

# *Box Lunches*

*Simply packaged meals*

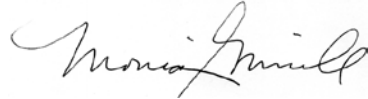
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**Thank you for considering  
Eat Your Heart Out Catering Company, Inc.**

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



**Catering and Event Services**

1230 SE 7th Avenue  
Portland, OR 97214  
eatyourheartout.biz

503 232 4408 phone  
503 232 0778 fax  
party@eatyourheartout.biz

## *Classic Box Lunch*

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### **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 – \$15

With soda pop or water – \$17

## *Elegant Style Box Lunch*

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### **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 – \$20

With soda pop or water – \$22



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January 12th, 2015

## *Executive Buffet*

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### *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)

Assorted beverages

Disposable dinnerware included

Cost per person – \$24

- 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

#### **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



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*January 12th, 2015*