



EVERYTHING COMES WITH ELI'S BREAD!

SOUPS

Carrot Thyme	14.00
★ Chicken Vegetable	14.00
w/ Matzoh Ball	16.00
Mushroom Barley	14.00
Mediterranean Vegetable	14.00
Tuscan Peasant	14.00

SANDWICH PLATES

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

HOT E.A.T.s

Cheese Omelet & Salad	26.00
★ Lox & Eggs	26.00
Egg Whites Only	add 4.00
Quiche Lorraine & Salad	26.00
Ratatouille Pizza & Salad	26.00
Vegetable Frittata	22.00
Macaroni & Cheese	24.00
Grilled Chicken	24.00
w/ Cole Slaw & Potato Salad	
Roast Chicken, Potato & Carrots	26.00
Asian Salmon w/ Field Salad	26.00
Potato Pancakes	24.00
w/Applesauce & Crème Fraîche	
Crab Cake w/ Cucumber & Dill	26.00

COLD E.A.T.s

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

★ An E.A.T. Classic

CAVIAR

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

SALADS

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

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

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.