

Eat-Rite's Deli & Restaurant Menu

Eat-Rite Health Promotion Center

Fax to-go orders!

We want to tell you about us. We are the best, the healthiest, and the cleanest place to eat in Amarillo. We do not apologize if our prices seem higher; pure ingredients cost more, and take more time to prepare.

Here are just a few reasons "why" we're so different . . .

1. You're always welcome in our kitchen. Ask for a tour.
2. We never compromise our foods. We serve only the finest ingredients.
3. We do not use "extenders." All you get is pure and healthy ingredients.
4. Our sandwiches are made with whole turkey breasts, not rolls with chemicals and preservatives.
5. We use organically grown green leafy lettuce and produce receiving multiple washings to remove parasites.
6. Our cheese is real cheese, and not cheese food pumped full of artificial colors and flavorings.
7. Our bread is organic whole grain bread, made fresh just for you. There are no preservatives or dough conditioners. **Gluten free available.**
8. We use pure butter and vegetable oil, not shortening, in our baked goods. No Trans-Fats.
9. We use aluminum-free baking powder.
10. Our tuna is packed in spring water.
11. Our water and ice are triple filtered RO pure and clear.

***There are many more differences, just as important,
but too numerous to mention.***

Everything we serve is made in our kitchen.

The Salads

Available 11 - 2:00 Mon-Sat

Our salads are made fresh daily with Organic Produce. No sulfates or artificial preservatives. Only triple filtered water is used on produce.

House Dressing - Our own Poppy Seed dressing
We also offer a variety of Low-Fat & No-Oil Dressings.

Salad Bar Organic.....	Per Pound
Tuna Salad.....	
Pimento Cheese Salad.....	
Egg Salad.....	
Chicken Salad.....	
Avocado Salad.....	
3-Way Combination.....	

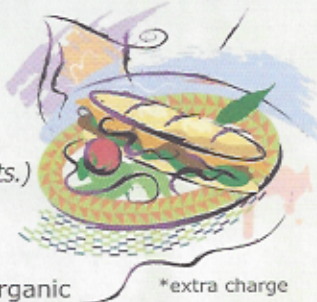
Sandwiches

(We Bake Whole Turkeys Fresh Daily.)

(All Sandwiches are made with Mayonnaise and Organic Sprouts.)

Bread Choices: Sprouted Grain No Flour, Organic House Bread, *Gluten Wheat Free, and *Ezekiel

Side Choices: Pasta Salad, Organic Carrot Sticks, Organic Marinated Carrots or Blue Corn Chips



Turkey - Sliced turkey breast, jack cheese and tomato.....	
Fresh Avocado - Fresh Avocado, Tomato and jack cheese.....	
Tuna Salad - Solid white Abacore Tuna, organic celery, eggs and seasonings.....	
Egg Salad - Eggs, organic celery, and seasonings.....	
Pimento Cheese - Cheddar cheese with pimento.....	
Chicken Salad - Fresh poultry, organic celery, pineapple and seasonings.....	
Hummus Vegan Delight - Ezekiel bread, organic clover sprouts..... onions, cucumber, tomatoes served with mixed bean salad	

Combination Sandwiches

Turkey/Avocado - Sliced Turkey, avocado salad and jack cheese.....	
Chicken/Avocado - Chicken Salad and avocado.....	
Tuna/Avocado - Tuna Salad and avocado.....	



Hot Sandwiches

- Served with Your Choice:
*Pasta Salad, Organic Carrot Sticks,
Organic Marinated Carrots or Bag Chips*
*Can be served on **Gluten free bread**

Turkey Melt.....
Tuna Salad Melt
Chicken Salad Melt.....

Daily Specials

Available 11-1:30, Mon-Sat

Sour Cream Green Chili Turkey Enchiladas.....

*Turkey breast, sour cream, green chili, organic onions, aged jack cheese wrapped in an organic whole wheat tortilla.
Served with organic chips and salsa and organic black beans.*

* **Blue Corn Enchiladas**.....

*Two blue corn tortillas filled with turkey breast or organic black beans, aged cheddar & jack cheese, red or green chili sauce.
Served with organic long grain brown rice, organic black beans, organic chips and salsa. No blue dye in our tortillas.*

***Gluten wheat free**

Quesadillas.....

*Organic whole wheat tortilla filled with turkey breast or organic black beans, aged cheddar & jack cheese, mushrooms and tomatoes.
Served with sour cream and avocado dip.*

* **Turkey and Organic Vegetable and Stir-Fry**.....

*A medley of turkey breast, and organic vegetables.
Served with organic long grain brown rice.*

***Gluten wheat free**

* **Organic Veggie Stir-Fry**.....

Same as above with Tofu replacing the turkey breast.

***Gluten wheat free**

Free Range Hamburger.....

Free range beef patty served on a fresh whole grain bun with aged jack cheese, organic lettuce, tomato, red onion, and chips.

Turkey Burritos.....

*Turkey breast, aged cheddar & jack cheese, red chili sauce wrapped in an organic whole wheat tortilla.
Served with organic chips and salsa and organic black beans.*

Soups

Our no-salt soups are made fresh daily and they contain no M.S.G. They are seasoned with fresh herbs, spices and organic vegetables. Served with organic cornbread or crackers.

Cup.....
Bowl.....
Pint.....
Quart.....

"♥ We Cater to Gluten Free Diets!"

Drinks



Fresh Organic Carrot Juice - Juiced Daily.....small..... large
Hot or Cold Herb Teas - Reg. & Decaf.....
Fresh Ground Organic Coffee.....
Iced Tea - with free refill.....
Quart Regular Ice Tea to go.....

*Check out our Smoothie Bar menu!



Baked Goods

Our baked goods are made fresh daily. They are made with honey or fructose, vegetable oil or butter. They are made with organic unbleached and whole grain pastry flour. We do not use refined sugar, white flour, or hydrogenated and/or hardened fats.

*Organic Gluten wheat free

Organic Whole Grain Cookies.....
Organic Whole Grain Muffins.....
Organic Whole Grain Carrot Cake.....



Eat-Rite Restaurant

Mon.-Sat. 11:00 a.m. to 2:00 p.m.

Deli 9:00-6:00 p.m.

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