



IN FLIGHT CATERING



**HEALTHY GOURMET**  
MIAMI



**HEALTHY GOURMET**  
MIAMI

# IN FLIGHT CATERING

## BREAKFAST

### OVERNIGHT OATS

Lemon-agave mixed berries.

### HAM, CHEESE, AND EGG SALAD

Served on soft "miga" white bread.

### NON-PROCESSED BACON & SWISS CHEESE CROISSANT

With thin sliced tomatoes.

### TOMATO AND MANCHEGO CROISSANT

With roasted tomato marmalade.

### SMOKED SALMON BAGEL

Dill whipped cream cheese, pickled onions, and crispy capers.

### CHICKEN AND AVOCADO "REINA PEPIADA" AREPAS

pulled chicken and gluten-free handmade arepas.

### MATCHA PANCAKES

Lemon-berry compote with zesty whipped cream.

### BANANA WALNUT BREAD

Cinnamon brown sugar butter.

### BREAKFAST BURRITO

Eggs, sausage, sautéed greens, and potatoes.

## SANDWICHES

### ROASTED TURKEY LAVASH

French brie cheese and arugula.

### GRILLED CHICKEN WRAP

Romaine lettuce, chipotle mayo, and aged cheddar.

### CHICKEN SCHNITZEL SANDWICH

Bacon, lettuce, Swiss cheese, and ranch dressing.

### ROAST BEEF BRIOCHE

Caramelized onions and cheddar cheese.

## SALADS

### CRANBERRY AND PECAN GREEN SALAD

Fig and basil balsamic vinaigrette.

### CLASSIC CAESAR SALAD

Grilled chicken, Parmesan, and garlic croutons.

### QUINOA TABBOULEH

Lemon za'atar honey dressing.

### LENTIL & GARBANZO DETOX SALAD

Dill lemon dressing.

### ARUGULA ROQUETTE SALAD

Balsamic apples, goat cheese, and caramelized walnuts.

### ORGANIC CHICKEN & QUINOA CHOP SALAD

With avocado and pico de gallo.

### MACARONI CHICKEN PASTA SALAD

Homemade buttermilk ranch and garden veggies.



HEALTHY GOURMET  
MIAMI

# IN FLIGHT CATERING

## LUNCH AND DINNER

**QUINOA FRIED RICE**

With grilled bourbon chicken and snow peas.

**CURRY CHICKEN KABOBS & TOASTED CASHEWS**

Served over coconut jasmine rice and broccoli.

**MONGOLIAN BEEF**

With sugar snap peas on steamed sesame rice.

**BEEF STROGANOFF**

Garlic mashed potatoes and roasted mushrooms.

**BEEF & RICOTTA LASAGNA**

With San Marzano tomatoes and basil.

**ROASTED PULLED PORK CARNITAS**

Rice and beans.

**HONEY LEMON BUTTER CHICKEN**

With corn and spinach couscous.

**PEANUT BUTTER PORK RICE NOODLES**

Napa cabbage and carrots.

**SHRIMP SCAMPI**

Over lemon herb butter linguine.

**PERUVIAN LOMO SALTADO**

Rice and roasted potato wedges.

**PERUVIAN AJI DE GALLINA**

Rice and steamed potatoes.

**SPINACH & MUSHROOM CANNELLONI**

**GARBANZO CURRY**

Over coconut rice.

## SAVORY SNACKS

**FOCACCIA PIZZA BITES**

**SMOKED SALMON CROSTINIS**

Grilled chicken, Parmesan, and garlic croutons.

**QUINOA YERBA BUENA TABBOULEH**

Fresh and tangy, Peruvian style.

**305 BLACK BEAN CROQUETAS**

Topped with avocado crema.

**EUROPEAN CHEESE BOARD**

Artisan crisps with sea salt.

## GOURMET DESSERTS

**MINI CHEESECAKES**

**MINI ALMOND CAKES**

**COCONUT FLAN**

**ZUCCHINI CHOCOLATE BROWNIE**

**APPLE CRUMBLE**

**BURNED BASQUE CHEESECAKE**

## FRESH JUICES

**GREEN JUICE**

Pineapple, spinach, kale, apple, lemon, ginger, turmeric.

**BERRY ANTIOXIDANT JUICE**

Acai, raspberry, blueberry, pomegranate, apple, lemon, agave.

**CARROT CITRUS JUICE**

Carrots, orange, lemon, ginger, turmeric, black pepper.