

ABSOLUTE TASTE INFLIGHT

LONDON MENU





food worth flying for


Since 2003, we have been providing in-flight catering and concierge services to executive jets from our London base. Now, with two further Inflight kitchens in Geneva and Farnborough, and more exciting locations to come through our partnership with Gate Gourmet, we are delighted to be able to service all your catering and concierge needs, no matter how big or small.

Our aim has always been to build lasting and happy relationships to share our passion with our clients all over the world. Our bespoke menus and packaging have been created with the restrictions and facilities on-board the aircraft in mind, enabling crew to easily serve our dishes.

As a business, we have a genuine desire to work directly with farmers, growers and producers; whilst using regional and local suppliers wherever possible. This approach, matched with our food, means we are proud to deliver a consistent service that make us one of the most reputable caterers in this industry.

Put simply, we make food worth flying for.

THE AVIATION NUTRITIONIST™

The Aviation Nutritionist specialises in nutrition associated with travel at altitude, and the challenges to health and well being when flying. A deep understanding of the foods that help travellers to rehydrate, promote proper rest, aid digestion and boost energy levels both in the air and on arrival have culminated in a partnership with Absolute Taste Inflight. Some of the dishes in this menu are from the The Aviation Nutritionist which are indicated by the crest symbol. 





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HERO PRODUCTS

OLE & STEEN

Although we produce whatever we can in-house, bread is something we feel best left to the professionals. Ole & Steen are a Danish bakers who have been lovingly creating delicious pastries and breads for over 20 years with uncompromising quality, innovation and taste. We have worked with them to ensure that all our baked goods taste as great in the air as they do on the ground.

DUNKELD SMOKED SALMON

Salmon is a topic close to our hearts and, as a business, we set out to find the best we could. Dunkeld Smokehouse is a small, independent, award-winning business who believe simplicity is best. Their farms are 11 miles from the coast out at sea to ensure their salmon have a constant tidal current and are kept in pens at 60 percent capacity, allowing them to grow slower and naturally.

Their smoking process is also a slow one, the salmon is hand-cured in fine salt for up to twenty hours before the smoking process intensifying the flavour. The result - smoked salmon with a creamy flavour and a lean, silky texture.

CHALK STREAM TROUT

The quality of Chalk Stream's® fish is directly related to the quality of the water and the high flow rates of the farms. Similar to the terroir Hampshire's wines use, it is the pure chalk stream water that gives their fish a unique fresh, clean taste.

In a similar way to the salmon we use, the high flow of water in the farm produces a lean, athletic fish. Slow-grown over 2 years in the same conditions as a wild trout from the Test and Itchen, Chalk Stream® produce firm well-muscled large trout low in fat and high in flavour.

WYKHAM PARK FARM

Wykham Park Farm, Oxfordshire is home to our rare breed Longhorn cattle who are born and raised on the farm.

Known for their quiet, gentle nature they take up to 36 months to reach full maturity and are fed on a foraged-based diet. The result, succulent, tender and flavoursome meat with even marbling throughout.

The meat is then aged on the bone, for a minimum of 28 days to give further enhance the delicious flavour and texture.

TURNER HARDY

Turner Hardy & Co is a colourful collaboration started by self-confessed dreamers, Ed Turner and Hugo Hardman.

Seen as 'purveyors of fine tomato juice made from Isle of Wight tomatoes', they believe a good juice is made fresh from the best fruits, not from concentrate, and a proper one is made from fruit that you would travel a long way to eat, let alone to squeeze.

The tomatoes are grown in greenhouses located by the sea which, from the light reflected off the water means that they get more joules of energy from the sun, further enhancing the flavour of the tomatoes.



BREAKFAST

BREAKFAST PLATTERS

**all of our platters are designed for 2-3 people*

Fresh Fruit

A selection of sliced tropical fruit

Cheese & Cured Meats

Sliced Cheese

A selection of continental and British cheeses, served with fresh figs and grapes

Cured Meat Platter

A selection of cured meat, served with cornichons, cherry tomatoes and caper berries

Smoked Salmon Platter

Assorted Pastries

A selection of mini pastries and freshly baked muffins

BAKERY

The Absolute Taste Muffin

Freshly baked and lots of flavours to choose from including; bran & banana, blueberry, triple chocolate, white chocolate & strawberry, raspberry strudel and banana & chocolate

Croissant

Pain au Chocolat

Almond Croissant

Danish Pastries

Pain au Raisin

Cinnamon Swirl

Assorted Bagels

Artisan Bread Rolls

Sourdough

Rye Bread

Rosebud Jams, Marmalade and Honey

Netherend Farm Butter

BREAKFAST

COLD BREAKFAST

Homemade Granola

Served with Greek yoghurt and a fresh berry compote with Yorkshire honey

A selection of Cereals

Served with your choice of cow's, goat's, almond or oat milk

Homemade Muesli

Served with your choice of cow's, goat's, almond or oat milk and seasonal fresh fruit

Green Apple Bircher Muesli

Made with Greek yoghurt, served with fresh berries, pumpkin seeds and shaved coconut

Fresh Fruit Skewers

Served with a Greek yoghurt and Yorkshire honey dip

Soft Fruit Salad

A selection of berries

Tropical Fruit Salad

Chunks of pineapple, mango, cantaloupe melon and kiwi

Assorted Fruit Yoghurts

Buttermilk Pancakes

Served with Greek yogurt, blueberries and maple syrup

Marinated Heritage Tomatoes

Lightly pickled heritage tomatoes served with ricotta and toasted pumpkin seeds on grilled sourdough

Honey Roasted Ham

Served with marinated heritage tomatoes with ricotta served on chargrilled sourdough toast

Smashed Avocado

Served on grilled sourdough toast with chilli flakes

Coconut chia pudding with grilled pineapple and macadamia brittle (v)

A combination of fruits, nuts and ancient grains provide protein, potassium, magnesium and vitamin B12, with macadamia nuts helping to reduce 'bad' cholesterol.

The banana offers protection from high blood pressure and fluid retention often associated with flying, as well as creating serotonin to improve mood, promoting relaxation and rest.



BREAKFAST

HOT BREAKFAST

Organic Porridge

Made with your choice of cow's, goat's, almond or oat milk and served with dates, caramelised pecan nuts and Yorkshire honey

Buttermilk Pancakes

Served with crème fraîche, blueberries and maple streaky bacon

French Toast

Served with soft fruit, Greek yoghurt and maple syrup

Please note all our eggs for Breakfast are the famous free-range Burford Brown eggs

Scrambled Egg

Served on grilled sourdough, with your choice of

Dry cured streaky bacon

Smashed avocado

Dunkeld smoked salmon

Dunkeld smoked salmon with crème fraîche and caviar

Omelettes

Served with or without cheese, choose between

Cornish crab with spring onion and chilli

Dunkeld smoked salmon with fresh herbs

Honey roasted ham and Farmhouse cheddar cheese

Goat's cheese and spinach

Eggs Benedict

Served on an English muffin with honey roasted ham, Burford Brown poached egg and topped with hollandaise

Eggs Royale

Served on an English muffin with cured Chalk Stream trout and topped with a yuzu hollandaise

Chalk Stream Smoked Trout

Served with scrambled egg on rye toast

*Add caviar

The Absolute Taste Kedgeree

Topped with a soft-boiled egg

Home-Cured Pork Belly

Served on brioche toast topped with fried eggs

Sweetcorn Fritters

With smashed avocado, sweet chilli and tomato jam, spinach with a lime crème fraîche and maple streaky bacon

The Absolute Taste Full English Breakfast

With Cumberland sausage, your choice of eggs, grilled tomatoes, sautéed chestnut mushrooms and dry-cured streaky bacon

Coconut flour pancakes

(with blueberries, coconut yoghurt and honey topped with pumpkin seeds (v)). Protein rich toppings ensure consistent energy levels and provide calcium, vitamin D and Zinc. These boost the immune system which is weakened in the inflight environment, and help prevent a sugar spike and subsequent fatigue.

Butternut rosti with wilted spinach and poached eggs (v)

Providing the proteins essential for tissue repair, eggs also contain omega 3 fats to aid in normal cognitive function, which is impaired at altitude. They are supplemented with chilli for thermogenesis, speeding the metabolism, and turmeric which acts as an anti-inflammatory, both aiding in digestion and supporting healthy liver function to detoxify the body.





JUICES & SMOOTHIES

We can make any fresh juice and smoothie to order so please ask the team, however, to whet your appetite, and provide some inspiration please see the following

JUICES

Orange, Apple, Pineapple, Grapefruit, Mango, Watermelon

Green Juice

Cucumber, spinach, green apple, celery and mint

Orange and Raspberry

Pink Grapefruit, Orange and Lemon


Blackberry, Apple and Lime

Carrot, Orange and Ginger

Grapefruit, Carrot and Apple

Pineapple, Kale, Orange and Mint

Berry, Pineapple and Apple

Immunity juice 


Beetroot, carrot, fresh ginger and turmeric

Rich in nitric oxide to dilate the blood vessels and improve circulation in-flight, beetroot also provides natural sweetness. Ginger helps to aid digestion, whilst turmeric provides an effective anti-inflammatory to counteract the stresses on the body whilst in the air.

Booster shot 

Apple, lemon and fresh ginger

Rich in antioxidants, this booster also provides excellent digestive aid from the pectin in the apple and ginger. The vitamins from the fruit provide a natural immunity boost, whilst the ginger contains gingerols and shogaols which relax the intestinal tract, helping to counteract motion sickness and nausea.

Raw hot chocolate 

Raw cacao, almond butter, vanilla powder, himalayan salt, agave nectar and hot water. A take on a comfort food classic, this is a protein rich alternative with key antioxidants to support cell function. Dairy is removed to prevent its inflammatory effects on digestion at altitude, with almond butter and vanilla instead providing a delicious and naturally sweet sustained energy boost.

SMOOTHIES

Banana, Oat and Honey


Blueberry and Banana

Strawberry and Banana


Coconut, Mango and Pineapple

Raspberry, Pineapple and Mint


Berry Overload

Hydrating green smoothie 

(Coconut water, apple, cucumber, ginger, lemon and wheatgrass) A refreshing, vitamin packed smoothie to start the day, this is extremely high in electrolytes to optimise hydration in a dehydrating inflight environment. Pectin from the apple aids digestion, whilst wheatgrass provides minerals, protein, and chlorophyll, an essential blood-builder and antioxidant.

On the go breakfast smoothie (v) 

(Gluten free oats, fresh ginger, blueberries, dairy free yoghurt of choice and bee pollen. Vanilla protein powder on request). This on the go smoothie helps ensure you don't miss breakfast. Key antioxidants from the blueberries, bee pollen and gluten free oats help maintain a healthy heart and strong immune system.

Maca and strawberry milkshake 

Almonds, coconut water, maca powder, strawberries and cinnamon. A dairy free shake packed with luscious strawberries for vitamins and antioxidants to help lower blood pressure at altitude, this is a healthy hydration option. Cinnamon regulates blood sugar levels and ensures consistent energy levels, with Maca also providing protein and fibre.



PLATTERS

Sliced Cured Meat Platter

A selection of sliced charcuterie and cured meats served with cornichons, cherry tomatoes and caper berries

Artisan British Cheese Board

A varied selection of the best small producer British cheeses served with homemade seasonal chutney, Peter's Yard crackers and seedless grapes

European Cheese and Cured Meat Platter

A selection of cured meat and sliced cheese served with fresh figs, cornichons and cherry tomatoes

Iberico Ham

Hand cut Iberico ham served with tomato bread

Smoked Fish Platter

Dunkeld smoked salmon, Chalk Stream smoked trout, beetroot cured salmon and wasabi and ginger cured salmon served with cream cheese and lemon wedges

Seafood Platter

Dunkeld smoked salmon, crevettes, hot smoked Chalk Stream trout, Cornish crab, grilled lobster, lemon wedges and Marie Rose sauce

Crudit  Platter

A varied selection of seasonal and freshly cut raw vegetables served with two freshly made dips

Spanish Meat Platter

Iberico ham, chorizo and truffle salami with tomato bread

Tapas Selection

Artisan Spanish cured meat, manchego cheese, mini tortillas, Gordal olives, salted Marcona almonds, membrillo and a piquillo pepper and tomato salsa

Mezze Selection

Lamb kofta, chicken shish, dolma, falafel, baba ganoush, hummus, tabbouleh and flatbreads

Italian Antipasti

Buffalo mozzarella with olive oil and basil, roasted cherry tomatoes, chargrilled courgettes, chargrilled aubergines, chunks of Parmigiano Reggiano, sun blush tomatoes and focaccia croutes

British Selection

Mini pork pies, Burford Brown scotch egg, honey roasted ham, farmhouse cheddar, Yorkshire chutney and piccalilli

Finger Sandwich Platter

A selection of light sandwiches

Tortilla Wrap Platter

A selection of filled tortilla wraps

Deli Sandwich Platter

Individual sandwiches with a variety of fillings and breads

Open Sandwich Platter

A delicious a variety of open sandwiches served on various breads

Sliced Fruit Platter

A selection sliced tropical fruit

Afternoon Tea Cakes

A selection of freshly baked tea cakes

The Absolute Taste Brownie Family

A full selection of our brownie family

Petit Four Platter

A selection of our latest petit fours

Canape Platter

A selection of our latest canapes

Ploughman's Platter

Farmhouse cheddar, honey roast ham, Yorkshire chutney, piccalilli, balsamic pickled onions and crusty bread



CANAPÉS

Please see below an example of our canapés, which we evolve and adapt throughout the year and with seasonality. As such, the below may not be available year round.

SERVED COLD

Parmesan Shortbread

Topped with buffalo mozzarella and slow roasted cherry tomato topped with homemade pesto

Pea and Mint Tartlet

With feta and pea shoots

Butternut Squash Tartlet

With goat's cheese and kale

Chargrilled Courgette

Served on a parmesan biscuit with goat's cheese and slow roasted cherry tomato

Porcini and Blue Cheese Macaron

Beetroot and Goat's Cheese Macaron

Tomato and Smashed Avocado Macaron

Superfood Rice Paper Roll

With julienne of beetroot, pea shoots, edamame beans and spinach

Nori Spinach Roll

Filled with baba ganoush, julienne of carrot, lemon tossed spinach, sprouts and pomegranate seeds

Fresh Tuna Rice Paper Roll

With carrot, mint, basil, avocado and wasabi mayonnaise

Hot Smoked Salmon

On a chive scone with crème fraiche and deep-fried capers

Balik Salmon Tartare

On cucumber with bloody mary ketchup, crème fraiche and chive

Tuna Niçoise Tartlet

With seared tuna, quail's egg, cherry tomato and black olive

Beetroot Cured Salmon

On a horseradish blini

Home Cured Gravadlax

On a dill blini topped with crème fraiche, a dill and mustard sauce and keta caviar

Crab Salad

With lemon, green tomato and a cucumber jelly

Chargrilled Lobster Skewers

With a lime and coriander dip

Buffalo Mozzarella Skewer

With Parma ham, fresh fig or peach and mint

Gruyere and Grisons Mille Feuille

With tete de moine

Foie Gras Terrine

On a brioche croust topped with Sauterne jelly topped with a fig crisp

Crispy Duck Rice Paper Roll

With hoisin sauce, iceberg lettuce, cucumber and spring onion

Bang Bang Chicken

With a julienne of peppers and cucumber served in a tiny tartlet

Kaffir Lime Marinated Chicken

Crispy betel leaf, fresh mint with nam jam wrapped in a spring onion pancake

Beef Tartare

Served on a wholegrain croust with horseradish crème fraiche and chives

Beef Carpaccio

On a horseradish blini with rocket and a parmesan crisp

CANAPÉS

SERVED WARM

Butternut and Goat's Cheese Tartlet

Topped with crispy curly kale

Parmesan Crusted Cauliflower

With a spicy dip

Cauliflower Cheese

On pumpkin seed croutes topped with homemade pesto

Gorgonzola and Caramelised Onion Tartlet

Wild Mushroom Arancini

With a basil, lemon and crème fraîche dip

Wild Mushroom

In a baby brioche topped with a lemon hollandaise

Wild Mushroom and Thai Asparagus Tartlet

With a chervil cream

Butternut Risotto Cakes

With crème fraîche and deep-fried sage dip

Smoked Haddock Arancini

With curried mayonnaise

Spicy Crab Cakes

With a tomato and chilli dip

Teriyaki Salmon Skewers

With a spicy soy, honey and crème fraîche dip

Panko Crusted Mediterranean Prawns

With a sweet chilli dip

Smoked Haddock Arancini

With curried mayonnaise dip

Lobster Thermidor

On skewers with a warm gruyere dip

Thai Marinated Chicken Skewers

With a lemongrass and chilli dip

Panko and Parmesan Crusted Chicken Lollipops

With a spicy mango dip

Grilled Fillet of Beef Skewers

With a truffle mayonnaise

Confit Duck Arancini

With a blackberry and cranberry dip

Moroccan Spiced Lamb Skewers

With a moutabel dip

Spring Lamb on Rosemary Skewers

With a redcurrant and mint jelly dip

Harissa and Brown Sugar Lamb Skewers

Slow Cooked Pork Belly

With star anise served with a pineapple jam dip and a crackling dust





SUSHI, SASHIMI AND NIBBLES

We work with a number of suppliers for our sushi to ensure the highest quality, which is always from the top London restaurants.

MAKI ROLLS

Garden Roll

Sweet potato, asparagus, avocado, daikon and red onion

Mamma Mia

Avocado, cucumber, sesame and chives

California Roll

Shrimp, avocado, cucumber, masago and miso aioli

Rainbow Shrimp

Snow peas, topped with salmon and tuna, hiramasa and avocado

Spicy Tuna

Tuna, cucumber, chilli, miso aioli, masago, kataifi and herbs

NIGIRI

Aspara

Asparagus and sesame

Ebi

Shrimp

Long Cheese Straws

Parmesan Shortbreads

Rosemary and Cheese Biscuits

Vegetable Crisps

Spicy Nuts

Honey Roasted Cashew Nuts

Sicilian Green Olives

Black Niçoise Olives

The Aviation Nutritionist activated nuts (v)

The nuts are activated to make them nutritionally enhanced and easier to absorb, this protein boost is a great source of fibre, essential fats, minerals and vitamins. Including selenium to help with immunity and magnesium to help support the nervous system.

Maguro

Yellowfin tuna

Shake

Salmon

SASHIMI

Maguro

Yellowfin tuna

Shake

Salmon

Hiramasa

Yellowfish Kingfish

Beef Tataki

Smoked cheese, spring onion, tosazu, spicy goma and Jerusalem artichoke crisps

Edamame with Sea Salt

Edamame with Chilli, Garlic and Ginger

NIBBLES

The Aviation Nutritionist energy protein balls (v)

Cocoa, raw beetroot. Full of antioxidants to boost the immune system, and combined with blood sugar-balancing oats, chia is also high in protein and omegas to aid digestion; although packed with flavour and natural sweetness, these energy balls ensure stable blood sugar for consistent energy levels. Magnesium from the cashews helps to reduce the chance of headaches, and lower blood pressure at altitude. Beetroot is rich in nitric oxide, which dilates blood vessels and improves blood flow. Cashew nuts are rich in zinc and will support immunity and magnesium can help manage headaches and lower blood pressure.



STARTERS

SERVED COLD

Chargrilled Mediterranean Vegetable Stack

With buffalo mozzarella, chargrilled courgette, roasted red and yellow peppers, chargrilled aubergine and slow roasted cherry tomatoes, layered up with homemade pesto and topped with a rocket salad served with a focaccia croute

Heirloom Beetroot Carpaccio

With roasted baby beetroot, Crottin de Chavignol, quince jelly and pea shoot salad

Raw and Cooked Crudités

With a sour cream and chive in a tartlet

Cornish Crab

With a heritage tomato salsa and served with gazpacho and baby basil

Grilled Citrus Prawns

With samphire, broad bean and pea salad and a crayfish ketchup

Blueberry and Cotswold Gin Cured Sea Trout

With buttermilk horseradish and potato salad

Potted Lobster and Brown Shrimp

In spiced butter with seeded croutes and a micro leaf salad

Classic Prawn Cocktail

With Mediterranean prawns, shredded iceberg lettuce, julienne of green apples and cucumber, a Marie Rose sauce and a spicy tomato salsa

Potted Smoked Mackerel

With Melba toast and a cucumber, green apple and hazelnut salad

Tuna Tataki

With Granny Smith apple, micro cress and mustard seed salad and a quenelle of smashed avocado

Butter Poached Lobster Stack

With a lemon crème fraîche, seeded croute and baby leaf salad

Add caviar

Balik Salmon

With chive blinis, lemon crème fraîche and a baby leaf salad

Add caviar

King Crab and Avocado

With butter lettuce, served with a lemon vinaigrette

Serrano Ham and Caramelised Figs

With Manchego cheese, quince and a watercress salad

Chicken, Pistachio and Pancetta Terrine

With fig chutney and a chicory salad

Carpaccio of Beef

With shavings of radish, crispy capers, parmesan shavings, rocket and extra Virgin olive oil

Spanish Air-dried Beef

With rocket and shavings of parmesan with fresh lemon and Virgin olive oil

STARTERS AND SOUPS

SERVED HOT

Fresh Fig, Caramelised Shallot and Gorgonzola Tart

With rocket and hazelnut salad

Iberico Ham Croquettes

With tomato and rocket salad

Wild Mushroom Tartlet

With goat's cheese and a baby leaf and fresh herb salad

Roasted Scallops

With chargrilled cauliflower puree, pickled raisins and a lemon dressing

Thai Crab Cakes

With avocado salsa and a baby leaf salad

Ginger and chicken broth with pak choi and shiitake mushrooms

Electrolytes in mineral packed bone broth support bone density, nerve signalling functions and gut health, combined with fresh ginger to promote good circulation to help protect against DVT and fluid retention. Shiitake mushrooms also provide antibacterial properties to stimulate the immune system.

Spiced lamb skewers with cucumber salad, pomegranate and mint raita, and a homemade lime pickle

Featuring in the Mediterranean diet, lamb provides a high quality source of protein to boost immunity and retain stable blood sugar after eating. Combined with vegetables, herbs and spices high in antioxidants, it also provides thiamine to aid in calming the nervous system and stabilise mood in physically challenging environments.

SOUPS

Minestrone

Mixed seasonal vegetables, garlic and fresh herbs in a light tomato broth

Oven Roasted Tomato and Red Pepper

With basil oil and rustic croutons

Carrot and Coriander

With crème fraîche and chives

Creamy Wild Mushroom and Truffle

With rustic croutons

Chilled Gazpacho

With rustic croutons and micro basil

Roasted Butternut Squash

With crème fraîche, pumpkin seeds and butternut crisps

Middle-Eastern Spiced Lentil and Chickpea

With minted yoghurt

Pea and Mint

Served with crispy bacon, feta and truffle oil

Crab and Sweetcorn Chowder

Hearty, warming soup with potatoes and cream

Tom Yum Goong

Thai hot and sour soup with prawns

Tom Kha Gai

With Thai spiced chicken and coconut

Healthy Chicken Noodle Soup

Light chicken broth with vegetables, shredded chicken rice noodles

Lobster Bisque

With grilled lobster chunks, crème fraîche, and chervil





SALADS

Traditional Greek Salad

With feta cheese, Kalamata olives, cucumber, tomatoes, red onion and parsley with a vinaigrette dressing

Roasted Heritage Beetroot

With radicchio, red chicory, compressed pear, gorgonzola and candied walnuts

Burrata with Heirloom Tomatoes

Vine cherry tomatoes, fresh mint, micro basil and rocket with and extra Virgin oil

Heritage Tomato and Buffalo Mozzarella

With aubergine crisps, baby basil and a balsamic and honey dressing

Superfood Salad

With quinoa, alfalfa, pickled beetroot, roasted butternut, edamame beans, pea shoots, toasted seeds, spinach and a light vinaigrette

Dukkah Crusted Goat's Cheese

With lightly pickled beetroot, pomegranate, fresh mint and baby leaves

Chalk Stream Trout

With red and yellow chicory, fennel and green apple slaw and a horseradish dressing

Albacore Tuna

With marinated heritage tomatoes, cannellini beans, fresh basil and pickled shallots

Grilled Lobster, Crayfish and King Prawn

With shaved fennel, new potatoes and a citrus vinaigrette

Seared Tuna Niçoise

Chargrilled tuna with tomatoes, green beans, new potatoes, quail's eggs, black olives and a French dressing

Classic Caesar Salad

Cos lettuce and baby gem with crispy prosciutto, rustic croutons, parmesan shavings, topped with parmesan crisps and tossed with a Caesar dressing
Add grilled chicken breast, roasted salmon or grilled Mediterranean prawns

Traditional Cobb Salad

With crispy bacon, avocado, chargrilled chicken, walnut, tomato, rustic croutons, quail's eggs and a blue cheese dressing

Serrano Ham

Fresh figs, Manchego cheese and quince with a watercress salad

Spinach, Avocado and Crispy Bacon

With rustic croutons and French dressing

Crispy Peking Duck, Watermelon, Rocket and Feta

With spring onions, roasted cashews and a hoisin dressing

Thai Salad with Crispy Duck

Pak choi, chilli lime, roasted peanuts, green papaya, and a Thai dressing

Rare Hanger Steak

With blue cheese, pan-fried new potatoes, rocket and Salsa Verde

Air Dried Beef

With fennel, rocket, pear, honey and olive oil salad



THE AVIATION NUTRITIONIST SALADS

A common response to flying is the pineal gland becoming confused and affecting melatonin production, the hormone that controls the sleep-wake cycle and creating jetlag.

These salads, packed with blood sugar balancing ingredients and antioxidants, ensure sustained energy levels throughout the flight and aim to lessen the effects of post-flight fatigue.

Choose a protein booster to add to your salad for a feeling of satisfaction and fullness after the meal.

Protein boosters: *Organic wild salmon, grass fed beef fillet, organic chicken breast or tiger prawns*

Macro (v)

(Quinoa, butternut squash, beetroot, avocado, sauerkraut, dulce seaweed, kale, baby chard and pumpkin seeds with a miso and fresh ginger dressing)

Radiation in-flight stresses the immune system. Seaweed and kale provide iron and calcium to support it, working in tandem with sauerkraut, which promotes the growth of friendly bacteria in the gut. Beta-carotene from the butternut squash meanwhile promotes skin health.

Moroccan (v)

(Sweet potato, little gem lettuce, chickpeas, carrot, red cabbage, red onion, fresh coriander, pomegranate and Za'atar with a tahini and lemon dressing)

Za'atar herbs are antibacterial, rich in flavonoids and powerful antioxidants to support the immune function. Rich in vitamin A to support cognitive function and high in fibre to balance blood sugar, this dish helps counteract the physical and mental fatigue altitude can cause.

South East Asian (v)

(Green papaya, carrot, green beans, cucumber, bean sprouts, spring onions, chili, cashew nuts and fresh coriander with a honey and lime dressing)

Deliciously refreshing, vitamin C and silica-rich cucumber, carrots and papaya provide much-needed fluids in a dehydrating environment; papaya additionally reduces inflammation and joint pain. Sweet, salty and sour Asian flavours are enticing even when the taste sensation is impaired at altitude.



MAIN COURSES

MAIN COURSES

Roast Chicken Breast

With black garlic, potato puree, grilled asparagus, burnt shallots and thyme jus

Monkfish Poached in Kafir Lime

With coconut milk, ginger, pak choi and Jasmine rice

Spiced Buttermilk Monkfish

With parsley vichyssoise, golden raisin salsa, spiced potatoes and served with a carrot & cucumber ribbon salad

Roast Hake

With chorizo and butterbean stew and crispy kale

Wild Sea Bass with Spinach Risotto

Parma ham, crispy shallots and parmesan crisps

Halibut with a Sea Salt and Malt Vinegar Crust

Crushed pea and mint puree, tartare sauce and truffle roasted duck fat chips with a truffle mayonnaise

Dry Aged Fillet of Beef

With pressed beef rib, potato puree, pickled shallots, tenderstem broccoli and red wine jus

Dry-aged Sirloin of Beef

With pressed potatoes, wild mushrooms, confit shallots, spinach and red wine jus

Roasted Lamb Rump

With a garlic, tomato and cannellini bean ragout served with sautéed kale

Dukkah Crusted Lamb Loin

With a pressed boulangère potato, braised fennel and spinach, aubergine puree with a minted pesto dressing and a pomegranate garnish

Warm Barkham Blue Tart

With apple, walnut and celery salad

Roast Cauliflower and Butternut Squash Curry

With a cardamom, pomegranate and coconut pilaf

Smoky Grilled Aubergine Steak

With green beans, chickpeas and tomato with pine nuts and a tahini and a coconut yoghurt sauce

Spiced Cauliflower Steak

With a Salsa Verde, dukkah and pomegranate seeds on a bed of cauliflower puree

Roasted vegetable frittata with saffron, sweet potato wedges, tenderstem broccoli and basil pesto (v)

Focused on antiseptic, antioxidant and immune boosting ingredients including red pepper and broccoli, saffron also acts as an anti-depressant to regulate mood at altitude when the body tends to suffer fatigue. Dairy free pesto allows for easy digestion, with basil acting as an antibacterial ingredient also promotes relaxation.

MAIN COURSES

CLASSICS

Thai Green Chicken Curry

Served with coriander and chilli steamed rice with steamed Asian bok choy

Thai Red Prawn Curry

Served with a coriander and chill steamed rice with steamed Asian bok choy

Coq au Vin

With roast chicken breast and confit chicken leg, creamy mash and spinach with pancetta and pearl onions in a Burgundy sauce

Roast Duck Breast and Confit Duck Leg

With a white bean cassoulet and crispy green leaves

Veal Medallions

With a spring onion rosti, wilted spinach and a wild mushroom and shallot sauce

Poached Salmon

With chargrilled asparagus, crushed potatoes, confit tomatoes and lemon butter sauce

Absolute Taste Fish Stew

With saffron potatoes and aioli

Beef Bourguignon

With horseradish mashed potatoes, seasonal greens and baby carrots

The Complete Loaded Burger

Homemade ground beef burger with tomato chutney, lettuce and tomato
Add portobello mushroom, bacon and smashed avocado

Panko Crusted Chicken Breast

Served in a pretzel burger with a sweet tomato and chilli jam with little gem and smashed avocado

Panko Crusted Hake

With tartare sauce served in a soft bap with pea and mint puree with little gem

Chicken tagine with grilled aubergine, almond cauliflower couscous and pomegranate seeds

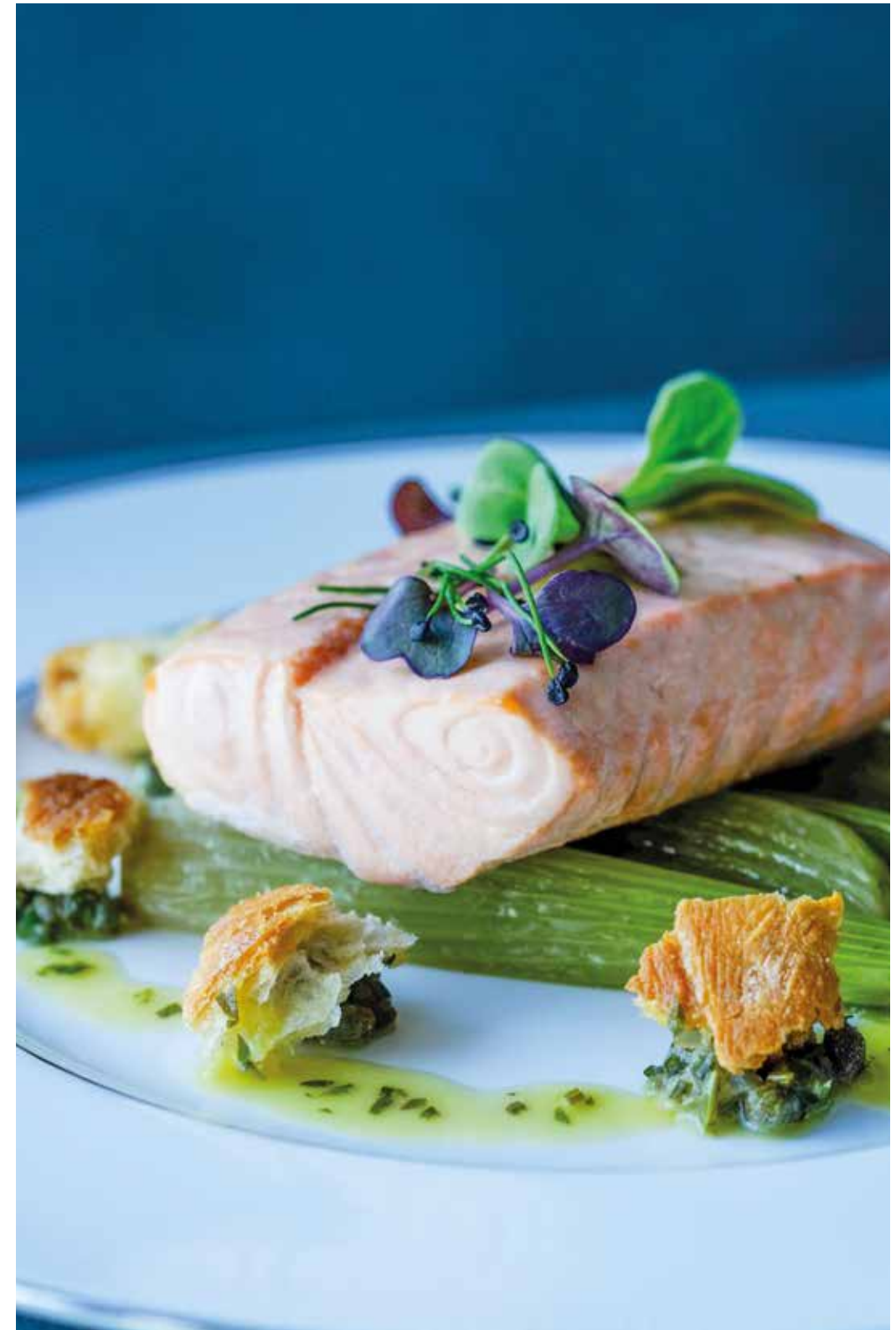


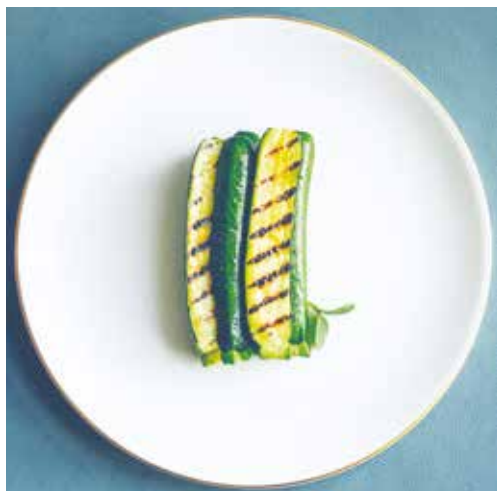
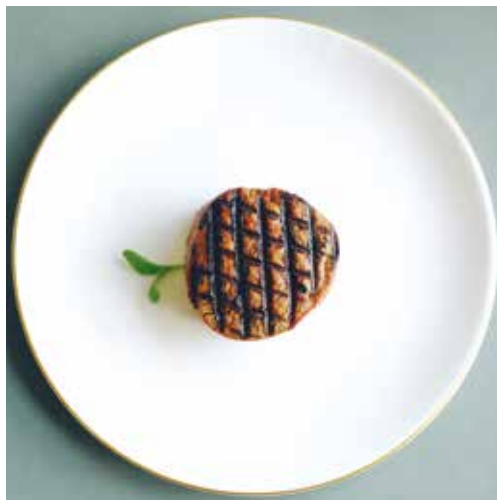
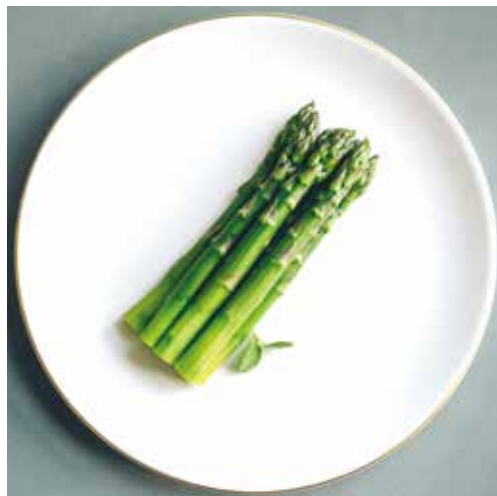
Rich in antioxidants, phytochemicals and fibre, cauliflower counteracts the sluggish digestion brought on at altitude and supports effective liver function and detoxification. Vitamin C and potassium packed pomegranate support a healthy heart, aided by the anti-inflammatory effects of the spices.

Pan roasted cannon of lamb with butternut squash, charred apricots, coriander and toasted coconut



Butternut squash provides a great source of energy sustaining carbohydrates and fibre to support healthy digestion whilst maintaining a relaxed nervous system. High levels of Vitamin A support impaired cognitive function, helping to manage the physical stresses experienced at altitude.





BUILD YOUR OWN

Please choose from the following, and make your own style:

SIMPLY GRILLED OR ROASTED:

Dry-aged fillet of beef
Dry aged rib eye
Dry-aged sirloin of beef
Dry-aged hanger steak
Barbary duck breast
Chicken supreme
Lamb canon
3-bone rack of lamb
Wild sea bass
Scottish salmon
Halibut
Hake
Turbot
Monkfish
Lobster tail

ACCOMPANIMENTS:

Jacket potato
Duck fat chips
French fries
Pressed potato terrine
Dauphinoise
Spring onion potato rosti
Wild and white rice with herbs
Potato puree
Lemon and coriander cous cous
Sautéed potatoes
Steamed new potatoes
Basmati rice
Jasmine rice
Chargrilled asparagus
Wilted spinach
Tenderstem broccoli

Sautéed wild mushrooms

Steamed fine beans

Steamed mangetout

Baby heritage carrots

Steamed baby asparagus

Grilled tomatoes

Confit cherry tomatoes

Baby courgettes

Baby leeks

Baby fennel

Assorted steamed vegetables

Chargrilled Mediterranean vegetables

Rocket and parmesan with balsamic dressing
Tomato and red onion with olive oil and lemon

Baby leaf with French with vinaigrette

Shaved fennel and cucumber with lemon dressing

Gem lettuce with anchovy dressing

SAUCES:

Hollandaise

Herby hollandaise

Red wine jus

Thyme jus

Chicken and thyme jus

Lemon beurre blanc

Peppercorn sauce

Wild mushroom sauce

Tomato vierge

Red pepper and tomato

Blue cheese sauce

Pesto

Wholegrain mustard



PASTA & RISOTTO

Our team are more than happy to make any type of pasta dish that you might want, or please feel free to choose from the selection below

PASTA

Penne pasta with a Homemade Pesto Sauce

Penne Arrabbiata

Penne with a Fresh Tomato and Basil Sauce

Penne with Puttanesca Sauce and Seared Tuna

Penne with a Spicy Tomato Sauce
With black olive, white tuna and capers

Penne Carbonara

Linguine with Lobster
Prawns, chilli and rocket

Linguini with Crab
Tomato and chilli

Pappardelle with a Porcini and Truffle Sauce
With wilted spinach and freshly grated parmesan

Wild Mushroom Ravioli
With a creamy parmesan sauce and sautéed mushrooms

Spinach and Ricotta Ravioli
With fresh parmesan and olive oil

Pea, Mint and Spinach Ravioli
With sautéed spinach, fresh peas and a light parmesan cream sauce

Beetroot and Goat's Cheese Ravioli
With fresh parmesan and olive oil

Wild Boar Tortellini

With a parmesan and caramelised shallot

Pumpkin Tortellini

With roasted butternut and a sage and burnt butter sauce with fresh parmesan

Gnocchi with Pan-fried Artichokes

With fresh goat's cheese, broad beans with a garlic and herb sauce

RISOTTO

Butternut Risotto

Served with chunks of roasted butternut, pumpkin oil, shaved parmesan and parmesan crackling with deep fried sage

Primavera Risotto

Green vegetables with parmesan, rocket and parmesan crackling

Wild Mushroom Risotto

With truffle oil and parmesan crisps

Cornish Crab Risotto

With tomato, saffron and parmesan

Beetroot Risotto

With rocket, grilled goat's cheese and walnuts

Risotto Marinara

Tomato, spinach, lobster, prawn, squid, mussels and hake



DESSERTS

Vanilla Panna Cotta with a Rhubarb Salad

With a lemon curd and ginger crumb

Granny Smith Tartlet

With cinnamon crumble and crème anglaise

Lemon Tartlet

With a berry salad and candied pecans

Passionfruit Tart

With a banana ice cream

Vanilla Cheesecake

With lemon curd, poached pear and a ginger crumble

Strawberry Cheesecake

With a strawberry, almond and mint salad

Seasonal Eton Mess

Broken meringue with Chantilly cream and seasonal fruit

Lemon and Lime Meringue Tartlet

Plum and Amaretto Crème Brulee

With brandy snaps

Seasonal Fruit Crumble

With a macadamia and amaretti topping, and a cinnamon crème anglaise

Banoffee Pie

Caramel and bananas topped with cream and on a biscuit base

Absolute Taste Chocolate Brownie

Served with honeycomb ice cream and chocolate sauce

Dark Chocolate Mousse

With crushed hazelnuts and a liquid salted caramel centre

Chocolate Fondant

With a beetroot ganache and white chocolate and beetroot ice cream and topped with beetroot crisps

Chocolate Espresso Torte

With a coffee and mascarpone mousse

Indulgent Brownie Torte

Chocolate cremeaux on a chocolate brownie base with a chocolate crumble topping

Chocolate Mousse Cake

With raspberries

Chocolate Truffle Cake

With a raspberry ice cream

Blueberry "cheesecake" with edible violas and blueberry coulis (v)

A wonderful dairy free alternative, the soaked and blended cashew base provides protein and healthy fats for sustained energy alongside antioxidant and anti-inflammatory properties.

Coconut, rich in C and B vitamins and fibre, supports comfortable digestion. Natural sweetness from the fruit helps avoid a sugar spike and subsequent fatigue.

Chocolate and avocado mousse with red berries, cacao nibs and fresh basil (v)

Cacao being high in magnesium helps to relax the nervous system at altitude. Avocado is also an excellent source of healthy monounsaturated fats, nourishing for the skin and protecting the cardiovascular system. A tasty, satisfying dessert designed to help balance blood sugar levels.

Orange and polenta cake with a coconut and pistachio cream (v)

The vitamin C from the oranges and raspberries combined with zinc-rich almonds and pistachios support the immune system by balancing blood sugar, at the same time optimising mood and mental acuity.

PETIT FOURS

Please see below an example of our petit fours which we evolve and adapt throughout the year and with seasonality. As such, the below may not be available year round.

Pistachio Fudge	A selection of Macarons
Rose Turkish Delight	Lemon Meringue Tarts
Lemon Tart	Orange Flavoured Madeleines
Pistachio and Raspberry Tartlet	Brownie Squares
Matcha Ganache with Raspberry <i>in a White Chocolate Cup</i>	Blueberry Cheesecake
Passion Fruit Tart	Chocolate Eclair
Salted Caramel and Dark Chocolate Cup	Chocolate Espresso Torte
Florentines	Absolute Taste Chocolate Truffles
Dark Chocolate, Cherry and Almond Fudge	Fresh Fruit Tartlet
Pecan Pie	





AFTERNOON TEA

Absolute Taste Brownie Family

Lemon and Blueberry Teacake

Chocolate and Banana Teacake

Orange Polenta Teacake

Lemon Drizzle Teacake

Raspberry and Almond Financier

Banana Bread

Mini Victoria Sponge

Absolute Taste Mini Muffins

Mini Carrot Cake

with Orange Cream and Cream Cheese Topping

Mini Scone

with Strawberry Jam and Clotted Cream

Fresh Fruit Tartlet

Baked Plum and Almond Tartlet

Salted Caramel and Chocolate Tartlet

Lemon Tart

Banoffee Pie

Chocolate Chip Cookie

Double Chocolate Chip Cookie

White Chocolate and Strawberry Cookie

Anzac Biscuit

Pecan Shortbread

Ginger, Date and Oat Biscuit

Traditional Shortbread Fingers

Vegan and gluten free cakes and biscuits are also available with a selection of brownies, a sticky toffee slice and banana bread

PLANT BASED

COLD BREAKFAST

Homemade Granola

Served with coconut yoghurt, a fresh berry compote and maple syrup

A Selection of Cereals

Served with your choice of soy, almond or oat milk

Homemade Muesli

Served with your choice of almond, soy or oat milk and seasonal fresh fruit

Green Apple Bircher Muesli

Made with coconut yoghurt and served with fresh berries, pumpkin seeds and shaved coconut

Fresh Fruit Skewers

Soft Fruit Salad

A selection of berries

Tropical Fruit Salad

Chunks of pineapple, mango, cantaloupe melon and kiwi

Chia and Coconut Yoghurt

Topped with pink grapefruit compote and topped with a julienne of apple

Apple and Banana Spelt Muffins

Crunchy Seed and Oat Flatbreads

*Topped with smashed avocados and marinated heritage tomatoes
Add fresh chilli*

HOT BREAKFAST

Raw Buckwheat Porridge

Served with almond milk and chia topped with fresh berries and nutty granola clusters

Corn Fritters

Served with smokey beans and smashed avocado

PLATTERS

Crudité Platter

A varied selection of seasonal and freshly cut raw vegetables served with Kale and hemp pesto and tomato and chilli pesto

Roasted Vegetable Antipasti Platter

Roasted and chargrilled vegetables served with a variety of olives and a tapenade dip

Sliced Fruit Platter

A selection sliced tropical fruit



PLANT BASED

NIBBLES

Vegetable Crisps

Spicy Nuts

Honey Roasted Cashew Nuts

Sicilian Green Olives

Black Niçoise Olives

COLD CANAPES

Superfood Rice Paper Roll

With julienne of beetroot, pea shoots, edamame beans and spinach

Nori Spinach Roll

Filled with baba ganoush, julienne of carrot, lemon tossed spinach, sprouts and pomegranate seeds

Dolmades

HOT CANAPES

Falafel Spicy Bean Balls

With a coconut and mint yoghurt dip

Crispy Courgette and Onion Fritters

With a cashew nut cream and herby dip

Spicy Cauliflower Florets

With a coconut and sumac dip

STARTERS

Baked Sweet Potato

Filled with guacamole, coconut and mint yoghurt and a spicy tomato salsa served with a rocket salad

Beetroot Carpaccio

With roasted candy beetroot and rocket salad with a maple syrup and cider vinegar dressing

Crispy Kale and Marinated Kale Salad

With pomegranate and broccoli and a lime and tahini dressing

Shaved Turnip, Long Radish and Asparagus Salad

With a poppyseed dressing and garnished with baby watercress



PLANT BASED

SALADS

Ratatouille Salad

With courgettes, aubergines, balsamic roasted red onion, red and yellow pepper, heritage tomatoes with a balsamic dressing

Superfood Salad

With quinoa, alfalfa, pickled beetroot, roasted butternut, edamame beans, pea shoots, toasted seeds, spinach and a light vinaigrette

Roasted Butternut, Olive, Avocado and Rocket Salad

Middle Eastern Salad

Cauliflower, aubergine, green lentils and pomegranates with a coriander and tahini salad

Green Goddess Salad

Quinoa, kale, chargrilled courgettes, broccoli, edamame, baby spinach all tossed together with a lemon and tahini dressing

SOUPS

Chilled Gazpacho

With rustic croutons and micro basil

Roasted Butternut Squash

With crème fraîche, pumpkin seeds and butternut crisps

Middle-Eastern Spiced Lentil and Chickpea

With minted yoghurt

MAIN COURSES

Beetroot Risotto

Made with brown rice and topped with beetroot crisps

Butternut Risotto

With crispy butternut crisps

Chickpea, Quinoa & Turmeric Curry

With cauliflower rice

Artichoke and Fennel Stew

Served with a broccoli couscous

Miso Glazed Aubergine Schnitzel

With a salad of tomato, hemp and chickpea tabbouleh

Plant Based Pad Thai

DESSERTS & AFTERNOON TEA

White Chocolate Brownies

Sticky Toffee Slice

Banana Bread

Key Lime Pie

Banoffee Pie

Pecan and Cranberry Tart

Chai Plum Upside-Down Cake



LITTLE PEOPLE'S MENU

STARTERS

Tomato Soup

with parmesan croutons

Crudités

With a hummus dip, baby carrots, vine cherry tomatoes, cucumber batons and chargrilled olive oil and garlic roasted pitta bread

Mini Sausages

With a fresh tomato ketchup

Crispy Squid

With an aioli dip

MAIN COURSE

Pesto Penne Pasta

With homemade pesto sauce

Spaghetti Bolognese

Fresh Tomato Penne Pasta

Penne with Butter and Parmesan

Macaroni Cheese

Panko and Parmesan Crusted Chicken Goujons

With a fresh tomato ketchup

Mini Sausages and Mash

With buttered peas

Hake Goujons

With a fresh tomato ketchup

Homemade Burgers

Served in soft burger bap

Chicken Burgers

Served in a pretzel bap

Fillet Steak

Cooked just how they like it

SIDES

Chunky Chips

Crispy Fries

Rustic Hand Cut Fries

Broccoli

Peas

PUDDINGS

Chocolate Mousse

Chocolate Brownie

A Mini Tower of Chocolate Profiteroles

Filled with cream

Banoffee Pie

Fruit Yoghurts

Mini Ice Creams

Knickerbocker Glory

MINI PICNICS

Little picnics can be made to order in little individual hampers, including;

Mini Sandwiches

Crudités

Mini Sausages

Chicken Goujons

Bags of Crisps

Bespoke Biscuits

Fresh Fruit Pots



WINES

CHAMPAGNE

Ruinart Blanc de Blancs NV

Grand Siecle by Laurent Perrier NV

Pol Roger Vintage

Bollinger Rose NV

WHITE WINES

Chablis 1er Cru Vaillons
Domaine Dauvissat 2016

Schubert Sauvignon Blanc,
Martinborough NZ 2016

Meursault les Grands Charrons
Domaine Bouzerou 2015

Baron de Ladoucette,
Pouilly Fumé 2015

David Bruce Chardonnay
Sonoma Valley USA 2016

RED WINES

Mt Difficulty Single Vineyard Target Gully
Pinot Noir, Central Otago NZ 2010

Château Nenin, Pomerol 2010

Synthesis Malbec
Finca Sopenia, Argentina 2016

Brunello di Montalcino Riserva
Colombini 2010

*This is just a sample of the wines that we have available,
please ask a member of our team if you have any special
requirements.*

FURTHER INFORMATION

OPERATING HOURS

We operate 365 days a year and our operations team will be on hand at any time to facilitate your wishes.

Through our VIP service, our dedicated team have the capability to adapt their working hours to your specific needs.

FOOD ALLERGENS

We take the utmost care in ensuring all your requirements are met. If you have any allergens or food intolerance, please speak to a member of our team who will be able to advise of all ingredients used and provide guidance on alternatives.

FOOD HYGIENE

Quality, freshness and hygiene are our top priorities. Audited on a regular basis by independent external companies, our team ensure we adhere to all Food Health & Safety requirements.

CONCIERGE

We take great pride in the service we provide, and our resourceful team will do everything possible to ensure your order is fulfilled. If you need assistance with your trolley and dishwashing, your laundry or storing your cool bags, we're always happy to help.

Through our local knowledge and strong working relationships, we have a wide network who can supply the finest products and source the most unique requests. Whether it's a special gift, fine wine or home comforts our dedicated team is at your service.

WORLD FOOD

Absolute Taste Inflight is proud to be at the cutting edge of world food trends.

We understand that aviation is a global business that demands global cuisine choices.

As a business we have relationships with world-renowned restaurants meaning that should you need a reservation, or require the same experience on board the aircraft, our team would be happy to help. This includes, but is not limited to; Japanese, Lebanese, Indian, Chinese and Italian.

FURTHER INFORMATION

LOGISTICS

We operate our own fleet of refrigerated vehicles and have the capacity to reach any airport in London, the South and the Midlands, subject to sufficient notice of location and timing requirements.

Through our partnership with Gate Gourmet, we have access to a highloader fleet, providing additional capacity and flexibility.

We are proud of our ability to cater to all types of aircraft, providing the same level of outstanding service and attention to detail to all clients, no matter what their individual requirements are.

CANCELLATION POLICY

Working closely with you on a daily basis, we are fully aware of the flexibility that private aviation requires.

To guarantee freshness, your order is always produced on the delivery day. If our chefs have not yet started preparation, there will be no cancellation fee. However, if our team have already purchased specific items from external suppliers to meet your expectations, there may be a small charge.

Our team will always do its best to minimise any potential cost due to a late cancellation.

INFLIGHT AND KITCHEN TEAM

Our VIP inflight and kitchen team works as one, helping us to maximise our performance and ensure you have a smooth flight.

With a vast amount of hospitality experience across aviation and 5 star hotels, our dedicated operational team are fully involved to ensure your expectations are met and exceeded, and personally oversee catering deliveries to your aircraft.

Our Head Chef, leads a multi-skilled team of chefs. With experience of working in the world's most luxurious and prestigious hospitality companies. They combine their passion and attention to detail with an open minded approach to provide you with the best possible culinary support and expertise.





& ABSOLUTE
taste INFLIGHT

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