

Island Kitchen In-Flight

Crew Breakfast \$25

Burrito Box: egg, sausage, bell pepper, and onions with sides of sour cream, ketchup, salsa, and shredded cheese on the side. Choice of two sides.

European Breakfast Box: hard-boiled eggs, grapes, cheddar cheese, swiss cheese, turkey, ham, salami. Choice of two sides.

Cereal Box: choice of cheerios, museli, or kashi, choice of skim, 2%, or almond milk. Choice of two sides.

Granola and Berry Parfait: plain greek yogurt, granola, berries. Choice of two sides.

Protein Box: premier protein shake (choice of vanilla or chocolate). Choice of three sides.

Scrambled Egg Box: scrambled eggs, choice of breakfast meat, breakfast potatoes, salsa, ketchup, and shredded cheese. Choice of two sides

Breakfast Sandwich Box: breakfast sandwich on a bagel or croissant - choice of sausage, bacon, or egg. Sides of ketchup and hot sauce. Choice of two sides.

Side Choices:

- Orange Juice | Whole Apple | Mixed Berries | Dried Fruit | Fruit Flavored Yogurt
- Whole Milk Greek Yogurt | Hard Boiled Eggs | Celery Sticks & Peanut Butter

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS - "WARNING: THIS PRODUCT HAS NOT BEEN PASTEURIZED AND, THEREFORE, MAY CONTAIN HARMFUL BACTERIA THAT CAN CAUSE SERIOUS ILLNESS IN CHILDREN, THE ELDERLY, AND PERSONS WITH WEAKENED IMMUNE SYSTEMS."



LEADING CATERERS
OF AMERICA

Island Kitchen In-Flight

Crew Lunch \$34

Mixed Grill Box: chicken and beef, grilled vegetables, dinner roll/butter, horseradish sauce, BBQ sauce. Choice of two sides.

Build Your Own Wrap: choice of roast beef and cheddar, chicken salad, tuna salad, veggie, turkey and provolone, or ham and swiss. Choice of two sides.

Build Your Own Sandwich: choice of roast beef and cheddar, chicken salad, tuna salad, veggie, turkey and provolone, or ham and swiss. Choice of two sides.

Peanut Butter & Jelly Box: peanut butter and jelly sandwich on a choice of white or wheat bread. Choice of two sides.

Greek Salad: mixed greens, tomatoes, croutons, feta crumbles, olives, diced cucumbers, Greek dressing. Choice of protein: chicken, salmon, shrimp, steak, or no protein.

Cobb Salad: mixed greens, tomatoes, croutons, blue cheese crumbles, diced bacon, hard boiled egg, wheat crackers. Choice of ranch, balsamic, or EVOO.

Spinach and Feta Salad: spinach, cucumbers, sliced egg, chickpeas, red peppers, feta, raisins, roasted nuts. Choice of ranch, balsamic, or EVOO. Choice of protein: chicken, salmon, shrimp, steak, or no protein.

Side Choices:

- Tomato & Mozzarella Salad | Peanut M&Ms | Cheese & Grapes | Chips
- Mini Crudit  + Ranch | Assorted Greek Olives | Celery Sticks & Peanut Butter
- Side Caesar Salad | Side Mixed Green Salad

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Crew Dinner \$38

Fish Dinner: choice of teriyaki salmon or lemon butter sauce white fish with chefs choice starch side, vegetable side, and roll and butter. Choice of three sides.

Grilled Chicken Strips: grilled chicken strips with choice of BBQ, honey mustard, or buffalo ranch sauce. Choice of three sides.

Beef + Broccoli: beef and broccoli with brown rice and teriyaki sauce. Choice of three sides.

Antipasto Sampler: salami, marinated vegetables, mozzarella/tomato salad with balsamic and basil, assorted olives, hard boiled egg, semi soft cheese, hard cheese, pepperoncini, and crostini.

Vegetarian Power Bowl: brown rice, roasted sweet potatoes, chickpeas or lentils, avocado, brussels sprouts, spinach, and crudité of vegetables with sesame ginger dressing.

Penne + Bolognese: Bolognese, grilled vegetables, creamy red sauce, shredded parmesan, and a roll and butter. Choice of three sides.

Burrito Bowl: choice of beef, chicken, or black bean - with cooked onions and peppers, brown rice, flour tortilla, sour cream, salsa, and shredded cheese. Choice of three sides.

Side Choices:

- Tomato & Mozzarella Salad | Whole Apple | Cheese & Grapes
- Mini Crudité + Ranch | Cake/Brownie/Cookie
- Side Caesar Salad | Side Mixed Green Salad

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Beverages:

- Bottled Water
- Sparkling Water
- Coconut Water
- Apple Juice
- Cranberry Juice
- Orange Juice
- Vitamin Water
- Celsius
- Bottled Cold Brew
- Spite
- Coke
- Diet Coke
- Ginger Ale

Looking for something you don't see on our menu? We would be happy to accommodate!

Shoot us an email at inflight@islandkitchen.com or call 239-450-6267 and someone from our team will put together a quote for you.



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