## PALEO MENU



## Breakfast

Farmer's Breakfast

eggs, bacon, avocado with lemon and sea salt

**Breakfast Bowl** 

fresh berries, toasted coconut, mint leaves, almonds and coconut milk

Appetizers

Prosciutto Melon Skewers

mozzarella and basil

Fresh Ceviche Verrine

Shrimp with Garlic Remoulade Verrine

Salads

Tuna Niçoise Salad

romaine lettuce topped with fingerling potatoes, green beans, red onions, hard-boiled eggs, Kalamata olives, oven-dried tomatoes and Dijon vinaigrette dressing on the side

Garden Salad

arugula and field green mix topped with julienne carrots, grape tomatoes, green onions, julienne peppers, cucumber and lemon slice

Entrées

Chicken Coq au Vin

red wine, braising sauce, bacon, sauteed mushrooms, candied carrots, stewed potatoes and Brussels sprouts

Salmon en Papillote

center-cut salmon, lemon-butter sauce, chef's choice baby vegetables and fingerling potatoes

Grilled Filet Mignon

cabernet reduction, roasted asparagus and fingerling potatoes

Rotisserie Chicken

half roasted chicken seasoned with Dijon and rosemary; served with cauliflower mash, honey-roasted pumpkin and peri-peri sauce on the side

Market Vegetable Sides

Balsamic Kale & Mushroom Saute

**Basic Wilted Spinach** 

Cauliflower Rice

**Grilled Asparagus** 

Organic Bacon, Braised Escarole & Swiss Chard

Organic Quinoa

Parsnip Puree

Ratatouille

Roasted Brussels Sprouts

with vinegar and honey

Roasted Cinnamon-Agave Sweet Potatoes

Roasted Garlic Broccoli

in avocado oil

Roasted Ginger & Coconut Cauliflower Mash

Roasted Sesame & Ancho Chili Root Vegetable Mash

Yellow Squash & Zucchini Gratin

Dessert

**Berries and Cream** 

assorted berries, mint and fresh vanilla whipped-cream

Please reference the Paleo Menu when placing your order. This menu is available exclusively at airports in the continental U.S. serviced by our owned-and-operated kitchens.

N. America +1 (800) 247-2433 • Worldwide +1 (813) 449-6000 • Online www.airculinaireworldwide.com