



The Eat Well Berkeley Catering Program strives to increase access to healthier food and beverage choices on the UC Berkeley campus. Participating caterers must meet certain nutrition guidelines. EatWell Berkeley options are indicated with a ✓ icon on menus.



Contact Us  
(510) 289-0070  
elmesonsf@gmail.com

## CATERING MENU 2019

Visit Us  
2495 Bancroft Way, MLK Building,  
1st Floor

### Lunch Boxes

**\$11.00 per box**

- Choice of empanada (see next page)
- ✓ • Organic Baby Spring Mix Salad 🌱🍅
- One piece of ✓ fruit 🍅 or one cookie
- ✓ • Salsa pebre

### Empanada Boxes (by the dozen)

Choose empanada size:

- Regular size empanada (5.5in) **\$57.00 (per dozen)**
- Gourmet size empanada (3.5in) **\$42.50 (per dozen)**

### Salads

**Serves 10-12**

- ✓ Organic Baby Spring Mix Salad, Cucumbers, Cherry Tomatoes, Radicchio/ Balsamic Vinaigrette 🌱🍅 **\$17.50**
- ✓ Toasted Quinoa Salad with Butternut Squash and Kale/ Lemon Mustard Vinaigrette 🌱🍅🌾 **\$21.00**

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## Breakfast Chilean Burritos

\$ 5.50ea

✓ **\*Vegetarian**

Free Range Scrambled Eggs,  
Organic Spinach, Queso  
Fresco, saute peppers,  
onions and mushrooms. 🍅

**Eggs and Ham**

Free Range Scrambled Eggs. Smoked  
Tavern Ham (Kruse & Son, Moravia, CA  
Monterrey Jack Cheese, saute  
vegetables. 🍅

✓ **\*Vegan**

Tofu Scramble with black beans and  
saute vegetables. 🍅 🌱

All burritos with the choice of whole wheat, plain or gluten  
free tortilla. Add \$1.00 for GF

✓ **\*Eat Well Berkeley with whole wheat tortilla** 🌾

## Lunch Empanadas

\$5.00 ea

✓ **\*Vegetarian**

Spinach, Mushrooms, Shallots,  
Ricotta 🍅

✓ **\*Spicy Chicken**

Mary's Farm Chicken, Onions,  
Peppers

**Beef**

Niman Ranch Certified Angus Beef,  
onions, hard boiled egg,  
raisins, olives

✓ **\*Vegan**

Seasonal vegetables  
in a vegan dough 🌱 🍅

✓ **Salsa Debre**

Fresh tomatoes, Onions, Cilantro, Chili  
Peppers, 🌱 🍅  
lemon and red wine vinegar

\$8.00 a pint

All Empanadas with a choice of whole wheat or  
Regular All organic dough.

✓ **\*Eat Well Berkeley with whole wheat tortilla** 🌾

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ASUC @ MLK Building  
Berkeley, 94720

## Vegetarian Entree

### ✓ Corn Pot Pie With Seasonal Vegetables 🌱 🍅 🌾

Saute seasonal vegetables covered with creamy corn puree flavored with basil. Gratine in the oven until golden brown and bubbly.

Served with Brown Rice and a refreshing arugula and shredded cabbage salad with Lemon dressing 🌾

## Drinks

✓ Coffee

✓ Tea

Kombucha

Mote con Huesillos:

(Chilean Summer Drink made with Dry Peaches and Plums and cooked wheat berries, flavored with Cinnamon, orange Peel and pure cane juice.) 🍅 🌾

Inquire about seasonal desserts

We use only local non GMO vegetables

✓ Meets Eat Well Berkeley Guidelines  
🌱 Plant-Based  
🍅 Vegetable/Fruit  
🌾 Whole Grain

Prices do not include taxes or delivery fee