

100% Real Food

Eat Local prepared foods are made with Northwest farmed, organic or sustainably grown produce, grass fed & finished meats & free range chicken.

Everything on the menu is hand-made in our kitchen, from scratch, using traditional methods & housemade stocks.

Our meals are frozen to maintain flavor, nutrients and quality without the use of added chemicals, preservatives or fillers

Our food is available in either BPA free, biodegradable packaging or reusable glass containers that can be bought and returned through deposit as you would a milk bottle

Choose from the extensive offering of appetizers, entrees, sides and desserts

Take home and heat from frozen, relax, and enjoy some extra time with family & friends

Eat LOCAL®



\$5 OFF

with a minimum \$25 purchase

\$10 OFF

with a minimum \$50 purchase

Not valid in conjunction with any other Eat Local promotional offer. With coupon. Expires 4/30/2010.

TWO LOCATIONS TO SERVE YOU

Burien • 206-432-9849

810 SW 151st St.

10am to 8pm Everyday

Queen Anne • 206-328-3663

2400 Queen Anne Ave N

8am to 8pm Everyday

www.eatlocalonline.com