

## *In-Flight Menu*

(VEG)-VEGETARIAN • (GF)-GLUTENFREE • (DF)-DAIRYFREE

### **BREAKFAST**

#### **Zucchini Breakfast Sandwich**

Organic local eggs scrambled with zucchini, gouda cheese, chives, applewood smoked bacon, sea salt and pepper on an English muffin brushed with house made mayonnaise topped with arugula  
(VEG option available)

#### **Vegetarian Spinach and Goat Cheese Quiche**

A delicious 4" mini quiche with organic spinach and goat cheese in a delicate crust  
(VEG)

#### **Broccoli and Cauliflower Crustless Quiche with Onions, Cheese and Bacon**

A delicious slice of quiche containing organic, local broccoli and cauliflower mixed with caramelized onions, mild cheese and applewood smoked bacon

#### **Breakfast Bowl or Burrito**

Local organic eggs scrambled with potatoes, black beans, and an avocado garnish, accompanied with apricot salsa. Choice of corn or flour tortillas  
*Options: Add sustainable ground chorizo sausage or chopped applewood smoked bacon*

*The above breakfast items can be boxed with a side of yogurt, orange juice or smoothie and fruit salad. Muffins or pastry also available.*



#### **Assorted Breakfast Board**

Served with fresh fruit, assorted jams, applewood smoked bacon, chicken sausage and European butter

### **SMOOTHIES**

#### **Carrot Cake Smoothie**

Organic carrots, apples, walnuts, vanilla almond milk, chia seeds, orange zest, collagen powder, cinnamon, and nutmeg  
(VEG) (GF)

#### **Raspberry Lime Smoothie**

Organic raspberry, green tea, lime juice, chia seed, baby spinach and collagen powder  
(VEG) (GF)

#### **Peachy Nutmeg Smoothie**

Organic peaches, vanilla almond milk, chia seeds, nutmeg, and collagen powder  
(VEG) (GF)

#### **Very Berry Citrus Smoothie**

Organic spinach, Cara Cara oranges, local strawberries, blueberries, bananas, collagen powder and almond milk  
(VEG) (GF)





## BOARDS

### **Everything Board**

Artisanal cured meats, cheese, dips, dried fruits, house-pickled vegetables, nuts, whole-grain crackers, and crostini

### **Seasonal Fruit and Prosciutto Burrata Board**

Layers of prosciutto, grilled seasonal fruit, heirloom tomatoes, fresh burrata cheese garnished with local olive oil, fresh basil, and mint

### **Build Your Own Bagel Board**

Three types of cream cheese, hard-boiled eggs, lox, bagels, sliced tomatoes, avocados, red onions, cucumbers, olives, capers and lemons garnished with fresh dill and chives

### **Seasonal Grilled Stone Fruit Board with Manchego Cheese**

Grilled stone fruit, melon, Manchego cheese, cherries and raspberries, prosciutto, pesto, olives, Marcona almonds and fresh herbs

### **Vietnamese Spring Roll Board**

Succulent year-round spring rolls filled with lettuce, carrots, rice vermicelli, cucumbers, mint, edible flowers and cilantro and wild caught shrimp accompanied with chili garlic sauce and peanut sauce  
(GF)

## SNACKS AND STARTERS

### **Strawberry Caprese**

Local, organic Albion strawberries, cherry tomatoes, fresh organic basil, with local raspberry vinaigrette  
(VEG) (GF)

### **Deviled Eggs**

Sour cream, lemon and herb deviled eggs garnished with microgreens  
(VEG) (GF)

### **Deviled eggs with a European Twist**

Deviled eggs with capers and tarragon garnished with microgreens and watermelon radish  
(VEG) (GF)

### **Shrimp Cocktail**

Wild caught shrimp served with mayonnaise, ketchup, cognac, lime sauce garnished with hearts of palm and avocado

### **Mini Crab Cakes**

Mini crab cakes seasoned with paprika, lemon, parsley, Worcestershire sauce served with a house made tarragon tartar sauce

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## SOUPS & SALADS

### **Clam Chowder**

A perfectly seasoned, silky clam chowder, with tender vegetables, garnished with fresh chives. Accompanied with locally made vinegar based hot sauce and crusty, sourdough baguette slices

### **Roasted Tomato Basil Soup**

Fresh organic heirloom tomatoes roasted and pureed with house made organic chicken bone broth, fresh basil, caramelized onions, garlic and garnished with fresh basil

(VEG) (GF)

### **Hearty Chicken Vegetable Noodle Soup**

Local organic onions, carrots, celery and red bell peppers sauteed in healthy extra virgin olive oil, organic chicken, house made chicken bone broth and egg noodles garnished with fresh parsley

### **Farmers Market Salad**

Seasonal organic little gem greens from McGinnis Ranch, tomatoes, cucumbers, pine nuts and feta cheese dressed in pomegranate-lime dressing

*Add organic chicken breast, grass fed grilled flank or wild caught shrimp*

(GF)



### **Strawberry and Mixed Greens Salad with Strawberry-Balsamic Dressing**

Seasonal greens, organic strawberries, organic feta cheese, and pine nuts

*Add organic chicken breast, grass fed grilled flank or wild caught shrimp*

(GF)

### **Coastal Quinoa Salad**

Organic quinoa, corn, cherry tomatoes, kale, purple cabbage, cilantro, roasted and salted sunflower seeds with local lime dressing

(VEG) (GF)

### **Sweet Potato and Black Bean Salad**

Borba Farms organic local sweet potatoes, black beans, red bell pepper, red onion, and cilantro with local honey lime dressing

(VEG) (GF)

## LUNCH OPTIONS

### **Philly Cheese Steak Sandwich**

Grilled flank steak, sauteed mushrooms, onions and peppers on a brioche roll served with house made Philly cheese sauce

### **Seared Beef Tenderloin Sandwich with Mustard-Horseradish Sauce**

Seared beef tenderloin, greens on a baguette roll served with a house made sour cream, dijon, horseradish sauce

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## LUNCH OPTIONS

*continued*



### **Coconut Chicken in a Tamarind Macadamia Nut Sauce**

Organic chicken in a coconut, tamarind macadamia nut sauce with aromatic yellow rice and a mixed house salad

### **Grilled Citrus Pork Tenderloin with Mashed Cauliflower**

Grilled pasture raised pork tenderloin with mashed cauliflower and broccolini with blood orange infused extra virgin olive oil

### **Roasted Chicken Sandwich with Maple-Mustard Dill Sauce**

Roasted chicken breast, greens, tomato slices on sliced sourdough bread served with a house made sour cream, dijon, horseradish sauce

### **Tri-Tip Sandwiches with Mustard-Horseradish Sauce**

Grilled tri-tip, greens, tomato slices on sliced sourdough bread served with a house made sour cream, dijon, horseradish sauce

### **Smoked Salmon Sandwich with Ginger Relish**

Smoked salmon, ginger-cucumber relish, house made tamari sauce blend, spinach and tomato slices on sliced sourdough bread



## DINNER OPTIONS

### **Baja-California Style Wild Caught Fish or Shrimp Tacos**

Wild caught local fish or shrimp breaded and sauteed in coconut oil, multi-colored cabbage, red onion, jalapenos, queso fresco, cilantro and house made chipotle mayonnaise. Choice of soft corn or flour tortillas

### **The Best Grass Fed Steak Fajitas**

Flank steak marinated in lime and pineapple juice, garlic and spices then grilled to perfection, served with grilled onions, poblano chiles, red bell peppers, avocado slices, cilantro, sour cream and house made salsa verde Choice of soft corn or flour tortillas

### **Filet Mignons with Orange Fennel Crust**

Grass Fed Filet Mignons with orange fennel crust, roasted root vegetables with walnut pesto and local broccoli with lemon infused extra virgin olive oil

### **Grilled Chicken with Caramelized Clementine Sauce**

Organic grilled chicken thighs with clementine sauce, Borba Farms sweet potato wedges roasted with California Valencia orange juice and a mixed house salad

### **Lamb and Pistachio Patties with Sumac Yogurt Sauce**

Locally raised organic lamb mixed with pistachios and served with arugula and a side of heirloom potatoes, fresh peas, and cilantro





## DINNER OPTIONS

*continued*

### **Hazelnut Crusted Pork Tenderloin with Garlic Mashed Potatoes & Seasonal Sauteed Vegetables**

Organic roasted hazelnut crusted Beeler's pork tenderloin on a bed of sauce containing fennel, vermouth and house made chicken bone broth with a mixture of prunes and capers

### **Roasted Vegetable Beef or Turkey Meatloaf with Garlic Mashed Potatoes & a Mixed House Salad**

Local bell peppers, red onions and zucchini roasted and married into the ground meat with fresh marjoram, red wine and just the right amount of tomato flavor



## DESSERTS

### **Tarts**

Lemon Poppy Meringue Tart (Single Serving-4", Larger serving 8" serves 8 to 10)

Strawberry Rhubarb Crumble Tart (Single Serving-4", Larger serving 8" serves 8 to 10)

Whiskey Pecan with Cornmeal Crust Tart (Single Serving-4", Larger serving 8" serves 8 to 10)

### **Galettes**

Blueberry Cream Cheese Galette (Single Serving-4", Larger serving 8" serves 8 to 10)

### **Tahini Shortbread**

Shortbread cookie sandwiched with raspberry jam

### **Kitchen Sink Cookies**

Chocolate Chip with all types of ingredients

### **Chocolate Dipped Strawberries**

*For the desserts, all flour, fruit is organic and sourced from the farmer's market when possible.*

## LITTLE TRAVELERS

### **BBQ Kids Lunch Box**

Grilled chicken strips with baked beans, fruit salad, fried potato wedges and grilled corn

### **Taco Salad Kids Lunch Box**

Shredded chicken or beef, quinoa with black beans, corn and tomatoes, lettuce and salsa

### **Macaroni and Cheese Kids Lunch Box**

House made macaroni and cheese, steamed vegetables, fruit salad, chocolate pudding and zucchini pesto

### **Spinach Pancake Kids Lunch Box**

Spinach pancakes with cream cheese, hard-boiled eggs, mashed avocado, carrots and cucumber and raspberries



*Items we never use in our kitchen: canola oil, sunflower oil, safflower oil, non-sustainable meats and fish, GMOs*

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IN-FLIGHT CATERING

SERVICING MONTEREY REGIONAL AND  
DEL MONTE AVIATION AIRPORTS (MRY),  
AND JET WEST AIRPORT IN SALINAS

## **ORDER FORM**

**[GourmetToGoCulinary.com](http://GourmetToGoCulinary.com)**

**Chef Bourget**

Executive Chef & Owner

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