



EVERYTHING COMES WITH ELI'S BREAD!

SOUPS

Carrot Thyme	12.00
★ Chicken Vegetable	12.00
w/ Matzoh Ball	14.00
Mushroom Barley	14.00
Mediterranean Vegetable	14.00
Tuscan Peasant	14.00

SANDWICH PLATES

Cucumber & Goat Cheese on Ficelle	16.00
Tomato & Mozzarella on Ficelle	16.00
Focaccia Sandwich	18.00
Goat Cheese, Roast Peppers & Red Onion	
Country Sandwich	18.00
Ham or Salami, Cheese, Lettuce & Tomato	
Egg Salad Sandwich	18.00
★ Chopped Liver on Raisin Nut	18.00
Meat Loaf Sandwich	18.00
Chicken Tarragon on 7-Grain	22.00
Smoked Whitefish Salad on Rye	22.00
Turkey Club	24.00
Grilled Cheese on Sourdough	24.00
Pot Roast Sandwich	26.00
★ Smoked Salmon on Health Bread	26.00
Grilled Ham & Cheese	26.00
★ Tower of Bagel	28.00

CAVIAR

2 oz. California served w/ Blinis or Potato Skins	195.00
California Oestra Caviar Omelet	195.00

HOT E.A.T.s

Cheese Omelet & Salad	22.00
★ Lox & Eggs	24.00
Egg Whites Only	add 4.00
Quiche Lorraine & Salad	24.00
Ratatouille Pizza & Salad	24.00
Vegetable Frittata	18.00
Macaroni & Cheese	24.00
Grilled Chicken w/ Broccoli & Potatoes	24.00
Roast Chicken w/ Potato & Carrots	26.00
Asian Salmon w/ Field Salad	24.00
Crab Cakes w/ Cucumber & Dill	32.00

COLD E.A.T.s

Charcuterie Plate	20.00
Prosciutto, Pancetta, Housemade Salami & Paté	
Spinach Salad w/ Feta & Tomato	22.00
Field Salad w/ Baked Goat Cheese	22.00
Fruit & Cheese Plate	24.00
Grilled Chicken Salad	24.00
Swordfish Salad Nicoise	28.00
★ Grilled Salmon	34.00
Shrimp & Dill Remoulade	29.00
Seafood Salad	29.00
Calamari, Shrimp & Mussels	
★ Smoked Salmon Plate	32.00
★ Smoked Fish Plate	38.00
Caesar Salad	22.00
Caesar Salad w/ Grilled Chicken	26.00

★ An E.A.T. Classic

SALADS

One Salad Plate	16.00
Choice of Two Salads	24.00
Choice of Three Salads	29.00

- Cucumber & Dill
- Field Salad
- French Potato
- Cole Slaw
- Tabbouleh
- Caponata
- Eggplant Caviar
- Roasted Beets
- Lentils Vinaigrette
- Mushrooms Vinaigrette
- Egg Salad
- Egg White Salad
- Calamari Salad
- Tomato & Prosciutto
- Tomato & Mozzarella
- Tuscan Bread Salad
- Sicilian Bread Salad
- White Bean Salad
- Broccoli & Garlic
- Mexican Chopped Salad
- Avocado & Endive
- Potato, Fennel & Haricots Vert
- Asparagus Remoulade
- Roasted Vegetables
- Pasta, Tomato & Basil
- Chicken Tarragon Salad
- Poached Salmon Salad
- Grilled Eggplant
- Grilled Vegetables
- Roman-style Fried Artichokes

TODAY'S SPECIALS



Specials change daily
based on what's in season
and available at Eli's Markets

Service is not included.

Visit us at elizabar.com to order the things you love from E.A.T.