



LA BONNE VIE 

In-flight Dining

Spring/Summer Menu



CURRENTLY SERVICING

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LA BONNE VIE

La Bonne Vie has been crafting culinary experiences since 2015. We are known for our *100%* personalized prepared meal delivery, small-batch catering, intimate dinner party gatherings & are excited to now offer private in-flight dining.

Traveling is hectic enough without worrying about a disappointing meal experience. Our Chef's attention to detail and quality will help ensure you can keep *capturing the good life.*

xoxo, Chef Ruthie



Sharing Boards

The "Everything" Board

assorted cheeses, meats & seasonal bites

Smoked Salmon Platter

preserved lemon goat cheese dip, assorted crackers, pickled red onion, cucumber wheels

Fresh Crudite + Dip Trio

spring veggies, roasted garlic hummus, creamy pesto, + Harissa romesco sauces

Pimento Cheese

roasted pimento peppers, whipped sharp white cheddar, fresh chives and spices. served with a cracker medley

allergies

substitutions can be made for any of our offerings to include gluten free, dairy free, soy free, vegan, vegetarian, etc... Please denote requests and we will make those adjustments for your service.



Breakfast

Chia + Hemp Yogurt Parfait

Greek vanilla yogurt, house-made granola, berry compote

Steel-Cut Oatmeal

- cherry compote, sliced almonds, shaved coconut
- cacao nibs, banana, coconut cream, nut butter, chia seeds

Chicken Fennel Hash

savory chicken sausage, roasted apples, sweet potatoes &
local eggs

Biscuits & Gravy

flaky buttermilk biscuits, pork sausage gravy

Honey-Lime Fruit Cups

seasonal fruit tossed in a honey lime poppyseed dressing

Breakfast

Lox + Bagel

house made salmon lox, everything bagel, cream cheese schmear, capers, pickled red onion

Quiche + Fruit

- broccoli cheddar quiche, seasonal fruit cup
- quiche Lorraine, seasonal fruit cup

Breakfast Sandwich

scrambled eggs, apple smoked bacon, Vermont white cheddar, brioche bun

European Breakfast Box

selection of sliced cheese, cold cuts, seasonal fruit salad, greek yogurt, pastries, butter, preserves

Avocado Tartines (vegan + gluten free)

gluten-free seven-grain toast, edible micr-flower salad



Fresh Juices & Smoothies

The Glow

organic kale, apple, beets, cucumber, lemon, & fresh
ginger

The Defender

fresh turmeric, pineapple, orange juice & lemon

The Late Night

coconut water, aloe vera, orange juice, collagen peptides

Antioxidant Smoothie

pomegranate, goji berry, grass-fed protein whey, medjool
dates

Blueberry Vanilla Smoothie

organic blueberries, coconut milk, grass-fed protein
whey, avocado & vanilla

Paradiso Smoothie

pineapple, strawberries, banana, mango, vanilla grass-fed
whey



Seafood Apps

Seared Scallops

fennel pollen, rainbow beet carpaccio, champagne butter

Ahi Tuna Wonton Cups

roasted pineapple + green onion salsa, sweet teriyaki glaze

Crabmeat Stuffed Deviled Eggs

crispy pancetta + creamy dijon sauce



Poultry Apps

"The LBV Classic" Chicken Salad

croissant, pulled chicken, grapes, poppyseeds, creamy
dijon, baby arugula

Fried Buttermilk Sliders

fried chicken bites, chipotle mayo, romaine, Hawaiian
rolls

Hot Chicken + Waffle Skewers

crispy mini waffles, hot honey + miso butter glaze



Veggie Apps

Warm Roasted Rainbow Carrots

orange sumac yogurt sauce + blossom honey

Fried Green Tomato Stacks

pimento cheese, creamy dill + feta sauce

Vegetable Summer Rolls

rice paper, cucumber, basil + mint, ginger tahini dipping sauce

Brunch Toast

whole grain toast, chopped egg, fresh herbs, Graza olive oil, avocado,
butter fleur de sel



Salads

Roasted Veggie Quinoa Salad

red pepper, squash, eggplant, feta cheese, basil, lemon vinaigrette

Kale Caesar

lacinato kale, roasted chickpeas, grana parma, caesar dressing

BLT Chopped Salad

smoked bacon, roasted tomato confit, romaine, buttermilk ranch

Mediterranean Salad

marinated beets, baby arugula, feta, artichoke hearts, zaatar lemon dressing



High Protein Salads

Harvest Crunch Salad

gem lettuce, sous-vide grilled chicken, candied pecans, dried cranberries, herbed goat cheese, strawberry vinaigrette

Steak House Wedge Salad

grilled sous-vide sirloin, organic iceberg, pickled red onion, chopped egg, gorgonzola, bacon lardons, chipotle ranch

Grilled Salmon Caesar

wild-caught salmon, herbed croutons, shaved parmesan, house caesar dressing, lemon wedge

Ahi Tuna Nicoise Salad

ahi tuna, roasted baby potatoes, green beans, cherry tomatoes, red onion, Kalamata olives, hard boiled egg



Sweets

Chamomile Mascarpone Strawberry Tarte

Lemon Raspberry Bars

Mini Banana Cream Pie Jars

Assorted Cookie & Brownie Tray



allergen friendly options available





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anywhere in the world

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