

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 Pastries

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



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



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

Figgy Cookie

A fancy version of a fig newton

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

LITTLE TRAVELERS

BBQ Bento Box

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

Taco Salad Bento Box

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

Macaroni and Cheese Bento Box

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

Spinach Pancake Bento 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



IN-FLIGHT CATERING
SERVICING MONTEREY REGIONAL AIRPORT (MRY)

ORDER FORM

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