



Monique Solomon <iriediva@gmail.com>

Enjoy a Delish Customized SALAD LUNCH BOX with FREE Doorstep Delivery WEDNESDAY April 18- Choose Your Favourite Toppings=Orders Close Off TODAY @ 6pm!

1 message

Food Basket Farm & EITS Cafe <foodbasketjamaica@gmail.com>
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Tue, Apr 17, 2018 at 10:21 AM



SALAD
LUNCH BOX SPECIAL



ENJOY a MidWeek
Delish Food Basket Farm Fresh
& EITS Cafe Customized
Salad Lunch Box

SPECIAL THIS WEEK- Add some Beetroot **COMPLIMENTARY** to boost your Vitamin C, Fiber & Essential Minerals including Potassium- Include notation if interested!

WEDNESDAY APRIL 18 DELIVERY

Close Off= TODAY, TUESDAY APRIL 17 @ 6 PM

Please confirm suitable time bracket for delivery in case of lunch time constraints so that we can coordinate and facilitate accordingly...You will receive confirmation on receipt of order via email with invoice

CHOOSE YOUR TOPPINGS

NEW Toppings Added!

ENJOY the **New!** Delish Toppings & EITS Dressing-



'Grilled Pineapple'

***** Too Busy To Choose Your Toppings here's some Suggestions so just confirm your Salad Choice whether Meat, Seafood or Veggie Lover!**

MEAT LOVER= \$1460

Mixed Green Salad
Shredded Carrots

Grilled Herbed Croutons
Chia Seeds
Caramelized Onions
Dried Cranberries
Barrel Roasted Chicken
Bacon Bits
Caramelized Ripe Plantain
Feta Cheese
Herb Vinaigrette
Buttermilk Green Goddess

SEAFOOD LOVER= \$1330

Mixed Green Salad
Pesto Pasta
Cucumber Slices
Sugar Glazed Walnuts
Chia Seeds
Caramelized Ripe Plantain
Grilled Shrimp
Herb Vinaigrette
Buttermilk Green Goddess

VEGGIE LOVER= \$1020

Mixed Green Salad
Shredded Carrots
Chick Peas
Grilled Herbed Tofu
Dried Cranberries
Grilled Pineapple
Chia Seeds
Cucumber Slivers
Herb Pesto
Herb Vinaigrette

Tips on Making Your Salad Toppings Choice!

- Choose a bed of Delish Food Basket Farm Fresh Salads
- Pile on the Veggies for extra Vitamins & Minerals
- Choose a Lean Protein- no fry/ battered
- Always remember some Fruits
- Add a crunch
- All topped with your favourite EITS Café Dressing (at no additional cost!)

ITEM	COST	YOUR SELECTION
 Fresh Mixed Green Salad	\$500	
 NEW! Fresh Arugula Salad	\$500	
Dried Cranberries	\$50	
Boiled Egg (2 Hard Boiled Eggs)	\$150	
Red Onion Slivers	\$40	
Raisins	\$30	
Sugar Glazed Sweet Potato Rounds	\$80	
Black Olives	\$70	
Sugar Glazed Walnuts *OPTIONAL-Can also get without Sugar	\$60	
 NEW! Minted Watermelon Hydrate the Body with this Nutrient Delish Fruit	\$200	
Chia Seeds	\$30	
 NEW! Sesame Seeds	\$30	
 NEW! Grilled Pineapple	\$150	
Grilled Herbed Croutons	\$30	
Grilled Herbed Tofu Cubes- Add some Good Protein & Amino Acids	\$120	
	\$200	

**SPECIAL!**

Potato Croquettes (2)

- Noted as one of the best Natural Sources of Starch
and Fiber, Minerals & Vitamins!

Pesto Penne Pasta	\$150	
Cucumber Slivers	\$40	
Caramelized Onions	\$40	
Shredded Carrots	\$30	
Caramelized Ripe Plantain	\$100	
		
Feta Cheese Crumbles	\$180	
Chick Peas	\$100	
Bacon Bits	\$200	
Barrel Roasted Chicken Slivers	\$300	
Grilled Herbed Shrimp (6-8 Shrimp)	\$450	
Buttermilk Green Goddess	\$0	
Herb Vinaigrette	\$0	
Herb Pesto	\$0	

Happenings @17MilePost Mount Edge Guest House, EITS Cafe & Food Basket Farm

(OPEN EVERYDAY-Reservations preferred - Email for menu & more
info)



"Robyn Fox Invigorates Farm to Table Cuisine with EITS Café" - MERRY JANE

MERRY JANE takes a trip to one of Jamaica's hidden culinary treasures. August 6 marked the 55th anniversary of Jamaica Independence and to honor the occasion, MERRY JANE Presented Jamaica Week "MERRY JANE takes a trip to one of Jamaica's hidden culinary treasures- Robyn Fox Invigorates Farm to Table Cuisine with EITS Café" [Read the article here](#)



Sippin' Live @ Eits Cafe. Perhaps it was the breathtaking Blue Mountain backdrop provided by the award-winning EITS Café. Perhaps it was being serenaded by the soul-touching tunes of vocalist and violinist Ziah. Or perhaps it was six courses of finely curated vegan gastronomy by eco-cuisine company Sippin' Live. Truly it could have been any combination of these reasons that made Sippin' Live's Vegan Tasting Experience the perfect place to watch the sun set... [Read more on The Jamaica Observer](#)

17MilePost in documentary, **New Zealand** So Thankful for this feature on 17MilePost

Always nice to share our treasure with others. Enjoy!

https://www.npo.nl/3-op-reis/12-02-2017/BNN_101381976

YOU CAN'T MISS IT *

So Thankful to have been chosen as the location for Reggae Cover "PILLOWTALK" By Conkarah. With a Real Jamaican & Natural Vibes @17MilePost we are proud to boast a PEICE OF PARADISE in our beautiful island JAMAICA!

<https://www.youtube.com/watch?v=0I02tSD7LZA>

YOU CAN'T MISS IT *

So Thankful to have been included in Chef Eddie Huang's Feature on Jamaica on VICELAND - Click link below and Enjoy watching Chef Eddie venture through our little islands hidden foodie treasures to share the Real Jamaican Cooking Culture...

https://www.youtube.com/watch?v=Zhb4w4Qnn_I

* Proud to say that we have spread our wings and will now be delivering in Montego Bay so please tell all your Montego Bay friends to email us and be a Food Basketer!

* So proud and privileged EITS Cafe was included in the recent Forbes online article by our own Jamaican, Chris Blackwell as one of the Jamaican restaurants defining and redefining Jamaican Cuisine. As Blackwell states "there is nothing like the bold flavours and incredible seasoning found on the island" leading to his recent NyamJam Food Festival which we were also proud to be a part of.

Check out article below:

<http://www.forbes.com/sites/fathom/2016/02/06/chris-blackwell-best-restaurants-jamaica/#31a074703675>

* Was Fabulous Hosting Victoria Rowell, Young & The Restless, Soap Opera - Fun Times In The Mountains, Nature at its Best, Boasy Glasses Lit Up On Fleek with Straw Hat- Real Jamaican Experience!

* Great Times were had at the NYAM JAM Food Festival- Food Basket Farm & EITS Cafe showcased an array of Salads, Dressings, Juices & our famous Pea & Mint Soup

<https://www.facebook.com/media/set/?set=a.10153322355090897.1073743701.97754435896&type=3>

* Thankful for the video for our own, Miss Jamaica on her Road to China with Breathtaking Mountain Views taken from 17MilePost. Check out link below to view video:

<https://www.youtube.com/watch?v=5XjdAuOAung&feature=youtu.be>

* Thanks to Tamu McPherson and Kristi Veliaj for this amazing post on 17MilePost:

<http://www.alltheprettybirds.com/17-mile-post-the-most-charming-cafe-organic-farm-and-guest-house-in-blue-mountain/>

[Thanks to Blasian Girl in her "Preppy in Pink" Experience @17Mile Post- EITS Cafe article](#)

[Escapism Travel Magazine: 17MilePost Feature](#)

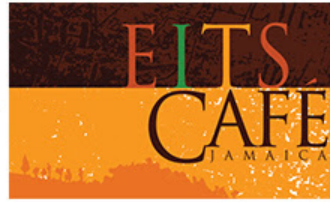
[Branson Centre Lookbook: @17MilePost PAGE 50](#)

[Branson Centre bINSPIRED Magazine: @17MilePost PAGE 5](#)

Instagram: @17MilePost

[TripAdvisor](#)

Blessings from the Cool Newcastle Mountains,
Michael and Robyn Fox



@17MilePost- EITS Cafe, Food Basket Farm & Mount Edge Guest House



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