



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)



Mocktails & Specialty Water

Black & White Espresso Mocktini

Cuban coffee infused with vanilla and chocolate syrup and a splash of coconut milk. Served with cocoa powder and coconut flakes on the rim.

(GF) (DF)

Watermelon Basil Cooler

Fresh pressed watermelon juice with basil, agave nectar, and fresh lime. Served with lime salt on the rim.

(GF) (DF)

Tart Cherry Hibiscus Refresher

Tart cherry juice with hibiscus-mint syrup and lime juice. Garnish with mint and lime and top with seltzer.

(GF) (DF)

Alkaline Water

20.3 FL oz refillable aluminum bottle with ultra-purified water with a pH balance of 9.5+ and added electrolytes

(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

Cream of Tomato Soup

San Marzano tomatoes, carrot, sherry, cream, house-made crostinis

(Veg) (GF) (DF)

Beetroot Carpaccio

Roasted red beets, topped with arugula, toasted walnuts, goat cheese crumble, orange-dijon vinaigrette

(GF)

Roasted Lemon Pepper Chicken Wings

Flats and drums, with caramelized onions and grilled bread

(GF)

Grilled Shrimp Skewers

Citrus-marinated shrimp, fresh chimichurri, lemon-saffron aioli

(GF) (DF)

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)

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_{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)

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_{cont.}

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_{cont.}

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_{cont.}

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

Tipsy Gelato

Artisanal Italian gelato combined with premium alcohol. Service choice: packed ready to go in a glass jar or packed in bulk for on-board plating. Dry ice is available for storage – please request when you place your order.

Mango & Vodka

Sweet notes of festive Belvedere mango vodka combined with a tropical and creamy mango gelato. Garnished with fresh mango and mint.

(GF)

Lemon & Champagne

A great palate cleanser. Moët & Chandon champagne mixed with fresh lemon sorbet. Garnished with sliced strawberries.

(GF) (DF)

Piña Colada

Zacapa 23 rum stars in this tropical treat. Garnished with diced coconut.

(GF)

Dulce De Leche & Tequila

Full of Latin flair, this dessert combines Don Julio Reposado with rich dulce de leche. Garnished with chocolate nibs.

(GF)

Non-alcoholic flavors also available: chocolate, strawberry, vanilla, dulce de leche.

Available only for delivery to MIA, OPA, HWO. Some flavors may require 72 hours notice.

Decadent Desserts

cont.

Blueberry Crumble

Organic blueberry and vanilla compote with a gluten-free crust and crumble topping

(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)

Decadent Desserts

cont.

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)

Contact Us to Place Your Order



(305) 388-3536



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.