



BREAKFAST

Perfect for corporate events & small gatherings!
(For staffed, special events please see our Special Event menu.)

Minimum order of 10.
Please allow 24-hour
notice for orders.

BREAKFAST BUFFETS

EAT Breakfast Buffets include plastic utensils, paper products, and set-up.
Add wire chafers and sternos for \$10

QUICK & EASY BREAKFAST ✓

\$9 per person

Fresh Seasonal Fruits & Berries, Assorted Yogurt, Homemade Assorted Baked Goods,
ADD Bacon or Sausage for \$3 per person

EAT'S STANDARD BREAKFAST

\$10 per person

Applewood Smoked Bacon OR Sausage Patties, Scrambled Eggs, Home Fries
& Homemade Biscuits with Butter & Jelly

EAT'S SOUTHERN BREAKFAST

\$11.50 per person

Cheesy Egg Crustless Quiche, Bacon,
Homemade Sausage Gravy & Biscuits, and Seasonal Fruit

EAT'S ASHLAND BREAKFAST

\$12.50 per person

Cheesy Egg Crustless Quiche, Homemade Pound Cake French Toast, Bacon,
Roasted Home Fries, and Seasonal Fruit

BOX BREAKFAST

Served with seasonal fresh fruit.
Choice of biscuit, La Bella Vita Bakery bun,
or wrapped in a flour tortilla.

\$9 each | [GFO] +\$2

SAUSAGE, EGG & CHEESE
HAM, EGG & CHEESE
BACON, EGG & CHEESE
EGG & CHEESE ✓

Vegan option available

BREAKFAST BURRITO \$9.50 each
Sausage, eggs, cheese, onions & peppers
wrapped in a flour tortilla

QUICHE

Homemade quiche in a flaky pie crust
\$18 each

SPINACH & FETA ✓

ROASTED RED PEPPER &
MOZZARELLA ✓

HAM & CHEDDAR

SEASONAL

[GFO] Crustless quiche available

OMELET STATION

EAT Omelet Stations include plastic utensils, paper products,
and are prepared to order for your staff or guests.

EGG OR EGG WHITE OMELETS

\$18 per person

Toppings include cheddar, onions, peppers, mushrooms, spinach, tomatoes,
bacon, ham, and sausage. Seasonal Fruit, Bacon, Roasted Home Fries,
and Mini Muffins also included.

EAT HEALTHY

Seasonal Fresh Fruit & Berry Cup \$4 each ✓

Greek Yogurt Parfaits with Fresh Fruit & Granola \$5 each ✓

BAKED GOODS

By the dozen. ✓

CROISSANTS \$18

CHOCOLATE CROISSANTS \$20

EVERYTHING CROISSANTS \$18

ASSORTED SCONES \$24

CINNAMON ROLLS \$24

BAGELS WITH CREAM CHEESE \$21

LARGE MUFFINS \$24

BEVERAGES

COLD BOTTLED WATER

\$2 each

COLD CANNED SODA

\$2 each

ICED TEA, SWEET TEA, LEMONADE

\$8 per gallon

ORANGE, CRANBERRY, APPLE JUICE

\$3 each (10 oz.)

COFFEE

\$20 - serves approximately 10 people

Served with sugar, sweet & low, equal, splenda, creamers, cups, and stirrers

GENERAL INFORMATION

CUSTOM QUOTES

Visit: www.eatcateringrva.com/contact/

to complete our quick questionnaire. We will be in touch shortly!

EVENT MANAGEMENT

This menu is designed for unstaffed events. Pick-up or delivery is available (with minimum
purchase). Set-up is included with deliveries (if applicable).

For staffed special events please see our Special Event section.

PAYMENT & ONLINE ORDERING

Payment is required at the time your order is placed online. Pickup available, \$100 minimum
for delivery. Online orders can be placed up to 35 days in advance. For invoiced orders, orders
more than 35 days in advance, or special events, please call us at 804-496-6140 or email
eat@eatcateringrva.com

CANCELLATION POLICY (excludes special events)

At least 24 hours notice is required for cancellations of catered orders. Please call us at
804-496-6140 if you need to make any adjustments to your order. Cancellations received
within 24 hours of scheduled pickup or delivery will be charged in full.

GF GLUTEN FREE: May be in contact with gluten.
Gluten & GF items may be cooked in the same fryer oil.
[GFO] GLUTEN FREE OPTION

✓ VEGETARIAN: May contain eggs and/or cheese
[VO] VEGETARIAN OPTION: May contain eggs and/or cheese

*These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish,
or eggs may increase your risk of food borne illness. Especially if you have a known medical condition.

10400 Leadbetter Rd. Ashland, VA 23005

804.496.6140 | EMAIL: eat@eatcateringrva.com
WEB: www.eatcateringrva.com

EATCateringRVA



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ORDER ONLINE

WWW.EATCATERINGRVA.COM

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All prices subject to change. Menu updated August 2023.



BOX LUNCH

Perfect for corporate events & small gatherings!
(For staffed, special events please see our Special Event menu.)
Easily order our Box Lunches online:
www.eatcateringva.com

Please allow 24-hr. notice for orders.

All Box Sandwich Lunches include choice of chips, potato salad or pasta salad, a pickle spear, and a dessert. Upgrade to fresh fruit for \$1.50 each. Mayo & mustard packets included.

BOX SANDWICHES

Upgrade to wheat berry or gluten-free bread for \$1 each

TURKEY & SWISS

Honey-smoked turkey, swiss, lettuce, and tomato on a local La Bella Vita Bakery bun ... \$11.99 each

HAM & CHEDDAR

Sliced ham, sharp cheddar, lettuce, and tomato on a local La Bella Vita Bakery bun ... \$11.99 each

ROAST BEEF & SWISS

Sliced roast beef, swiss, lettuce, and tomato on a local La Bella Vita Bakery bun ... \$12.99 each

CLUB

Honey-smoked turkey, ham, applewood bacon, cheddar, lettuce, and tomato on a local La Bella Vita Bakery bun ... \$12.99 each

CHICKEN SALAD

Classic chicken salad with celery, topped with lettuce and tomato on a local La Bella Vita Bakery bun ... \$11.99 each

TURKEY, BRIE, & APPLE BUTTER

Honey-smoked turkey, brie, apple butter, fresh apple slices, arugula, on a La Bella Vita Bakery bun ... \$13.99 each

TURKEY AND SPINACH

Honey-smoked turkey, spinach, fresh mozzarella, and sun-dried tomato pesto on ciabatta ... \$13.99 each

ULTIMATE ROAST BEEF

Sliced roast beef, cheddar, caramelized onion jam, horsey sauce, arugula, and tomato, on a local La Bella Vita Bakery bun ... \$13.99 each

ITALIAN

Applewood-smoked ham, pepperoni, salami, provolone, lettuce, tomato, and sweet peppers on a hoagie ... \$13.99 each

VEGGIE

Bruschetta, spinach, fresh mozzarella, and balsamic drizzle on ciabatta ... \$11.99 each

MEDITERRANEAN WRAP

Roasted red pepper hummus, cucumbers, spinach, arugula, roasted red peppers, sun-dried tomato pesto, feta, in a flour tortilla ... \$13.50 each

CHICKEN CAESAR WRAP

Sliced grilled chicken breast, romaine, shaved parmesan and romano cheese, caesar dressing, in a flour tortilla ... \$13.50 each

SANDWICH PLATTER

An assortment of our Turkey & Swiss, Ham & Cheddar, and Roast Beef & Swiss sandwiches sliced in half. Minimum 20 halves ... \$4.50 each

BOX SALADS

All box salads include a dessert.

GARDEN SALAD

Spring mix, cucumbers and tomatoes, shredded cheddar, and croutons, served with a side of buttermilk ranch dressing ... \$9.99 each

CAESAR SALAD

Romaine, shaved parmesan & romano cheese, croutons, and caesar dressing \$9.99

STRAWBERRY FIELDS

Baby spinach, strawberries, candied walnuts, goat cheese, raspberry vinaigrette dressing ... \$10.99 each

MEDITERRANEAN SALAD

Arcadian Harvest lettuce blend, roasted red peppers, cucumbers, olives, red onions, feta, balsamic vinaigrette dressing \$10.99

SOUTHWEST SALAD

Arcadian Harvest lettuce blend, corn salsa, avocado, monterey jack cheese, and chipotle ranch ... \$10.99 each

CHOPPED DELI SALAD

Romaine and Arcadian Harvest lettuce blend, turkey, ham, tomato, cheddar, egg, pickled red onions, and buttermilk ranch dressing ... \$13.99 each

SALAD ADD-ONS:

Grilled Chicken \$4
Chicken Salad \$3
Sautéed Shrimp \$6
Grilled Steak \$8

HOT BUFFETS

EAT Hot Buffets are perfect for a HOT BUSINESS LUNCH!
Served with garden or caesar salad and dessert.

Plastic utensils, paper products, and set-up included. Minimum order of 10

DON'T FORGET TO ADD WIRE CHAFERS & STERNOS FOR \$15

Our Hot Buffets are also available as Hot Individually Packaged +\$2 per person

HOMESTYLE FAVORITES

CREAMY HERB CHICKEN

Served with Rice Pilaf & Mixed Vegetables
\$13.99 per person

BUTTERMILK FRIED CHICKEN

Served with Macaroni & Cheese and Southern-Style Green Beans
\$13.99 per person

SLICED PORK TENDERLOIN

Served with Mashed Potatoes & Green Beans Almandine
\$12.99 per person

CHICKEN MARSALA

Served with Mashed Potatoes & Mixed Vegetables
\$13.99 per person

CHICKEN BRUSCHETTA

Served with Butter Noodles & Mixed Vegetables
\$13.99 per person

CREAMY SUN DRIED TOMATO & SPINACH CHICKEN

Served with Fettuccine & Mixed Vegetables
\$13.99 per person

HOUSE-SMOKED PULLED PORK BBQ

Served with Coleslaw, Macaroni & Cheese, Southern-Style Green Beans, and Buns ^{GFO}
Choice of VA or NC-Style BBQ Sauce
\$13.99 per person

BBQ SMOKED PULLED CHICKEN

Served with Coleslaw, Macaroni & Cheese, Southern-Style Green Beans, and Buns ^{GFO}
Choice of VA or NC-Style BBQ Sauce
\$13.99 per person

BURGERS & HOTDOGS

One Burger & One Hotdog per person served with Baked Beans and Potato Salad
Lettuce, Tomato, Onion, Cheese, Ketchup, and Mustard Included
\$12.99 per person

GRILLED BEEF TENDER & CREAMY HORSERADISH

Served with Mashed Potatoes & Mixed Vegetables
\$15.99 per person

SPINACH ARTICHOKE CHICKEN

Served with White Rice & Green Beans Almandine
\$15.99 per person

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PASTAS & BAKES

All Pastas & Bakes are served with Rolls

CREAMY BASIL TORTELLINI

With Vodka Cream Sauce
\$12.99 per person

CHICKEN PARMESAN

With Penne & Marinara
\$13.99 per person

CHICKEN BROCCOLI ALFREDO

With our Homemade Alfredo Sauce
\$13.99 per person

STUFFED SHELLS

With Marinara Sauce
\$12.99 per person

PASTA BAR: Penne Pasta served with choice of two sauces.
Choose between: Alfredo, Marinara, or Meat Sauce
\$12.99 per person

SEAFOOD

ROASTED GARLIC HERB SALMON

Served with Rice Pilaf & Grilled Vegetables
\$16.99 per person

CAJUN SHRIMP & CHEDDAR GRITS

Served with Mixed Vegetables
\$15.99 per person

GRILLED JUMBO SHRIMP

Served with White Rice & Mixed Vegetables
\$14.99 per person

FIESTA

TACO BAR ^{GFO}

Ground Beef or Pulled Chicken with Salsa, Lettuce, Cheese, Diced Tomatoes, Spanish Rice, Sour Cream, and Hard Shells & Flour Tortillas
\$13.99 per person | Upgrade to grilled steak or grilled shrimp for \$2 per person

FAJITA BAR

Choice of Meat with Sautéed Onion & Peppers, Salsa, Lettuce, Cheese, Sour Cream, Spanish Rice, and Flour Tortillas
Chicken \$13.99 per person | Steak \$17.99 per person | Chicken & Steak Combo \$15.99 per person

ASIAN INSPIRED

PEPPER STEAK

Served with White Rice & Steamed Vegetables
\$13.99 per person

STIR FRY

(choice of beef, chicken, or tofu) Served with Vegetables & White Rice
\$13.99 per person

TERIYAKI CHICKEN

Served with White Rice & Steamed Vegetables
\$13.99 per person

BEEF & BROCCOLI

Served with White Rice & Steamed Vegetables
\$13.99 per person

VEGETARIAN

SOUTHWEST STUFFED PEPPERS

Served with White Rice
\$12.99 per person

BAKED POTATO BAR

Served with Cheese, Bacon, Sour Cream, and Broccoli
\$12.99 per person

CHIMICHURRI CAULIFLOWER

Served with White Rice & Mixed Vegetables
\$12.99 per person

BROCCOLI ALFREDO

With our Homemade Alfredo Sauce
\$12.99 per person