

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 \(\sqrt{icon on menus.} \)



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

CATERING MENU 2019

Visit Us 2495 Bancroft Way. MLK Building.

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 \$17.50 Tomatoes, Radicchio/Balsamic Vinaigrette 🕹 🍅

Toasted Quinoa Salad with Butternut Squash and Kale/ Lemon Mustard Vinaigrette 🎺 🍅 🤌

\$21.00



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

Breakfast Chilean Burritos

\$ 5.50ea



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

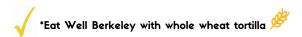
Eggs and Ham

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



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



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 № •

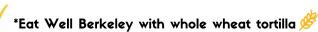
√Salsa Pebre

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.



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510 289 0070
elmesonsf@gmail.com

Visit us: 2495 Bancroft Way ASUC @ MLK Building Berkeley, 94720

Vegetarian Entree



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

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

Drinks



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



⋄ Plant-Based

Vegetable/Fruit
Whole Grain