

Menu Flyhigh



Breakfast

1. Individual presentation

Seasonal fruit, yogurt with granola, 1 muffin, marmelade and butter, ham and cheese croissant sandwich, all served in individual white ware or disposable ware.

2. Omelets (Served with grilled Cherry tomatoes) Ham and Cheese.

Spinach and Cheese.

Mushroom and spinach.

3. Breakfast Display

French bakery (Croissants, Danish, Pain au Chocolate, marmelade and butter).

Cheeses and cold cuts.

Sliced seasonal fruit.

4. Cold Pressed juices

Orange or grapefruit.

Carrot, apple, ginger.

Pineapple, cucumber.

Sandwiches

1. Ciabatta bread with Prosciutto, Emmental cheese, tomatoes, basil oil and arugula.

2. Whole Wheat bread with turkey, hearts of palm, fresh cheese, spinach, Philadelphia cheese and honey mustard.

3. Whole wheat or white bread with smoked salmon, Philadelphia cheese, arugula and avocado.

4. Croissant bread with ham, Emmental cheese, salame and lettuce.

5. Artisan farm whole wheat bread, grilled zucchini, mushrooms, pepper and goat cheese.

6. Ciabatta bread with beef tenderloin, caramelized onion, Brie cheese and arugula.

7. Baguette bread with chicken, tomatoes, mayonnaise and lettuce.

8. Club Sandwich (Grilled chicken, Emmental cheese, bacon, lettuce, turkey and tomatoes).

Tea cut sandwiches (All on white or whole wheat sliced bread)

1. Egg, mayonnaise and ham.
2. Grilled Chicken paste and avocado.
3. Salmon, Philadelphia cheese and cucumber.
4. Turkey, fresh cheese, lettuce.

Wraps (All come with guacamole sauce)

1. Grilled chicken, cheese, lettuce, avocado and mayonnaise.
2. Tuna, cheese, lettuce, tomatoes and mayonnaise.
3. Grilled zucchini, red pepper, mushrooms and Ricotta cheese

Salads

1. Caesar salad (Grilled chicken or shrimp, lettuce, Parmesan cheese, croutons and our special Caesar dressing)
2. Caprese salad (Fresh tomatoes, basil and Italian Mozzarella di bufalla)
3. Greek salad (Mix of greens, olives, Cherry tomatoes, cucumbers, red onions and Feta cheese)
4. Pear and Roquefort cheese salad (Mix of greens or endives, with Roquefort bits, sautéed pears, caramelized nuts and avocado dressing)
5. American pasta salad (Penne pasta, olives, green peas, Cherry tomatoes, red onion and mayonnaise.)
6. American potatoes salad (Potatoes, hard boil eggs, pickles, red onion, mayonnaise and mustard.)

Appetizers

1. Cheese and Cold Cuts tray (Local and international cheese, with nuts and crackers)
2. Crudités display with dip of your choice (Hummus, yogurt or guacamole)
3. Premium Canapes.
4. Bruschettas.
Prosciutto, Tapenade and Cherry tomatoes.
Brie, Chutney, and artisan ham.
Salmon, Philadelphia cheese, avocado and Caviar.
Zucchini, Goat cheese and asparagus.
Prosciutto and melon skewers with Balsamic glaze.
5. Caprese skewers with Balsamic glaze.
6. Sea Food display (Lobster, shrimp, scallops and crab, with Béarnaise and Golf sauce)
7. Chilean empanadas
Meat.
Cheese.
Scallops and cheese.
Olives and cheese.
Shrimp and cheese.
8. Hummus and Pita artisan bread.
9. Chicken Satay

Soups

1. Pumpkin cream.
2. Tomato and basil soup.
3. Green beans and bacon.
4. Carrots and ginger.

Entrees

1. Salmon or Sea Food Ceviche (Peruvian Style)
2. Salmon Carpaccio with Parmesan cheese and capers.
3. Chilean King Crab Timbale mixed with avocado, capers and palm heart.
4. Mini Chilean "Pastel de Jaiba" Crab Cake (Crab meat with cream and cheese grilled together served in clay)
5. Shrimp skewers with sweet mustard sauce and Merken (Chilean hot spice)
6. Grilled Scallops served with Mango pebre (Sauce with coriander, tomatoes, chili, onion and mango)
7. Quiche with green salad.
8. Sushi and Sashimi (Depending on the time)

Main Dishes

Meats

1. Filet Mignon (Grilled Tenderloin with bacon and mushroom sauce).
2. Grilled beef Tenderloin with mustard and Cognac sauce.
3. Plateada al jugo (Chilean Rib-Cap, juicy, tender meat that is oven cooked for 6 hours).
4. Rosemary and herbs Rack of Lamb.

Fish

1. Grilled Salmon with capers sauce.
2. Southern Merluza with Vasca Sauce (Tomatoes, peppers and olives).
3. Sea Bass in almond crust with herbs, lemon and thyme sauce.
4. Tuna with pepper and sesame crust served with Teriyaki sauce.
5. Chilean Pastel de Jaiba, Crab cake (Crab meat with cream and cheese, grilled all together and served in clay).

Poultry

1. Grilled chicken breast with mushrooms and Cognac sauce.
2. Chicken roll filled with vegetables and Goat cheese.
3. Duck Magret with blueberry sauce (Only when available).

Pasta

1. Pasta Bolognese.
2. Traditional Lasagna.
3. Gnocchi with Napolitana sauce.
4. Abalone Sorrentinos with artichoke sauce.
5. King crab Sorrentinos with Basilica sauce or fine herbs sauce.
6. Ricotta and walnut Ravioles with mushroom sauce.

Side Dishes

- Rustic roasted potatoes with Rosemary and herbs.
2. Creamy mashed potatoes.
3. Quinoa Risotto and mushrooms.
4. Basmati Arabic rice (Angel hair pasta, raisins and curry).
5. Azafran rice with mushrooms and red pepper.
6. Cous Cous with sweet almonds and pistachios.
7. Quinoa with vegetables.
8. Pumpkin or carrot puree.
9. Grilled vegetables.

Desserts

1. Milk and caramel pudding.
2. Chocolate Mousse with wild berries.
3. Individual Mousse variety in disposable cups:
Passion fruit
Dark & white chocolate.
Mango.
White chocolate with Raspberries.
Suspiro Limeño. (Typical Peruvian Dessert)
Lucuma and walnut.
3. Panacota with berries sauce.
4. Chocolate cake.
5. Chilean Thousand Layer cake.
6. Petit Fours and Macaroons.
7. Sliced seasonal fruits.
8. Crepes with caramel milk.