



## *In-Flight Catering Menu*



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Phone 215 925-8360 • Fax 215 925-8907  
[www.chefsmkt.com](http://www.chefsmkt.com)

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# *Breakfast*

## **Executive Breakfast (Cold) Boxed or Trayed**

Fresh fruit salad, bagel, muffin, fruit yogurt and fresh squeezed orange juice; served with cream cheese, sweet butter and Chef's Market preserves. This selection can either be served on an individual silver tray for presentation or in a box for convenience.

## **Bagel Tray**

A variety of fresh-baked assorted bagels with sweet butter, cream cheese and Chef's Market preserves. Croissants and scones are available on request.

## **Muffin Tray**

A variety of fresh-baked assorted Chef's Market muffins with sweet butter, cream cheese and Chef's Market preserves. Croissants and scones available on request.

## **Assorted Bagel and Muffin Tray**

A variety of fresh-baked assorted muffins and bagels with sweet butter, cream cheese and Chef's Market preserves. Croissants and scones available on request.

## **Assorted Breakfast Tray**

A variety of fresh-baked assorted Danish, muffins, and bagels with sweet butter, cream cheese and Chef's Market preserves. Croissants and scones are available upon request.

## **Fresh Sliced Fruit Tray**

Selection of sliced fruit, melons, berries, mango, papaya and other ripe fruit. Assorted fruit yogurt dipping sauces are available to compliment the fruit.

## **Smoked Scottish Salmon Tray**

Thinly sliced Scotch salmon served with capers, tomatoes, cream cheese, and bagels.

# *A La Carte Breakfast*

## **Executive Breakfast Sandwich Egg**

Two-egg sandwich cooked any style served on a Thomas old-fashioned English muffin, kaiser roll or croissant. Also available with meat and cheese.

## **Yogurt Parfait**

Vanilla yogurt with an assortment of fresh berries and granola.

## **Scrambled Eggs**

Four eggs and heavy cream topped with chopped parsley.

## **Omelette or Frittata**

Prepared any way you like, the choices are numerous, including an egg-white omelette.

## **Quiche. serves 6-8 persons**

A number of varieties to choose from: vegetarian, meat and seafood.

## **French Toast**

Thick slices of challah bread dipped in Chef's Market blend of milk, eggs, cinnamon and Tahitian vanilla, served with genuine Vermont maple syrup. Also available with berries and powdered sugar upon request.

## **Breakfast Meats**

Canadian bacon, Black Forest bacon, turkey patties, chicken sausage, Chef's Market's own Italian sweet sausage or thick-cut country ham.

## **Oatmeal**

Fresh Irish oatmeal served with brown sugar and raisins.

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# Snack Trays

## International Cheese

Your selection of four imported cheeses served with assorted fruits, berries and crackers.

## Vegetable Crudités

Assortment of raw and blanched vegetables (familiar and exotic), seasonal selection. Dipping sauces — garlic and herb, mustard vinaigrette, hummus, creamy bleu cheese or ranch are available as a compliment to the vegetables.

## Cheese and Crudités

Your selection of three varieties of cheese; assorted fruits and vegetables, blanched and raw; served with a box of crackers. Dipping sauces included.

## Smoked Fish

Smoked Norwegian salmon, applewood smoked trout and chef's market chunky white fish salad served with whipped cream cheese, capers, sliced tomatoes, and assorted bagels.

## Shrimp Cocktail (five U-12 shrimp)

Jumbo shrimp served with spicy seafood sauce and lemon wedges.

## Seafood

Jumbo gulf shrimp, jumbo lump crab meat and lobster tail served with cocktail sauce and lemon wedges. Shrimp and lobster may be grilled or poached. Scallops are available upon request.

## Mediterranean Appetizer

Baba ghanoush, hummus, stuffed grape leaves, grilled artichoke hearts, cipollini onions, feta cheese and mixed Mediterranean olive salad served with grilled pita bread.

## Antipasto

Assortment of soppressata, pepperoni, sharp provolone, Italian fontina, marinated olives, mushrooms and grilled artichoke hearts.

## Mexican Fiesta

Combination of guacamole salad and fresh salsa with cilantro served with assortment of corn chips.

## Pâté

Pâté Campagne with black peppercorns; mousse truffée; spinach, sun-dried tomato and Roquefort cheese terrine; served with cornichons, olives, cherry tomatoes, mushrooms a la Greque, and sliced baguette.

## Caprese Tray

Fresh sliced mozzarella with beefsteak tomatoes drizzled with extra-virgin olive oil.

## Sushi and Sashimi

Assorted sushi and sashimi served with wasabi, fresh ginger, soy sauce and chopsticks.

## Boneless Chicken Tenders

Grilled, Southern fried or sesame breaded chicken tenders; served with barbecue and honey mustard dipping sauces. 6 pieces per order.

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# Hors d'oeuvres

Minimum: 8 of each selection

## Cold Hors d'oeuvres:

### Available on Trays & Garnished

Smoked Salmon on Black Bread with Cream Cheese and Fresh Dill

Roast Beef on Rye Rounds with Watercress & Grain Mustard

Curried Chicken Salad on Black Bread with Walnuts

Country Pâté on French Bread with Cornichons & Mustard

Deviled Egg w/ Asparagus Mousse

Deviled Egg with Caviar

Smoked Turkey on Toast with Cranberry Chutney

Cucumber Boat with Shrimp Salad & Dill

Jumbo Shrimp Cocktail

Belgian Endive with Whipped Goat Cheese & Alfalfa Sprouts

New Potato with Sour Cream & Salmon Caviar

Crostini: Toasted Italian Bread with Artichoke Purée & Touch of Garlic

Crostini with Black Olive Paste & Goat Cheese

Bruschetta w/Fresh Tomato & Basil

Sliced Tomato with Fresh Mozzarella & Basil on Black Bread

Hot Hors d'oeuvres: Available in Aluminum Tins or Microwaveable Containers for Heating

Stuffed Mushrooms, with any one of the following stuffings

- Crab Imperial
- Italian Sausage
- Spinach and Cheese

Tartlets Ratatouille

Baby Rib Lamb Chop w/Mint Sauce

Spinach & Sun-Dried Tomato Tart

Spanakopita (Spinach & Feta in Pastry)

Profiteroles with Goat Cheese, Sun-Dried Tomato and Basil

Wild Mushroom Tartlet

Blini with Sour Cream and Caviar

## Seafood Hors d'oeuvres

Clams Casino

Porcini Dusted Sea Scallop

Grilled Shrimp with

Double-Smoked Bacon

Jumbo Shrimp Stuffed with Crab

Sea Scallop Wrapped in Bacon with Hollandaise Sauce

Mini Maryland Crab Cakes

Profiteroles Stuffed with Smoked Salmon Mousse

Crab Empanada

## Hors d'oeuvres en Brochette

Vegetable

Grilled Lamb & Eggplant

Sea Scallop with Shrimp

Beef Teriyaki

Indonesian Chicken Satay with Spicy Peanut Sauce

Chicken Breast with Yogurt Dip

## Chicken Wings

- Barbecue or Asian
- Buffalo, Served with Blue Cheese, Celery & Carrot Sticks

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# Lunch

## Box Lunches

Each Box Lunch contains a fruit cup, choice of side salad, cheese and crackers and a rich chocolate brownie.

## Individual Deli Sandwich

Club Sandwich

Cheese Steak

Burger or Cheese Burger

Tea Sandwich

## Traditional Box Lunch

Contains one oversized sandwich, sandwich wrap, club sandwich or Philadelphia cheesesteak

## Sandwich and Club Sandwich Selections

Roast Beef	Fresh Roast Turkey
Corned Beef	Baked Ham
Tuna Salad	Chicken Salad Tarragon
Grilled Vegetables	Sliced, Grilled Chicken Breast

## Sandwich Wraps

Spinach Salad & Wild Mushrooms	
Roasted Balsamic Chicken	Chicken Fajita
Mediterranean	Smoked Turkey
Vegetarian Antipasto	Santa Fe Chicken
Thai Beef	Turkey Cobb
Tuscan Chicken	

## Deluxe Box Lunch

Same as the traditional box lunch with the addition of a jumbo shrimp cocktail (four U-12 shrimp).

## Deluxe Box Lunch with Sandwich Wraps

## Deluxe Box Lunch with Cheese Steak

## Lunch Trays

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### Wrap Tray

A selection of the Sandwich Wraps listed above served with pickles and olives.

### Delicatessen Tray

Top-round roast beef, fresh roasted turkey breast, baked ham, imported Swiss cheese and sweet Muenster, served with a condiment tray of lettuce, sliced tomatoes, pickles, olives, mustard & mayonnaise; and a bread tray of sliced rye & black breads, kaiser rolls, and challah twists.

### Deli Sandwich Tray: 1½ sandwiches per person

A delicious assortment of our favorite deli sandwiches on your choice of breads. Served with a condiment tray of lettuce, sliced tomatoes, pickles, olives, mayonnaise and mustard. Choose from the sandwich selection listed above.

### Gourmet Mini Sandwich Tray

Smaller sandwiches on assorted rolls; served with pickles and olives.

Grilled sliced portobello mushrooms with spinach  
Grilled eggplant, red pepper & onion with roasted pepper puree  
Roast beef with romaine & creamy horseradish  
Roast turkey with green leaf & herb mayonnaise  
Black forest ham with romaine & honey mustard  
Smoked turkey breast with romaine & champagne mustard  
Tuna salad with romaine  
Grilled sliced chicken breast with roasted red peppers & basil  
Marinated mozzarella with broccoli rabe  
Chicken salad tarragon

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# Salads

Mixed Greens • Caesar Salad • Mixed Field Greens

Mixed Field Greens with Fresh Goat Cheese

Baby Spinach Leaves with Slices of Eggs, Diced Bacon, Cherry Tomatoes,  
Mushrooms Slices & Croutons

Arugula and Radicchio with Toasted Pine Nuts

These salads are  
available as entrées or  
as box lunches.

## Filet Mignon

Served cold over a bed of mixed spring greens with horseradish sauce

## Grilled Tuna Steak

Served cold over a bed of mixed spring greens with a lime cilantro  
salsa

## Grilled Chicken Caesar

Marinated boneless chicken breast served over a bed of romaine  
lettuce with Caesar dressing

## Shrimp Salad

Large pieces of Gulf shrimp served over a bed of mixed spring greens  
with dill mayonnaise

## Grilled Salmon

Served cold over a bed of mixed spring greens with a honey balsamic  
vinaigrette

## Turkey Cobb

Cubes of fresh roasted turkey breast, crumbled Danish blue cheese,  
avocado, cucumber, plum tomatoes, carrots and alfalfa sprouts served  
over a bed of mixed spring greens

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# Soups

Cream of Broccoli

Cream of Asparagus

Curried Wild Mushroom

Green Split Pea Soup

Chicken Noodle Soup

Escarole with Veal Meatballs

Tomato Basil

Turkey & Sausage Gumbo

Minestrone

Mushroom Barley

Roasted Eggplant & Tomato

Vegetable Barley

New England Clam Chowder

Manhattan Clam Chowder

Corn Chowder

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# Entree Selections

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## Boneless Breast of Chicken, 2 breasts per order

- Mesquite Grilled
- Grilled with Honey Mustard Glaze
- Grilled with Lemon and Herbs
- Grilled Teriyaki with Pineapple
- Sautéed, with Italian Fontina Cheese, Sun-Dried Tomatoes & Spinach
- Sautéed, with Marsala Wine and Mushrooms
- Tuscan Stew with Artichoke Hearts and Portobello Mushrooms

In order to provide top-quality products, certain items may not be available on short notice.

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### Chicken Breast Stuffed with...

- Cornbread and Andouille Sausage
- Primavera — Rolled with Spring Vegetables
- Wild Rice and Sun-Dried Tomatoes

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## Turkey

- Boneless Stuffed Turkey Breast w/Wild Mushroom Duxelles
- Boneless Stuffed Turkey Breast w/Cornbread & Andouille Sausage
- Turkey London Broil with Lemon Pepper Sauce

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## Beef

The Chef's Market utilizes only hand-selected, corn-fed Black Angus beef.

- Beef Wellington
- Steak Diane
- Grilled Filet Mignon
- Grilled New York Strip Steak
- Grilled Rib Eye Steak
- Sliced Steak with Green Peppercorn Sauce
- Steak Au Poivre

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## Veal

- Veal Scalopine with Tri-Color Peppers, Mushrooms and White Wine
- Veal Marengo w/Tomatoes, Mushrooms & White Wine
- Veal Marsala with a Rich Marsala Wine Sauce
- Grilled Veal Chops with Fresh Orange Sauce
- Veal and Wild Mushroom Stew



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## More Entree Selections

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### Seafood

Cold Poached Salmon with Verte Sauce  
and Cucumber Vinaigrette  
Salmon a la Italiana  
Grilled Salmon with Honey Balsamic Glaze  
Grilled Swordfish with Orange Tarragon  
Grilled Yellow Fin Tuna Steak w/Lime & Cilantro Salsa  
Chilean Sea Bass w/Champagne Mustard and Dill  
Maryland Crab Cakes  
Stuffed Flounder with Crab Imperial  
Baked Lobster Tail (one 8-oz. tail per person)  
Seafood Kabobs

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### Hot Pasta

Entree size is 1 pound  
per person

Lasagna:

- Bolognese
- Vegetable
- Cheese

Spinach Pasta, Goat Cheese & Fresh Spinach  
Linguini w/Fresh Asparagus and Wild Mushrooms  
Fettuccine Pescatore: w/Shrimp, Scallops, & Mussels  
Rigatoni w/Porcini Mushrooms & Tomato Basil Sauce  
Penne with Veal and Proscuitto  
Penne w/Chicken, Artichoke Hearts & Roasted Peppers

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### Cold Pasta Salad

Bow Tie Pasta w/Grilled Chicken & Balsamic Vinaigrette  
Tortellini with Pesto  
Pasta Primavera (Fresh Vegetables)  
Orzo with Shrimps and Scallops  
with Lemon Tarragon Vinaigrette  
Bow-tie Pasta with Chicken, Portobello Mushrooms  
and Roasted Pepper Vinaigrette  
Tortellini with Mini Vegetables

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# Entree Complements

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## Vegetables

Green Beans with Cashews  
Sautéed Spinach with Garlic  
Broccoli with Garlic and Red Peppers  
Haricot Verte with Hazelnuts and Caramelized Shallots  
Broccoli with Sun-Dried Tomatoes and Mushrooms  
Roasted Assorted Vegetables

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## Rice

Wild Rice with Mushrooms and Scallions  
Saffron Rice with Wild Mushrooms  
Risotto  
Brown and Wild Rice with Sun-Dried Tomatoes  
White Rice Pilaf with Diced Bell Peppers  
Spanish Rice

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## Potato

Oven-Roasted with Rosemary  
Mashed Red Bliss with Garlic and Scallions  
Sweet Potato Casserole with Pecan Topping  
Apulian with Tomatoes, Onions and Herbs  
Baked, Stuffed with Parmesan Cheese and Fresh Herbs

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## For the Pantry

Bagels, Danish, Croissants, Scones,  
Muffins  
Individual Butter, Cream Cheeses and  
Preserves  
Butter Rosettes  
Stick of Butter  
Tub of Butter or Cream Cheese  
Ramekin of Butter or Cream Cheese  
Milk:  
Pint, Quart  
Pint of Fresh Squeezed Orange,  
Grapefruit, Apple, or Cranberry Juice  
Naked Juice

Pint of Half & Half  
Lemons and Limes (whole or sliced,  
anyway you like)  
Pints of Ice Cream (Packed in Dry Ice)  
Jar of Peanut Butter  
Granola  
Yogurt  
Whole Fruit Basket  
Pound of Sliced Lunchmeats  
Pound of Sliced Cheeses  
Dinner Rolls  
Sandwich Rolls

Bloody Mary Mix  
Beverages  
Fresh Olives, pint  
Fresh Olives, quart  
Mozzarella Balls  
pint, quart  
Newspapers Daily & Sunday  
Magazines

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# Desserts

## Assorted Mini Cookies

Chocolate Chip • Oatmeal Raisin • Peanut Butter  
Double-Dipped Shortbread Cookies • Hamantaschen  
Assorted Butter Cookies • Ginger and Spice • Macaroons

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## Schnecken

Traditional Schnecken  
Chocolate Cherry Schnecken

The Chef's  
Market bakes  
all products on  
the premises.

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## Assorted Over-sized Cookies

Oatmeal Raisin • Chocolate Chip with Walnuts • Peanut Butter,  
Lemon Sugar • Chocolate Chocolate Chip

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## Pastries

Mini, Medium or Large

Fruit Tarts • Opera Tortes • Éclairs • Cannoli  
Pecan Diamonds • Assorted Petit Fours  
Extra Rich Chocolate Brownies • White Chocolate Blondies  
Sour Cream Apple or Blueberry Tarts  
Key Lime Tarts • Crème Brulee • Tiramisu • Napoleon  
Boston Cream Pie • Cheesecake Cup: Fresh Fruit or Chocolate Chip

# Dessert Trays

## Assorted Cookie Tray, Garnished with Edible Flowers

Double-Dipped Shortbread, Chocolate Chip, Chocolate & Vanilla Lace, Linzer,  
Coconut, Filled Butter, Fresh Strawberries

## Cookie & Brownie Tray, Garnished with Edible Flowers

Oversized Cookies with Brownie Triangles

## Assorted Pastry Tray, Garnished with Edible Flowers

Double-Dipped Shortbread, Mini Éclairs, Mini Cannoli, Brownie & Blondie Halves,  
Double-Dipped Strawberries

Also available: a large assortment of specialty cakes and pies

### Special Services

Please provide advance notice for special services.  
With adequate notice, nearly all special requests can be met.

Fresh Flowers  
Dry Ice • Ice Packs



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