



# LEAH DIBERNARDO

## EXECUTIVE CHEF

The roots of the EAT story are entrenched in childhood memories of gathering around the table, connecting & sharing good food. Scratch cooking with ingredients that are not doused in chemicals, utilizing animal proteins that are clean, hormone & antibiotic free- as well as being raised in a CARING and ETHICAL environment.

Food is not cheap- nor do we believe it should be valued as such. From those that grow, pick, deliver, prep, cook to the valuable humans who wash up after all of us. A fair & livable wage is worth the price of what we assess on a plate of food. We value you – our guests, our team, vendors, regenerative farmers and the right to VOTE with our fork. Having the opportunity to make powerful buying decisions- by supporting the families we do, is at the heart of our mission.

# FOOD FOR EVERYONE ALL EATERS WELCOME

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We support Carnivores, Vegetarians, Vegan, GF, Paleo! Artisan Eatery with Locally Inspired Cuisines!

Beef is Grass-fed from Eel River- Northern California. Pork is from Beelers,. Poultry is from Smart Chicken & 100% GMO FREE! Sandwich meats are from Diestal Ranch & Nimans.

We believe in clean, sustainable and locally driven foods, that are hyper fresh & nutrient dense. Supporting our local economy is very important to us, we strike a balance with foraging from small farms, ranches and artisans – from around the US.

