

# In-Flight Catering Menu



## Breakfast and Snacks

Fresh Squeezed Orange Juice \$26/quart

Greek Yogurt Parfait (vegetarian, GF) \$9

Greek yogurt, orange blossom honey, citrus, honey

contains: dairy, honey

Strawberry Yogurt Parfait (vegetarian, GF) \$9

strawberry puree, vanilla, greek yogurt, toasted walnuts

contains: walnuts, dairy

Cold Brew Overnight Oats (vegan, GF) \$9

steel cut oats, coconut, vanilla, chia, cocoa nibs, cocoa

powder, cold brew coffee

contains: coconut

Chocolate Banana Overnight Oats (vegan, GF) \$9

steel cut oats, banana, coconut cream, coconut, cocoa nibs,

peanuts, agave

contains: coconut, peanuts

Lemon Berry Overnight Oats (vegan, GF) \$9

steel cut oats, coconut cream, berries, agave nectar,

chia, hemp, almonds

contains: coconut, almonds

Mango Chia Pudding (vegan, GF) \$10

mango, chia, coconut milk

contains: coconut

Berries & Coconut Cream (vegan, GF) \$10

fresh berries, coconut cream, hemp, chia

contains: coconut

Chicken Fennel Hash (dairy & GF) \$26

house made chicken sausage with apples and maple,

roasted sweet potatoes,

scrambled farm eggs.

contains: coconut, sesame

Steak & Eggs (dairy & GF) \$36

grilled flank steak with smashed pinto beans, breakfast

potatoes,

farm eggs and salsa verde

Crudites with Roasted Red Pepper Hummus(vegan),

Carrot Cashew Dip, Smoked Garlic Buttermilk

\$14 per person

contains: sesame, tree nut(carrot cashew dip),

dairy(buttermilk ranch)

Charcuterie

\$23 per person

Assortment of meats and cheeses, olives, house made

jalapeno mustard, jam,

berries and fruit, crostini and flatbread crackers

Cheese and/or Fruit Platter

\$22 per person

Assortment of seasonal fruits and artisanal cheeses

with crostini

and flatbread crackers

contains: dairy, wheat

Bagels

\$15 per person

Whipped cream cheese, cucumbers, capers, lemon,

shaved red onion

Assorted Pastries

\$15 per person

## Breakfast Tacos \$10

Choose 4: house made pork sausage, bacon,

smoked sweet potato (vegan),

breakfast potatoes, farm egg, black beans,

smashed pinto beans, cotija cheese,

coconut- poblano crema (vegan)

cheddar, pickled jalapenos, pickled red onion

choose flour or corn tortilla

\*served with roasted tomato salsa

Gluten free almond flour tortilla + \$3 per taco

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## Salads & Bowls

### Curried Chickpea Salad (vegetarian) \$17

curried chick peas, house mayo, golden raisins, celery, red onion, grape tomato, cucumber on greens, lemonette  
contains: egg

### Greek Salad with Grilled Chicken Breast \$27

green garbanzo, radish, kalamata olive, artichoke hearts, grape tomato, cucumber, baby lettuce, Texas Olive oil, fresh herbs, red wine vinaigrette  
contains: sesame

### Traditional Caesar \$22

house made caesar dressing (farm egg yolks and avocado oil), rosemary focaccia croutons, pepperoncini relish, shaved parmesan chicken breast +\$7, grilled flank + \$10, or Gulf shrimp +\$10  
contains: dairy, egg, wheat

### Baby Kale Caesar(dairy & GF)\$24

house made caesar dressing (made with farm egg yolks and avocado oil), hemp hearts, toasted almond, pepperoncini relish, shaved parmesan chicken breast +\$7, grilled flank + \$10, or Gulf shrimp +\$10  
contains: tree nuts, egg

### Citrus Avocado(dairy & GF)\$24

baby kale, citrus segments, poblano/coconut/avocado crema, marcona almonds, sherry vinaigrette, hemp hearts, baby kale. chicken breast +\$7, grilled flank + \$10, or Gulf shrimp +\$10  
contains: tree nuts, egg

### Ginger Lettuce Wraps (dairy & GF) \$26

bibb lettuce filled with ground ginger chicken, crisp raw vegetables, lime aioli, crushed peanuts, coconut peanut sauce  
contains: peanut, coconut, sesame

### Beef Lettuce Wraps (dairy & GF) \$32

lime & sesame marinated flank steak, baby lettuce cups, julienne carrot, cucumber, red peppers, fresh herbs, coconut-peanut sauce  
contains: peanut, coconut, sesame

### Harissa Chicken or Cauliflower Bowl (dairy & GF) \$32/24

quinoa tabouli(cherry tomatoes, cucumber, red onion, fresh herbs, lemon) and cashew tzatziki(vegan).  
contains: tree nuts, sesame

### Seasonal Quinoa Bowl (vegan) \$32/24

slow roasted tomatoes, broccoli, cauliflower, beets, ancho spiced pepitas, lime vinaigrette

### BBQ Sweet Potato Bowl (vegan) \$26

chili roasted cauliflower, ancho pepitas, poblano crema, pickled cabbage and red onion, quinoa with fresh herbs, lime vinaigrette  
contains: coconut, sesame

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## Mains

### Fresh Fish \$Market price

wild caught, pesto basmati, carrots, broccolini, haricot vert, citrus butter  
contains: fish dairy

### Stuffed Chicken Breast (dairy & GF) \$38

almond ricotta, artichokes and fresh spinach, roasted vegetables, lemon caper jasmine.  
herbed tomato sauce  
contains: tree nuts, sesame

### Maple Mustard Pork Loin (dairy & GF) \$38

orange chili sweet potato puree, cast iron Brussel's

### Grass Fed Grilled Flank or Sliders (dairy & GF) \$38

herb roasted fingerling potatoes, grilled broccolini, chimichurri or jalapeño  
mustard  
contains: sesame

### Grass Fed Beef or Turkey Meatloaf (GF) \$38

grilled green vegetable, yukon potato or cauliflower puree  
contains: dairy

## Sweets

### Chocolate Avocado Mousse (vegan) \$16

espresso, orange, coconut cream  
(vegan)

### Cookies \$5

Red velvet

Double Chocolate Chip

S'mores: smoked pecan, marshmallow, chocolate

Seasonal Specialty Desserts upon request

## Sandwiches & Wraps Boxed Meals \$28

Includes chips or pasta salad, and a cookie

Chicken Caesar Kale Wrap  
grilled chicken breast, baby kale, house caesar dressing, pepperoncini relish, shaved parmesan, tortilla wrap  
contains: egg, dairy, wheat

Waldorf Chicken Salad Sandwich  
chicken breast, apples, grapes, celery, tarragon, red onion, walnuts, house mayo, organic sprouted wheat bread  
contains: egg, wheat

Chipotle Chicken Salad Wrap  
house mayo, celery, red onion, chipotle peppers, lime vinaigrette, cilantro, baby lettuce, tortilla wrap  
contains: egg, wheat

Curried Chick Pea Wrap (vegetarian)  
Curried chick pea salad (madras curry, golden raisins, celery, red onion, house mayo), baby kale, tortilla wrap  
Contains: egg, wheat

Garden Tuna Salad Sandwich:  
White albacore tuna, carrot, red onion, celery, dill, house mayo and pickles, sunflower seeds, baby lettuce, sprouted wheat bread  
Contains: fish, egg, sunflower seed, wheat

Turkey Havarti Sandwich  
sliced, roasted turkey breast with havarti cheese, raspberry aioli, tarragon roasted tomatoes  
contains: egg, dairy, wheat

Kid's Peanut Butter & Jelly/Turkey and Cheese  
creamy peanut butter with raspberry jam on white bread/sliced turkey breast with cheese