

Provo Air Center

Catering Menu

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ORDERING INFORMATION

For many years, our caterers have expertly prepared everything from convenient boxed lunches to multi-course meals for royal families and heads of state. Well-versed in global cuisines, they delight in using local ingredients that shows off the world-class fish and seafood abundantly found in our crystalline waters.

Our menu has been prepared for your convenience, but please consider these items as suggestions only. Our chefs can prepare any request according to your wishes. Feel free to consult with us to choose your perfect menu.

Please send your catering request to conciierge@provoaircenter.com or fax to 713 457-5215. Please be sure to include the following information or just copy this form:

Catering Contact

Name: _____ Tel: _____

Email: _____

Aircraft Registration: _____ Aircraft Type: _____

Oven Type: Convection Microwave None

Packaging: Individual Boxes Trays Bulk Packaging

Delivery Date: ____/____/____ and Time: ____:____ Local Time AST (UTC-4)
Dd / mmm / yy hh : mm

Number of Pax: _____ Number of Crew: _____

Does anyone on board have allergies: Nut Seafood Gluten

Other: _____

BREAKFAST

CONTINENTAL & COLD BREAKFASTS

Smoked Scottish Salmon with bagels, cream cheese, red onion, sliced tomato, finely chopped egg whites and yolks, capers, lemon wedges

Fruit and Nut Granola served with plain or flavored yogurt and berries

Continental Basket of muffins, croissants, breads, pastries, bagel, cream cheese, jam & butter, fruit yogurt and tropical fruit salad

Mediterranean assortment of plain Greek yogurt, assorted olives, feta cheese, hummus and flat bread

French Pastries in mini and full size, please order by the half dozen or dozen.

Pain au Chocolat

Pain au Raisin

Almond Croissant

Regular Croissant

Cinnamon Roll

HOT BREAKFAST

EGGS

Plain or Filled Omelette - whole egg, egg white only or Eggbeaters™ (please specify) with your choice of fillings

Breakfast Burrito scrambled whole eggs, egg whites only or Eggbeaters™ (please specify) with, spicy sausage, potato and cheddar cheese wrapped in a wheat tortilla, served with fresh salsa fresca

Eggs Benedict Two tender poached eggs with spinach and ham on a toasted English muffin and rich Hollandaise sauce on the side

Island Speciality! Lobster Benedict Two tender poached eggs with spinach and local spiny lobster (August through April only), on a toasted English muffin with rich Hollandaise sauce on the side

Scrambled Eggs whole egg, egg white only or Eggbeaters™ (please specify) perfectly seasoned, served with white and wheat toast

Homemade Quiche Flakey crust with a tender egg custard filling of your choice: (8 slices per quiche)

Tomato, fresh basil and creamy mozzarella

Spinach, onion, feta cheese and dill

Mushroom, onion, ham and Gruyere cheese

BREAKFAST GRAINS AND BREADS

Oatmeal Creamy porridge of rolled oats, served with maple syrup, brown sugar and cream, with optional raisins and banana, or berries and cream

Belgian Waffles 2 crispy tender thick waffles served with maple syrup, fresh whipped cream and fresh berries

French Toast Thick sliced bread with cinnamon and nutmeg, served with maple syrup, sweet butter and powdered sugar

Buttermilk Pancakes 2 Buttermilk Pancakes - served with maple syrup & sweet butter

Blueberry Pancakes 2 Buttermilk Pancakes with blueberries, served with maple syrup & sweet butter

Whole Grain Banana Walnut Pancakes Tender, hearty whole grain pancakes with bananas and walnuts

Traditional Island Breakfast **Island Speciality!** Traditional Island-style Corned Beef and Grits - corned beef hash served with corn grits and butter

BREAKFAST SIDES:

Fresh Fruit Salad

Plain Butter Croissant

Spinach & Feta Croissant

Ham & Chesse Croissant

White Toast

Whole Wheat Toast

Sourdough Toast

Cream Cheese, Butter and Jam

Hash Brown Potatoes

Grits

Bacon

Turkey Bacon

Grilled Ham Steak

Pork Breakfast Sausage

TRAYS

FRUIT, CHEESE, IMPORTED MEATS, CRUDITES

Sliced Fresh Fruit Dip *with optional yogurt dip – please specify if yogurt dip and/or fresh berries should be included*

Cheese and Crackers *a selection of cheeses, with assorted crackers and fig preserves*

Fruit, Cheese and Crackers *an elegant selection of complementary fruits and cheeses, with crackers and fig preserves*

Fresh Fresh Vegetable Crudites *with your choice of dipping sauces: Tzatziki, Ranch and Hummus*

Mezze *a selection of tasty Middle Eastern tapas, including hummus, stuffed grape leaves, chicken or lamb skewers, assorted olives, spinach/feta parcels*

Antipasto *Italian salumeria, mozzarella balls, marinated vegetables and assorted breads*

Pate and Cheese *Patés, terrines, cheese and crackers with fig preserves, cornichons, mustard*

MINI SKEWERS

Caprese *Bocconcini, grape tomatoes, basil and kalamata olives*

Prosciutto and Melon Balls

Beef Satay *with Indonesian peanut sauce*

Chicken Teriyaki

Filet Mignon *with horseradish aioli*

Spicy Salami and Cheese

Bacon –Wrapped Medjool Dates stuffed with Gorgonzola

FINGER FOODS

Wings *with choice of dips: specify Teriyaki, Chili Garlic, BBQ, Buffalo or Ranch*

Herbed Baby Lamb Chops

Assorted Savory Mini Quiches

Mini Empanadas with Creole Conch or Savory Ground Beef Filling

Mini Crab Cakes

Vietnamese Fresh Spring Rolls served with peanut and hot sauce

Assorted Tea Sandwiches

Mini Scones with Assorted Jams and Cream

Shrimp Cocktail

Sushi and Sashimi *your choice, or visit <http://yoshishushi.net/menu> for more ideas*

SANDWICHES & FINGER SANDWICHES

Island Specialty! Lobster Salad *Locally caught spiny lobster salad (August through April) on white, whole wheat, sub or wrap; please specify bread choice.*

Island Specialty! Local Grouper or Snapper *grilled, fried or Blackened*

Tuna Salad *on white, whole wheat, sub roll or wrap; please specify bread*

Seafood Salad *on white, whole wheat, sub roll or wrap; please specify bread*

Chicken Salad *on white, whole wheat, sub roll or wrap; please specify bread*

Old Fashioned Egg Salad *on white, whole wheat, sub roll or wrap; please specify bread*

Smoked Salmon *with Cream Cheese, Sliced Onion, Cucumber and Tomato on bagel, rye or pumpernickel; please specify*

Chicken Club *Layers of Chicken, Bacon and Avocado with slightly spicy mayo dressing*

Smoked Turkey *on white, whole wheat, sub roll or wrap; please specify bread*

Italian Meats and Provolone Cheese *on white, whole wheat or sub roll; please specify bread*

Cold Roast Beef *with cheddar cheese and horseradish mustard on white, whole wheat or sub; please specify bread*

American Hamburger *The juicy burger of your dreams comes exactly as you describe it, please specify side of fries or salad*

Philly Cheesesteak *Thinly sliced steak, sautéed with onions, mushrooms, peppers on a sub roll, topped with melted cheese*

Chicken Cheesesteak *Thinly sliced chicken breast, sautéed with onions, mushrooms and colorful bell peppers, topped with melted cheese.*

NY Deli Reuben *Hot corned beef, coleslaw and Russian dressing on rye*

SOUPS

- Island Speciality! Conch Chowder** *Local conch simmered until tender in a tasty red broth with vegetables*
- French Onion with Cheese Croutons** *Savory beef broth with caramelized onions and cheese croutons on the side*
- Chicken Noodle Soup** *Chicken and vegetables in a flavorful broth, egg noodles served on the side for you to add*
- Island Speciality! Island Chicken Soup** *A hearty traditional style chicken soup with chicken, flour dumplings and yams*
- Vegetable Minestrone** *Tender beans and vegetables in a zesty herbed tomato broth*
- Hangover Soup** – *from our Wellness Menu* – *a Spanish-style restorative, garlicky cilantro flavored chicken broth brimming with vegetables and seafood, with fine egg noodles on the side to add.*
- Good Luck Soup** – *from our Wellness Menu* – *a soothing tonic of delicate chicken broth flavored with rice wine, ginger and scallions, to sip or serve with a scoop of white rice.*

SALADS

- Arugula, Asparagus and Parmesan** *Spicy Arugula with roasted asparagus, baby tomatoes, shaved Parmesan and aged balsamic dressing on the side*
- Caesar or Chicken Caesar Salad** *with romaine, fresh croutons & grated cheese. Please specify if you wish to add grilled chicken.*
- Mesclun Salad** *Mesclun Spring Mix with grilled garden vegetables*
- Garden Salad** *Mixed Greens with tomatoes, cucumbers, carrots, radishes and olives*
- Greek Salad** *with olives, Feta cheese, peppers, onions, tomatoes, grape leaves*
- Caprese Salad** *Fresh tomatoes, mozzarella and basil with balsamic vinaigrette*
- Nicoise Salad** *Tuna, baby potatoes and fresh vegetables with the classic French dressing*
- Tabbouli** *Mediterranean salad with bulgur, finely chopped parsley and mint, tomato and spring onion, seasoned with lemon juice and olive oil*

PASTA

- Lasagne Bolognese** *Bolognese ragu layered with pasta and Italian cheeses*
- Rigatoni Bolognese** *Simple and comforting*
- Baked Shells** *Large pasta shells stuffed with ricotta and mozzarella and baked*
- Island Speciality! Lobster Pasta** *Local lobster in a light Alfredo sauce over fettucine*
- Island Speciality! Conch and Shrimp Pasta** *in creamy pink vodka sauce*
- Spaghetti with Meatballs** *Our giant homemade meatballs will remind you of home. If your home was Italian.*
- Penne Pomodoro** *Penne in a light tomato and fresh basil sauce*
- Plain Pasta** *Penne, angel hair, spaghetti or linguine, with butter and Parmesan on the side*

Any pasta can be prepared with whole wheat pasta upon your request.

CHICKEN, TURKEY & DUCK

- Lemon-Herb Roasted Chicken** *Half or whole chicken rubbed with lemon and herbs, slow roasted to perfection*
- Chicken Breast Florentine** *Roulade of chicken breast with a savory spinach filling and creamy mushroom gravy on the side*
- Barbecue** *Tangy Island-style barbecued chicken, please specify white or dark meat preference*
- Island Speciality! Jerk Chicken** *Smoky slow-grilled chicken rubbed with a spicy herb and hot pepper paste*
- Classic Roast Turkey Breast** *with gravy and traditional sides*
- Roasted Duck Breast** *in Red Wine Reduction with sautéed red cabbage*

BEEF, PORK & LAMB

- Grilled Filet Mignon** *with herb butter on the side; please specify cooking instructions: rare, medium rare, medium or well done*
- Roast Filet of Beef** *whole beef filet rolled in herbs, roasted to your preference: rare, medium rare, medium or well done*
- New York Strip Steak** *Sometimes called Shell or Kansas City cut, please specify rare, medium rare, medium or well done*
- Caribbean Shepherd's Pie** *Individual Shepherd's Pie with an island twist - a sweet and savory filling of ground beef, onions, bell peppers, garlic, tomatoes, green olives and raisins, topped with mashed plantains or sweet potatoes, depending on availability*
- Roasted Pork Tenderloin** *seasoned with herbs, sea salt and black pepper*
- Grilled Baby Lamb Chops** *seasoned with rosemary and garlic, or lemon, garlic and mint*

FISH & SEAFOOD

- Fresh Local Snapper or Grouper** *expertly pan roasted or grilled, with Lemon Butter sauce on side, or Blackened (spicy)*
- Salmon filet** *specify poached or grilled, with dill sauce on side*
- Local lobster tail, grilled
- Island Specialty! Grilled Local Lobster Tail** *with side of lemon butter*
- Cold Seafood Platter** *a variety of local and imported seafood, including our special conch salad and spiny lobster (in season) with lemon butter and cocktail sauce*

VEGETABLES & SIDES

GRILLED OR ROASTED

- Grilled Mixed Vegetables** *a generous assortment of fresh vegetables, including green and yellow squash, eggplant, tomatoes and colorful bell peppers*
- Asparagus** *roasted with sea salt and olive oil*
- Carrots** *roasted with honey and a hint of coriander*

STEAMED

- String Beans
- Broccoli Spears
- Carrots
- Mixed Vegetables

SAUTEÉD

- Spinach** *Lightly sauteed with garlic and nutmeg, or your choice.*
- Sauteed Snow Peas and Cherry Tomatoes** *a tasty, cheerful side that brightens up any plate*

RICE & POTATOES

- Steamed White Rice
- Steamed Brown Rice
- Island Specialty! Peas 'n Rice** *an island staple of rice and beans flavored with onions, thyme and salt pork*
- Baked Potato** *with sour cream or Greek yogurt and chives, please specify preferences*
- Baked Sweet Potato** *with sour cream or Greek yogurt and chives, please specify preferences*
- French Fries or Pommes Frites** *crispy on the outside, creamy inside*
- Sweet Potato Fries** *a delicious alternative*
- Scalloped Potatoes** *what could be better than potatoes and cream, infused with thyme and garlic?*
- Garlic Mashed Potatoes** *white potatoes, mashed with garlic-infused cream and butter*
- Herb Roasted Baby Potatoes** *roasted with olive oil, garlic, rosemary and sea salt*
- Roasted Sweet Potatoes Wedges** *with a savory combination of olive oil, thyme and sea salt*

SAUCES

Lemon Butter	Balsamic Reduction
Hollandaise	Bearnaise
Ranch	Mediterranean Tzatziki
Red Wine Reduction	Remoulade
Mushroom	Mango Salsa

CHILDREN'S FAVORITES

- Chicken Fingers** *breaded chicken breast strips*
- Fish Fingers** *fresh local fish, breaded and fried until crispy*
- Hotdog** *with anything, please specify*
- Junior Hamburger** *with anything, please specify*
- Plain Buttered Pasta** *wheels, shells, bowties, penne, elbows or spaghetti, please specify preference*
- Macaroni and Cheese** *definitely not from a box! (unless you insist)*
- Small Pizza** *please specify toppings*
- Mini Sandwich Favorites**, *on white bread, crusts removed and cut in quarters, of course!*
 - Peanut Butter and Jelly Squares**
 - Jam and Cream Cheese Squares**
 - Jam and Butter Squares**

PASTRIES & DESSERTS

Please note there is no dry ice on the island. Ice cream is not recommended.

- Cannolis** *with sweetened ricotta, drizzled with chocolate*
- Mini Cream Puffs** *with chocolate or vanilla pastry filling, please specify in Notes*
- Black Forest Cake** *rich chocolate cake with cherries and whipped cream*
- Fudge Brownies** *deep, dark chocolate bliss*
- Lemon Bars** *Tart and creamy, completely irresistible*
- Cookies** *Oatmeal Raisin and Chocolate Chip*
- Assorted Petits Fours** *Like jewelry on a plate*
- Assorted Mini Pastries** *Lemon, key lime meringue and fresh berries*
- New York Style Cheesecake** *Rich and decadent, topped with cherries*
- Carrot Cake** *Sweet and spicy with Cream Cheese Frosting*
- Angel Food Cake** *(whole cake only) Served with berry sauce. Please specify chocolate or vanilla in Preparation Notes*
- Creamy Rice Pudding** *Vanilla rice pudding, please specify with or without raisins*
- Poached Pears with Raspberry Coulis** *The perfect light finish*
- Tiramisu** *Ladyfingers, chocolate and wine custard*
- Key Lime Pie** *The Caribbean classic, key lime curd topped with whipped cream*

PANTRY ITEMS

Hard boiled eggs, peeled, specify quantity

Bread, Per Slice, specify quantify

- Rye Bread
- White Bread
- Whole Wheat Bread
- French Rolls

Fresh Greens, washed, bagged (specify quantity)

- Romaine
- Iceberg
- Curly Leaf
- Mesclun Mix
- Arugula

Artisan Breads, per loaf

- French Baguette
- Focaccia
- Sourdough
- Whole Grain

Sliced Deli Meats & Cheese, per ¼, ½ or pound

- Turkey
- Smoked Turkey
- Black Forest Ham
- Baked Ham
- Roast Beef
- Genoa Salami
- Cheddar Cheese
- Swiss Cheese
- Mozzarella
- Provolone

Deli Salads, per 1/4 , ½ or pound

- Potato Salad
- Macaroni Salad
- Coleslaw

JUICES

- Fresh Orange
- Fresh Carrot
- Fresh Grapefruit
- Pom Wonderful
- Pomegranate
- Pineapple

*REMEMBER – WE CAN CREATE ANYTHING FOR YOU UPON REQUEST
FLOWER ARRANGEMENTS, WEDDING AND BIRTHDAY CAKES AND INTERNATIONAL NEWSPAPERS ARE ALSO
AVAILABLE.*