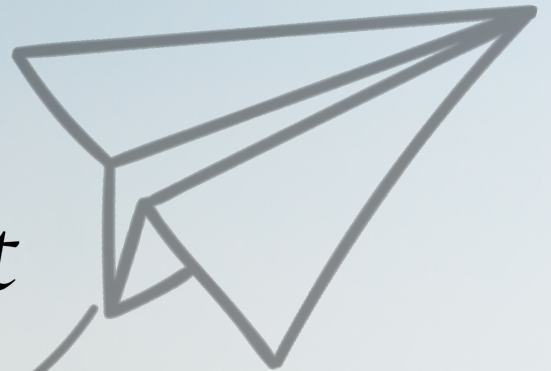


Local Eats Inflight

Food Delivery Service



HTO-FOK-ISP-FRG

MENU



BREAKFAST PLATTERS

FARM FRESH FRUIT

A combination of seasonal fruits, berries, grapes, melon & kiwi freshly sliced.

LONG ISLAND BAGELS

Freshly made local bagels paired with your choice of cream cheese and/or butter.

** Specialty cream cheese flavors available*

ASSORTED MUFFINS

A variety of freshly baked muffins.

Flavors include: Apple Crumb, Banana Nut, Pistachio, Chocolate Chip, Blueberry Crumb, Double Chocolate & Carrot.

BAKERS BASKET

An assortment of cheese danishes, croissants, & scones.

LOVE FOR LOX

Long Island Bagel assortment with a generous side of fresh lox & cream cheese.

** Onion & capers available on the side upon request.*





BREAKFAST PLATES

THE FAMOUS "BEC"

Bacon, egg & cheese on a roll.

YOGURT PARFAIT

Whole milk yogurt with berries & granola.

PANCAKE BREAKFAST

Fluffy pancakes made in either original, chocolate chip or blueberry. Choice of breakfast meat on the side.

FRENCH TOAST PLATE

Fresh sliced bread dipped in a cinnamon and vanilla egg custard & cooked to perfection. Choice of breakfast meat on the side.

3 EGG OMELETTE

3 eggs scrambled with your choice of meat, cheese & toppings. Served with toast on the side.

HEALTHY WRAP

Egg, turkey, spinach, avocado & cheese in a warm whole wheat wrap.





BREAKFAST PLATES

SCRAMBLED PLATE

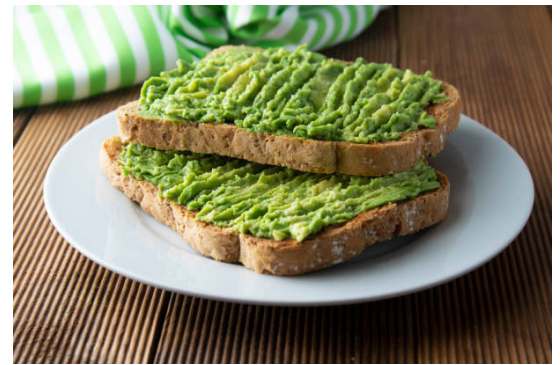
2 eggs scrambled, choice of breakfast meat & side of home fries.

HUNGRY MAN HERO

Eggs, bacon, sausage, ham & cheese served on an Italian hero.

AVOCADO TOAST

Whole wheat bread toasted with seasoned avocado on top.



BREAKFAST SIDES

- HOMEFRIES
- BACON
- SAUSAGE
- HAM
- TURKEY
- SLICED AVOCADO
- FRUIT CUP
- TOAST
- CROISSANT
- BREAKFAST MUFFIN





SHAREABLE PLATTERS

CRUDITE

Locally grown vegetables paired with ranch or hummus.

CHEESE PLATTER

Assortment of imported & domestic cheeses with a variety of crackers.

FARM FRESH FRUIT

A combination of seasonal fruits, berries, grapes & melon freshly sliced.

WRAP PLATTER

Assorted wraps using Boar's Head meats & cheeses.

SHRIMP COCKTAIL

Fresh jumbo shrimp chilled and paired with lemon wedges & cocktail sauce.

HUMMUS & PITA

Pita bread served with fresh hummus dip





ITALIAN PLATTERS

ANTIPASTO

A variety of Italian meats and cheeses, olives, roasted red peppers, tomatoes & fresh mozzarella.

PANINI PLATTER

An assortment of Italian style panini's.

**Grilled Chicken, Broccoli Rabe & Sausage, Eggplant, Mushroom, Italian meats.*

CAPRESE SALAD

Fresh mozzarella layered with tomato & basil.

PINWHEELS

A flavorful variety of spinach & artichoke, pepperoni & provolone, and/or broccoli & cheddar.

SLIDERS

Your choice of meatball, chicken parmigiana, eggplant parmigiana, and/or buffalo chicken.





MEXICAN PLATTERS

QUESADILLAS

Cheesy quesadillas with your choice of veggie, chicken, beef or steak.

BURRITO BLAST

A variety of burritos cut into personal serving sizes. Stuffed with rice, beans, onions, peppers & cheese.

TACO KIT

Build your own soft or hard taco with all the necessities. Includes taco shells, choice of meat, cheese, salsa, guacamole, beans, lettuce, rice and sour cream.

CHIPS & DIP

Tortilla chips served with salsa & guacamole.





SANDWICHES

MEAT & CHEESE

Choose your favorite meat & cheese combo served on a roll with lettuce & tomato.

SALAD SANDWICH

Your choice of chicken, egg or tuna salad served in a lettuce wrap or roll.

RB & BBQ

Roast Beef with bacon, melted cheddar cheese & BBQ sauce on a roll.

TURKEY CLUB

Turkey, bacon, lettuce & tomato on a roll.

GRILLED CHICKEN CESAR WRAP

Grilled chicken with romaine lettuce & Cesar dressing served in a flour wrap.

CHICKEN CUTLET

Breaded chicken cutlet, bacon, melted american cheese, lettuce & tomato on a roll.

VEGGIE WRAP

Grilled eggplant, yellow and green squash, roasted red peppers, mushrooms & lettuce served in a flour wrap.

ITALIAN HERO

Genoa salami, pepperoni, cappicola, prosciutto and provolone cheese with lettuce, tomato and Italian dressing on the side. Served on an Italian Hero.





SALADS

CRANBERRY

Arugula blend, chopped walnuts, dried cranberries, & Gorgonzola cheese with raspberry vinaigrette.

GARDEN

Romaine lettuce, cucumber, tomatoes, red onion with balsamic vinaigrette.

GREEK

Romaine lettuce, cucumber, tomatoes, red onion, olives & fetta with balsamic vinaigrette.

STEAK

Spinach, steak, tomatoes, onions & Gorgonzola cheese with balsamic vinaigrette.

COBB

Romaine, bacon, hard boiled egg, tomato, grilled chicken, avocado & crumbled Gorgonzola.

ORIENTAL

Chopped romaine, grilled chicken & toasted almonds with Sesame dressing.

CESAR

Romaine lettuce, garlic bread croutons & Parmesan shavings with Cesar dressing.





S O U P S

CHICKEN NOODLE

CREAMY TOMATO

FRENCH ONION

TORTELLINI BRODO

CLAM CHOWDER

CREAM OF POTATO

LOBSTER BISQUE

CREAMY CHICKEN

PASTA FAGIOLI





CHICKEN

LIGHT & GRILLED

Grilled chicken breast served with sauteed spinach & a baked potato.

CHICKEN CORDON BLEU

Breaded chicken rolled with ham, mozzarella & swiss cheese topped with a romano cream sauce. Served with pasta or side salad.

CHICKEN PARMIGIANA

Breaded chicken cutlet with tomato sauce & mozzarella. Served with pasta or side salad.

FLORENTINE

Grilled chicken with roasted red peppers, spinach & garlic. Served with pasta or side salad.

PICCATA

Lightly fried chicken in a lemon and white wine sauce, topped with artichoke & capers. Served with pasta or side salad.

ROASTED CHICKEN

Roasted half chicken with mashed potatoes and steamed broccoli.





B E E F

FILET MIGNON

8oz filet with bleu cheese butter. Served with asparagus and potato wedges.

SURF & TURF

8oz filet in a mushroom demi sauce paired with grilled shrimp. Served with risotto.

BACON CHEESEBURGER

Fresh ground beef, bacon, cheddar, lettuce & tomato.

MAC N CHEESE BURGER

Fresh ground beef, bacon, cheddar, mac n cheese, lettuce, tomato & onion.

SOUTHWEST BURGER

Fresh ground beef, avocado, cheddar, lettuce, tomato, onion & chipotle sauce.

MEATBALL

Angus beef seasoned with Italian herbs and cheese. Served in Italian bread as a hero or on a bed of pasta.





SEAFOOD

BROILED FLOUNDER

Broiled filet of flounder breaded and served in a garlic and white wine sauce. Paired with risotto or pasta.

GRILLED SALMON

Fresh wild salmon grilled and served with roasted vegetables.

STUFFED SHRIMP

Jumbo shrimp filled with crabmeat stuffing and topped with a white wine sauce. Served with spinach & risotto.

FRESH LOBSTER TAIL

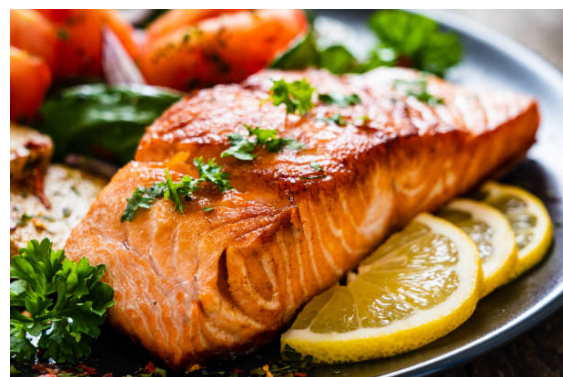
Soft & tender cooked lobster tail served with mashed potatoes & steamed vegetables.

SCALLOPS

Pan seared sea scallops served with asparagus and roasted tomato risotto.

FISH N CHIPS

Fried fresh cod in a beer batter. Served with french fries.





PASTA

ALLA VODKA

Your choice of pasta served in a pink cream sauce with prosciutto & shallots.

BAKED PASTA

Your choice of either Baked Manicotti, Ravioli or Lasagna.

BROCCOLI RABE & SAUSAGE

Orecchiette pasta tossed with broccoli rabe, sweet sausage, garlic, sun-dried tomatoes & olive oil.

ALFREDO

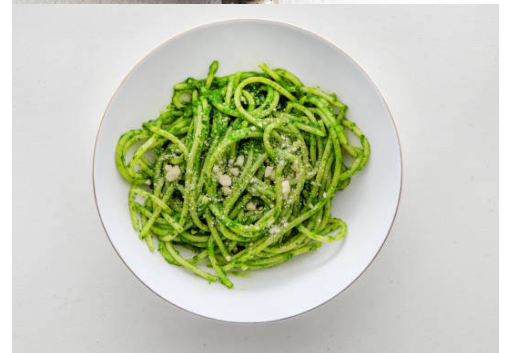
Your choice of pasta served in a white cream sauce with pecorino romano cheese.

SHRIMP SCAMPI

Jumbo shrimp sauteed in a lemon & white wine garlic sauce. Served over linguine.

PESTO

*Your choice of pasta served in a creamy pesto sauce.
Olive oil based pesto sauce also available





VEGETARIAN

VEGGIE FARFALLE

Seasonal veggies mixed with farfalle pasta in a white wine tomato sauce.

MARGARITA FLATBREAD

Plum tomato, fresh mozzarella & basil.

ROASTED VEGETABLE FLATBREAD

Mixed roasted vegetables with fresh mozzarella.

EGGPLANT PARMIGIANA

Breaded eggplant fried with tomato sauce & mozzarella. Served with pasta or side salad.

BLACK BEAN BURGER

Black bean mixture seared and topped with Avocado, lettuce, tomato, onion, micro greens and chipotle aioli. Cheese added upon request.

GNOCCHI

Potato Gnocchi served in any pasta sauce.





CHILDREN'S MENU

PEANUT BUTTER & JELLY

Peanut Butter with your choice of grape or strawberry jelly on white bread.

MAC N' CHEESE

Elbow pasta tossed in a creamy cheese sauce.

CHICKEN TENDERS & FRIES

Fried white meat chicken strips served with french fries and dipping sauces.

SPAGHETTI & MEATBALL

Spaghetti served in marinara sauce topped with fresh angus meatballs.

SLIDERS

Mini burgers with or without cheese. Served with french fries.

MEAT & CHEESE SANDWICH

Your choice of any deli meat paired with cheese on a roll or white bread.





CHILDREN'S MENU

APPLES SLICES & PB

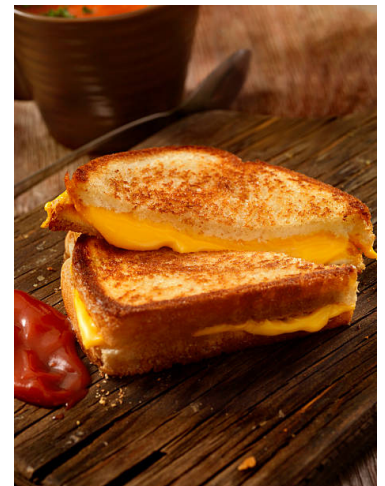
Sliced apples served with peanut butter for dipping.

GRILLED CHEESE

American cheese melted to perfection in between two slices of toasted white bread.

PASTA WITH BUTTER

Your choice of pasta tossed in butter.



FUN ADDITIONS

CAPRI SUN JUICE
FRUIT PUNCH
APPLE JUICE
CHOCOLATE MILK
FRUIT SNACKS
GRANOLA BAR
CHIPS
CHOCOLATE CHIP COOKIES
LITTLE BITES
FRUIT SNACKS
STRING CHEESE
GOLDFISH
RITZ CRACKERS





SWEET PLATTERS

COOKIE PLATTER

An assortment of freshly baked cookies. Flavors include: chocolate chip, sugar, peanut butter, chocolate-chocolate, & oatmeal raisin.

BROWNIE DELIGHT

A platter of assorted gourmet brownies. Your choice of plain, frosted, caramel, marshmallow and/or walnut.

ITALIAN DELIGHT

An assortment of freshly piped cannolis, rainbow cookies, sfogliatella, pignoli, & powdered jelly filled cookies.



CHOCOLATE COVERED STRAWBERRIES

Strawberries dipped in gourmet chocolate. Other dipped fruits available upon request.

CANNOLI DIP

Crisp cannoli shells broken into chips & served with a generous amount of cannoli cream for dipping.



SWEET PLATTERS

TASTE OF SICILY

A combination that pairs well with coffee! An assortment of Biscotti & Sicilian cookies.

SEASONAL PIES

*An assortment of individual slices of pie. Flavors include: blueberry, cherry, pumpkin, apple crisp & custard **seasonally based***



CANDY DISPLAY

An assortment of sweet & sour packaged candy. Includes full size chocolate bars.

CHOCOLATE DIPPED PRETZELS

Pretzel rods & loops dipped in gourmet chocolate.

CUPCAKE CELEBRATION

Freshly baked cupcakes available in vanilla or chocolate cake with your choice of icing flavor. Perfect for a special occasion flight.



Local Eats Inflight

Food Delivery Service



Quote requests please send to:
Orders@localeatsinflight.com

*Gluten Free options available

*Please include any food allergies or special requests in
your order