

ECO-Lunch has created a menu with four important principles in mind: **taste, quality, nutrition,** and **environmental impact.** We are committed to providing an unparalleled lunchtime experience that is **flexible, convenient, affordable** and best of all **ECO-FRIENDLY.**

Please inquire about our catering services and business orders. Free delivery with a minimum of five orders per location.

Candice Rutherford
707-227-2682

www.Eco-Lunch.com

Candice@Eco-Lunch.com

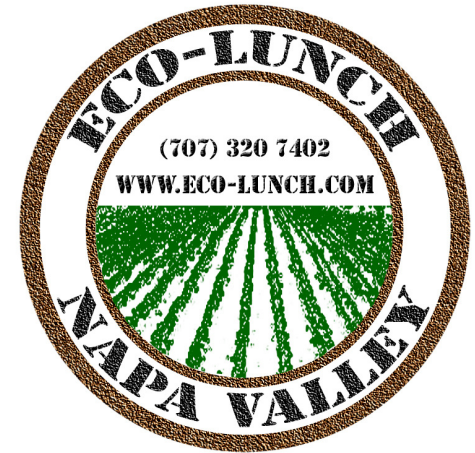
Corporate Menu

Place Orders 24 hours
In advance.

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ECO-LUNCH
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ECO-LUNCH
providing healthy meals for our kids



Delivering Organic,
Healthy Lunches to
You.

*Healthy Never
Tasted This Good!*

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Phone: 707-227-2682
Email: Candice@Eco-Lunch.com

LUNCH MENU

Monday

Tri-Tip Salad 10.00
Locally produced tri-tip with organic greens, carrots, snow peas, and other seasonal vegetables. Your choice of Asian Ginger dressing or Ranch served with cornbread and for dessert, our famous Chocolate Chip Cookie.

Tuesday

Chicken Potstickers 10.00
Potstickers with organic brown rice and edamame. Served with seasonal fruit and for desert, cinnamon cookies.

Wednesday

Grilled Vegetable and Roast Beef Sandwich 10.00
Served on a fresh Model Bakery roll with a side of vegetables, fruit, and for dessert, chocolate dipped fruit.

Thursday

Organic Cheese Pizza 10.00
On Whole Wheat Dough with basil, and mozzarella, with a serving of Organic Local Fruit and a Seasonal Salad. And for dessert, our famous Chocolate Chip Cookie.

Friday

Grilled Chicken Sandwich 10.00
Served with Fresh Mozzarella on a fresh Model Bakery roll with A Basil Avocado Tapenade and for dessert, a caramel oat bar.

Catering/ Events Menu

12 items per platter

Organic Fruit, Seasonal 24.00

Muffins 32.00
An Assortment of Scones, muffins and Sweet Breads served with butter and homemade organic preserves.

Seasonal Fruit Scones 24.00

Quiche 18.00
Spinach and Swiss cheese

Cinnamon Rolls 28.00
Fluffy cinnamon roll served with frosting and a side of nuts

Bannana Bread 14.00
Served with a side of whipped butter

3-gallon Drink Options (each serves 24, 16 oz servings: comes with ice, cups, lids, and straws)

Orangeade 25.00
Fresh Squeezed Oranges, Lemons, and a touch of Agave

Lemonade 25.00
Fresh Squeezed Lemons and Agave

Cold Hibiscus Tea 20.00
Hibiscus Flowers, Lime, and Agave

Catering/ Events Menu

18 items per platter

Chocolate Chip Cookies 20.00

Assorted Dessert Tray 20.00

Chicken Potstickers 22.00

Quiche 18.00
Spinach and Swiss cheese

Grilled Chicken Sandwich 30.00
Fresh Mozzarella Sandwich on a fresh Model Bakery soft roll with A Basil Avocado Tapenade

Large Pizza 20.00
On Organic Whole Wheat Dough with basil, and mozzarella.

