



In-Flight Catering

ORGANIC GOURMET MEALS



Breakfast

South American Breakfast Bowl

Sweet Potato, Cumin Braised Black Beans, Uncured Applewood Smoked Bacon, Organic Eggs, with House Made Tomato Salsa & Fresh Cilantro, Cheddar & Avocado Garnish

(GF)

Very Veggie Breakfast Bowl

Cauliflower Rice, Organic Eggs, Kale, and Mushrooms with House Made Tomato Salsa & Fresh Cilantro, Avocado Garnish

(Veg) (GF) (DF)

Crustless California Quiche

Organic Eggs, Mushrooms, Spinach, Swiss Cheese, Fresh Herbs with Roasted Red Pepper Garnish

(Veg) (GF)

Tomato Basil Avocado Toast

House-Made Herbed Focaccia, Smashed Avocado, Organic Tomatoes, Balsamic Drizzle

(Vegan) (GF) (DF)

Fresh Seasonal Fruit Bowl

Served with Greek Yogurt, Toasted Almonds, Dried Gogi Berries & Honey Drizzle

(Veg) (GF)

Green Chia Pudding

Dates, Spinach, Coconut Milk, Almond Milk, Chia Seeds, with Blueberry & Toasted Almond Garnish

(Vegan) (GF) (DF)



Smoothies & Juices

Orange Creamsicle Smoothie

Vegan Cream Cheese, Almond Milk, Protein Powder, Orange & Vanilla Extract

(Vegan) (GF) (DF)

Blueberry Vanilla Protein Smoothie

Organic Blueberries, Coconut Milk, Protein Powder, Fresh Avocado & Vanilla Extract

(Vegan) (GF) (DF)

Pina Colada Protein Smoothie

Organic Strawberries, Fresh Pineapple, Fresh Mango, Protein Powder, Organic Almond Milk Yogurt

(Vegan) (GF) (DF)

Radiant Glow Juice

Organic Kale, Apple, Beets, Cucumber, Lemon & Fresh Ginger Root

(Vegan) (GF) (DF)

Drink Your Greens Juice

Organic Lacinato Kale, Celery, Cucumber, Lemon & Fresh Ginger Root

(Vegan) (GF) (DF)



Unique Boards

Everything Board

Artisanal Cured Meats & Cheeses, Dips, Dried Fruits,
House Made Pickled Vegetables, Various Chocolates, Nuts,
Multi-Grain Crackers

(GF)

Greek Board

Lemon Roasted Organic Chicken Skewers, Baby Artichoke
Hearts, Assorted Olives, Feta Cheese, House Made Tzatziki,
Roasted Beet Hummus & House Made Herbed Focaccia Bread

(GF) (DF Option)

Harvest Board

Assorted Seasonal Fruits, Organic Crudit  & Vegetables,
Artisanal Cheeses, Assorted Olives, Roasted Beet Hummus &
House Made Everything Crackers

(Veg) (GF)

Fruit Board

Assorted Seasonal Fresh Fruit, Artisanal Cheese & Cinnamon
Cream Cheese Fruit Dip

(Veg) (GF)



Savory Snacks

Vaca Frita Tostones

House Made Tostones Topped with Shredded Crispy Beef and
Served with Creamy Garlic Aioli

(GF) (DF)

Deconstructed Focaccia Pizza Bites

House Made Focaccia, Marinara Sauce, Mozzarella Cheese,
Parmigiano Reggiano Cheese, Basil

(Veg) (GF)

Hearts of Palm "Crabless" Cakes

Served with House Made Old Bay Aioli

(Vegan) (GF) (DF)

Broccoli Tots

Served with House Made Lemon Aioli

(Veg) (GF)

Key West Shrimp Cocktail

Fresh, Local Jumbo Shrimp Served with House Made
Horseradish Cocktail Sauce & Lemon Wedges

(Pescatarian) (GF) (DF)



Soups

Spicy Brazilian Shrimp & Fish Stew

Wild Caught Key West Pink Shrimp with Local Wild Caught Mahi in a Spicy Coconut Broth Garnished with Spicy Cherry Pepper Sauce & Fresh Cilantro

(Pescatarian) (GF) (DF)

African Coconut Curry Stew

Carrots, Chickpeas, Tomatoes, Butternut Squash, Onions, Bell Peppers, & Brown Rice in a Coconut Based Broth

(Vegan) (GF) (DF)

Cream of Tomato Soup

Organic Italian San Marzano Tomatoes, Sherry, and a Splash of Cream

(Veg) (GF)



Salads

Ultimate Chopped Salad

Organic Romaine, Tomatoes, Hard Boiled Egg, Avocado, Bacon,
Blue Cheese Crumbles, Aged Balsamic Vinaigrette
(Add Chicken, Steak, or Salmon)

(GF)

Mexican Caesar Salad

Organic Baby Kale, Romaine, Tear Drop Tomatoes,
Cotija Cheese, Toasted Pepitas, Creamy Avocado Yogurt
Caesar Dressing
(Add Chicken, Steak or Salmon)

(GF)

Antipasto Salad

Organic Romaine, Roasted Red Peppers, Marinated Artichoke
Hearts, Cherry Tomatoes, Black Olives, Pepperoncini, Pickled
Red Onion, Red Wine Vinaigrette
(Add Chicken, Steak or Salmon)

(GF) (DF)



Lunch & Dinner

Grass-Fed Filet Mignon with Marsala Caramelized Onions

Served with Cheesy Scalloped Potatoes

(GF)

Asparagus & Asiago Chicken Roulade

Served with Herbed Rice Pilaf

(GF)

Marinated Mushroom Bowl with Lentils & Wild Rice

Served with Creamy Roasted Tomato Soup & House Made

Focaccia Garlic Toast

(Vegan) (GF) (DF)

Mojo Marinated Lechon Asado

Served with Cuban Style Black Beans and Jasmine Rice

(GF) (DF)

Fresh Diver Scallops

Served with a Lemony White Wine Sauce on a Bed of Orzo
with Spinach and an Arugula Salad with Lemon Parmesan

Dressing

(GF) (DF Option)

Lunch & Dinner_{cont.}

Mediterranean Turkey Burger

Organic Ground Turkey Patty Served on a Toasted Bun with an Organic Baby Spinach, Red Onion, and Feta Cheese Salad and Aged Balsamic Vinaigrette

(GF) (DF Option)

Marinated Grass-Fed Skirt Steak Tacos

Served with Grilled Onions, Bell Peppers, Avocado, Fresh Pico De Gallo, Flour Tortillas, and a Spicy Mexican Corn Salad

(GF)

Roasted Faroe Island Salmon & Grain Salad

Served on a Bed of Cumin-Scented Quinoa and Black Rice with Toy Box Tomatoes, Arugula, Cucumbers, Avocado & a Lemony Citrusette

(Pescatarian) (GF) (DF)

Cuban Picadillo Con Papas

Organic Grass-Fed Ground Beef with Pan Roasted Potatoes, Sautéed Onions, Bell Peppers, Tomatoes, Green Olives & Cuban Style Black Beans

(GF) (DF)

Garlic Curry Chicken Thighs with Yogurt Sauce

Served Turmeric Rice with Roasted Brussels Sprouts

(GF) (DF Option)



Decadent Desserts

Individual Molten Lava Chocolate Cake

Served with Raspberry Coulis

(GF)

Whipped Pineapple Pie (Whole 8" Pie)

Light and Creamy Pineapple Filling in a Graham Cracker Crust

(GF Option)

Caramelized Cuban Flan

Served with Seasonal Organic Berries

(GF)

Decadent Chocolate Brownies

Your Choice of ½ Dozen or 1 Dozen

(GF)



Tiny Travelers

Organic Parmesan Crusted Chicken Nuggets

Served with Honey Mustard Dipping Sauce & Fresh Fruit

(GF)

Creamy Tomato Penne

Served with Crudité and Ranch Dressing

(Vegetarian) (GF Option) (DF Option)

Ground Beef Tacos

Served with Crispy Corn Shells, Cheddar Cheese, Diced Tomatoes, Shredded Lettuce & Black Beans

(GF)

Contact Us to Place Your Order



(305) 388-3536



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Include the subject line: "In-Flight Catering"