



# *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**

Mushrooms, spinach, Swiss cheese, roasted red pepper garnish.  
Served whole (Serves 6) or by the slice

**(Veg) (GF)**

## **Crustless Quiche Lorraine**

Bacon, leeks, Swiss cheese, caramelized tomato jam. Served whole (Serves 6) or by the slice

**(GF)**

## **Tomato Basil Avocado Toast**

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

**(Vegan) (GF) (DF)**

## **French Omelet**

Spinach, cherry tomato, cheese, toast points

**(Veg) (GF)**

# Breakfast *cont.*

## **Loaded Avocado Toast**

House-made focaccia, fresh avocado mash, everything seasoning, bean sprouts, poached egg

**(Veg) (GF)**

## **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**

Blueberries, coconut milk, protein powder, fresh avocado, vanilla

**(Vegan) (GF) (DF)**

## **Pina Colada Protein Smoothie**

Pineapple, strawberry, mango, protein powder, almond milk, yogurt

**(Vegan) (GF) (DF)**

## **Strawberry Banana Smoothie**

Strawberry, banana, almond yogurt, oat milk, honey

**(Vegan) (GF) (DF)**

## **Chocolate Almond Smoothie**

Almond butter, coconut cream, cocoa powder

**(Vegan) (GF) (DF)**

## **Radiant Glow Juice**

Beets, kale, apples, cucumber, lemon, ginger

**(Vegan) (GF) (DF)**

## **Green Genius Juice**

Kale, romaine, celery, pear, apple, lemon, ginger, mint

**(Vegan) (GF) (DF)**

# Smoothies & Juices

*cont.*

## **Purple Rain Juice**

Grapes, Apples, Ginger, Blackberries

**(Vegan) (GF) (DF)**

## **Fresh-Squeezed Orange Juice**

**(Vegan) (GF) (DF)**





# Canapes

## **Mediterranean Relish over Parmesan Polenta**

Heirloom tomato, Greek and Spanish Olive, Basil, and Balsamic Vinaigrette Atop a Crisp Polenta Round

**(Veg) (GF)**

## **Caprese Skewers**

Cherry tomato, fresh mozzarella, basil, balsamic reduction

**(GF)**

## **Red Beet Hummus on Cucumber**

Roasted red beet hummus, feta cheese, lemon zest, radish

**(Veg) (GF)**

## **Green Gazpacho Shooters in a Shot Glass**

Cucumber, jalapeno, bell pepper, pomegranate arils, coconut yogurt dressing

**(Veg) (GF) (DF)**

## **Spicy Salmon Tostones**

Twice-fried plantains topped with mashed avocado, wild pink salmon mixed with homemade spicy yogurt sauce and chopped cilantro

**(GF)**

## **Bacon-Wrapped Dates with Goat Cheese**

Dates, bacon, goat cheese, thyme

**(GF)**



# Canapes cont.

## **Cuban Sandwich Crostini**

Shredded pork, seared ham, mustard and pickle on top of a sweet bread crostini

## **Grilled Vegetable Antipasto**

Zucchini, red bell pepper, yellow squash, onion, Greek vinaigrette

**(Veg) (GF) (DF)**

## **Causa With Shrimp and Avocado**

Layered bite of peruvian potatoes with Avocado and Wild Caught Shrimp

**(GF) (DF)**

## **Herbed Cream Cheese and Tomato Jam**

served on toasted bread

**(Veg)**

## **Lobster Salad Canapes**

Wild-caught lobster with seasonal fruit, celery and jalapeno. Mixed with a citrus dressing on a cucumber slice.

**(GF) (DF)**

## **Crab-Stuffed Mushroom Caps**

Lump crab meat, fresh scallions and herb dressing with parmesan cheese in a baby portabella mushroom cap

**(GF)**

# Canapes *cont.*

## **Pork Belly Bites**

Pork belly is braised, seared, and glazed with house made cherry gastrique and topped with pickled onion and mint

**(GF) (DF)**

## **Goat Cheese Truffle**

Creamy goat cheese marbled with fresh blueberry reduction, shaped and rolled in fresh rosemary and crushed almonds

**(Veg) (GF)**





# Unique Boards

## **International Charcuterie Board**

Curated meats and artisan cheeses, whole-grain mustard, fig jam, crackers

## **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 Crudité & 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)**

# Unique Boards *cont.*

## **Breakfast Board**

Deviled eggs, maple-glazed bacon, smoked salmon, 'banana bread' bites, miniature quiche, seasonal fruit

**(GF)**

## **Traditional Caviar Service**

Ossetra Malossol Caviar served with creme fraiche, hard boiled egg, lemon butter, chives, and toast points or blini

## **Latin American Caviar Service**

Ossetra Malossol Caviar, Tostones, chimichurri mignonette, pickled red onions, queso fresco





# Starters *cont.*

## **Hearts of Palm "Crabless" Cakes**

Hearts of palm, aromatic vegetables, house-made Old Bay aioli  
(Ve) (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**

Romaine, tomato, hard-boiled egg, avocado, bacon, blue cheese crumble, aged balsamic vinaigrette  
(Add Chicken, Steak, or Salmon)  
**(Veg) (GF)**

## **Mexican Caesar Salad**

Baby kale, romaine, cherry tomato, cotija cheese, toasted pepitas, tortilla strip, avocado yogurt Caesar dressing  
(Add Chicken, Steak or Salmon)  
**(Veg) (GF)**

## **Greek Salad**

Romaine, cucumber, tomato, kalamata olive, pepperoncini, feta cheese, lemon, Greek vinaigrette  
(Add Chicken, Steak or Salmon)  
**(Veg) (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<sub>cont.</sub>*

## **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)**

## **Grass-Fed Filet Mignon with Blistered Tomato Relish**

Hand-cut filet, heirloom cherry tomato, basil chiffonade, fresh broccolini

**(GF) (DF)**

## **Marinated Grass-Fed Skirt Steak Tacos**

Grass-fed skirt steak, grilled peppers and onions, fresh avocado, fresh pico de gallo, spicy Mexican corn salad

**(GF)**

## **Harissa-Roasted Lamb Chops**

Harissa-marinated lamb chops, aromatic rice pilaf, mushrooms and shallots

**(GF) (DF)**

## **Veal Osso Bucco**

Slow cooked, grass-fed veal shank served with a red wine reduction and wild mushroom risotto

**(GF)**

# Lunch & Dinner<sub>cont.</sub>

## **Faroe Island Salmon**

Panko crusted filet, scented cumin and brown rice, tomato, cucumbers

**(GF) (DF)**

## **Brazilian Shrimp and Fish Stew**

With spicy cherry pepper sauce and toast points

**(DF)**

## **Caesar Roasted Sea Bass**

House-made Caesar dressing, capers, scallions, grilled asparagus

**(GF)**

## **Poulet Rouge**

Skin-on, boneless roasted airline chicken breast, fresh basil, lemon zest, with lemon potatoes

**(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)**

## **Curry Roasted Chicken Thighs**

With turmeric rice, roasted brussels sprouts, coconut yogurt sauce

**(GF)**



# Lunch & Dinner<sub>cont.</sub>

## **Mushroom Bolognese over Pasta**

Mushroom and walnut Bolognese, spaghetti noodle, with house-made garlic bread. Available with gluten-free pasta

**(Veg) (GF)**

## **French Branzino en Papillote**

Wild-caught branzino, steamed with zucchini, tomato, and fennel

**(GF) (DF)**

## **Caribbean Grilled Snapper**

Grilled salmon filet with scallions, rice pilaf, and grilled sweet plantains

**(GF) (DF)**

## **Mojo Shrimp and Cilantro Rice**

Wild-caught shrimp marinated in mojo, served with Cilantro Lime Rice, Black Beans and Grilled Seasonal Vegetables

**(GF) (DF)**

## **Herb-Crusted New York Strip Steak**

Grass fed strip steak, crusted with herbs and seared in a cast iron skillet. Served with truffle mashed potatoes and broccoli.

**(GF)**

## **Cuban Ropa Vieja**

Chicken or beef cooked with tomato sauce, peppers, onions and shredded. Served with Yuca con Mojo and Black Beans

**(GF) (DF)**

# *Lunch & Dinner<sub>cont.</sub>*

## **Veal Scallopine**

Breaded Veal cutlet, served with sun dried tomatoes and artichoke hearts with a lemon garlic sauce and a side of fettuccine pasta

**(DF)**





# 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)**

## **Sticky Toffee Pudding**

Toffee sauce, dates, whipped cream

**(Veg) (GF)**

## **Key Lime Pie**

Gluten-free graham cracker crust, key lime Chantilly cream

**(Veg) (GF)**

## **Orange Mocha Custard**

Dark chocolate and espresso, orange zest, candied orange peel

**(Veg) (GF)**

## **Caramelized Cuban Flan**

Traditional Cuban custard dessert with caramel sauce

**(Veg) (GF)**

## **Peach Cobbler Cups**

Fresh peaches, house-made oat crumble, whipped cream

**(Veg) (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 Crudit  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)**

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## *Contact Us to Place Your Order*



**(305) 388-3536**



**[customerservice@thepickledbeet.com](mailto:customerservice@thepickledbeet.com)**

*Include the subject line, "In-Flight Catering"*

### **48 HOURS' NOTICE:**

We request a minimum of 48 hours' advance notice for all confirmed orders. We consider an order confirmed after we have received a credit card to successfully bill.