppers, and pesto (vegetarian)
(you may substitute an entrée salad)

Salad du jour (examples)
Sesame noodle salad
French red potato salad
Greens with Gorgonzola and pears

Always includes
Cluster of grapes
Brownie or big cookie
Cost per person – $10.25
With soda pop or water – $11.50

Elegant Style Box Lunch

Choice of Entrée
Baked salmon filet with lemon aioli
Chicken tenderloin wrapped with prosciutto
Grilled Szechwan chicken over Asian noodles
Stuffed Mediterranean bell peppers (vegetarian option)

Always includes
Mixed greens with garlicky herbed croutons
Cluster of grapes
Rosemary baguette
Chocolate mocha chunk
Cost per person – $15
With soda pop or water – $16.50

Catering and Event Services
1230 SE 7th Avenue 503 232 4408 phone
Portland, OR 97214 503 232 0778 fax
eatyourheartout.biz party@eatyourheartout.biz
Executive Buffet

Out of the box

Choice of

- Balsamic-marinated grilled chicken breast
- Filet of Chinook salmon served with basil sauce
- Stuffed Mediterranean bell peppers (vegetarian option)

Always includes

- Fresh green beans with mandarin oranges tossed in a citrus vinaigrette
- Mixed market greens with Gorgonzola, hazelnuts, and sliced pears
- Our signature shortbread cookies dipped in bittersweet chocolate

Assorted beverages

Disposable dinnerware included

Cost per person – $17

- Additional menus and prices available
- Choices may be limited depending on size of order
- There may be a delivery charge depending on size of order and location
- Minimum order required, please inquire

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