

2014 Menu

MEALS ✈ UP



Corporate and Private Airline Catering

Distinctive • Upscale • Refined

2014 Menu

MEALS-UP
Corporate & Private Aircraft Catering

E-mail: info@meals-up.com

Phone: 267- 225-MEAL (6325)

(ABE)

(TTN)

(ILG)

(PNE)

(PHL)

2014 Menu

A message from the Meals-Up team!

Thank you for considering Meals-Up! We take pride in the quality of our products and services so that you may take comfort in knowing that your every need is addressed. We are a full service catering company that only services private & corporate airlines and their clientele. In addition to our high quality, our commitment and willingness to stand behind our product is what sets us apart from the others.

We value our personal relationships with our clientele and are proud to offer an attention to detail that is unsurpassed in this industry.

If you don't see something you want, ASK! It may be available upon request. If you want it, and we can get it, our experienced chefs and staff are happy to provide.

Meals-Up is proud of our high commitment to personalized service, unique creations, and freshness of ingredients. Some item availability is seasonal - and as such, not all items will be available. Substitutions may occur, but we will do our best to inform you before we do.

We look forward to serving you and making your meals exceptional. From all of us at Meals-Up,

Thank You,

& Bon Appetite

Our Story

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2014 Menu

BREAKFAST FOR 1

Omelette

Your choice of: Plain, Spinach & Mushroom, Cheese, Sweet Sausage & Pepper, Western, Vegetarian, or build your own fillings

Breakfast Burrito

Create your own with the fillings you like - all wrapped up in a grilled flour tortilla

Egg Sandwich

Choose from a croissant, English muffin, buttered & grilled brioche, or a long roll - add to it freshly scrambled eggs, cheese, and meat or any other of our toppings

French Toast

Made with thick cut challah, cinnamon, Madagascar vanilla bean, & cream - and stuffed with Chocolate Chips, Banana, Strawberries, Walnuts, or Sweet Cream



Belgian Waffles

Rich Belgian batter, and a host of delicious toppings... Chocolate Chips, Strawberries, Bananas, Walnuts, or Sweet Cream - with butter & real maple syrup

Quiche

*Tender puff pastry quiche - buttery and delightful
-- Spinach or Cheese --*

Vanilla Yogurt

Creamy low-fat vanilla yogurt; plain, or with cinnamon granola, fresh fruit, or walnuts

Oatmeal

Made with cinnamon and brown sugar & served with a side of milk for mixing

Breakfast - For 1

2014 Menu

BREAKFAST

BREAKFAST BOXES FOR 1

Basso

Breakfast pastry, mini muffin, fresh fruit cup & your choice of cottage cheese or vanilla yogurt

Mezzano

Bagel with Philadelphia Cream Cheese, fresh fruit cup, breakfast pastry

Prima

Any of our breakfast entrees, breakfast meat side, breakfast pastry, mini muffin, fresh fruit cup & your choice of cottage cheese or vanilla yogurt

TRAYS

“Wake-Up” Trays

Mixed Bagel Tray, Muffin Tray, Mixed Bread Tray (banana, coffee cake, carrot, pumpkin, etc.), Danish Tray, Croissant Tray - Or mix & match your favorites!

Bagel & Lox

Mixed New York style bagels, smoked lox, Philadelphia cream cheese, tomato & onion

Mixed Fruit

An assortment of fresh fruit - artfully arranged & served plain, with a side of chocolate mousse, or with a side of non-fat vanilla yogurt

Fruit Parfait

Diced fresh fruit, non-fat vanilla yogurt, & crunchy granola - layered with genois



Breakfast - Boxed / Trays

2014 Menu

LUNCH SANDWICH BOXES FOR 1

Basso

Turkey w. Gruyere, Italian w. Prosciutto, Chicken Breast w/ Spinach, Ahi Tuna Steak w. Spring Greens or a Club Sandwich - a snack bag, side salad & a cookie

Mezzano

Your choice of Continental Sandwich (from above), a snack bag, side salad, cookie

Prima

Side salad, cookie, a snack bag, fruit cup, jumbo shrimp cocktail, & your choice of: Marinated Filet Mignon w/ Horseradish Aioli, Reuben w/ Sauerkraut, Reuben w/ Coleslaw (Rachel), BBQ Chicken Breast or a Shrimp Po' Boy (or any of the Continental Sandwiches)

PLATTERS FOR 1

(SERVED COMPLETE W/ STARCH & VEGGIES)

Salmon Almondine

Norwegian wild-caught - encrusted w/ almonds w/ a light lemon wine sauce

Filet Au Poivre

Tender and succulent, center-cut filet mignon dusted with cracked peppercorn - served medium in a peppercorn demi-glace

Filetto Di Piatto

Our tender center-cut filet perfectly seared & stuffed with blue cheese - served with strawberry habanero sauce

Medi-Veggie

Seasonally grown vegetables sautéed in a garlic white wine sauce w/ ziti

Teriyaki Chicken

Teriyaki glazed chicken breast - broiled to caramelize & enhance flavors

Tuscan Chicken

Plump & juicy grilled chicken breast, enrobed in herbs & served atop a sweet mushroom demi-glace

Tequila Steak

Aged & marinated - thinly sliced tequila & lime steak - served medium

Lunch - Boxed / Platters

2014 Menu

LUNCH TRAYS

Shrimp Cocktail

Fresh white tiger shrimp & homemade cocktail sauce: Colossal or Jumbo shrimp!

Cheese & Cracker

Hand-selected assortment of artisan cheeses, mixed crackers & spreads

Mixed Fruit

An assortment of fresh fruit - artfully arranged & served plain, with a side of chocolate mousse, or with a side of non-fat vanilla yogurt

Basso Sandwich

Assorted Hoagies – ham, turkey, Italian, roast beef, chicken salad & tuna salad

Prima Sandwich

Assorted wraps & ciabatta sandwiches: Ahi tuna, Mediterranean chicken, grilled vegetable, tequila steak, & Cuban filet

Taste of Philly

Our Philly assortment: Cheesesteaks, chicken steaks, and Italian hoagies w/ peppers & onions on the side



SALADS

(SALADS CAN BE MADE WITH GRILLED CHICKEN OR SHRIMP)

Caesar

Crisp romaine lettuce, Pecorino Romano & dotted w/ fried prosciutto di parma

Classic

Mixed spring greens, sliced Roma tomatoes, diced red onion, and fresh cucumber - w/ homemade orange-honey vinaigrette

Milan

Famously chopped salad: romaine lettuce, tiger shrimp, roasted red peppers, apple wood-smoked bacon & hard-boiled egg - with a thousand island/creamy

Caprese

Sweet Roma tomatoes, freshly sliced basil chiffonade, & buffalo mozzarella - lightly tossed w/ extra virgin olive oil

Chef's

Sliced turkey, roast beef, ham, provolone, onions, tomatoes, cucumbers, & carrot

Chicken & Tortellini

Grilled chicken breast, tender cheese-filled tortellini, spring greens, sliced caperberries & candied walnuts

Lunch Trays & Salads

2014 Menu

HORS D'OEUVRES & APPETIZERS

Crudités

Seasonal vegetables - decoratively arranged with ranch dip & cucumber-wasabi

Antipasto

Assorted Italian meats, cheese, fire-roasted red peppers, artichokes, and more!

Sushi

An assortment of fresh sushi and sashimi w/ wasabi and pickled ginger

Buffalo Shrimp

Cilantro & horseradish tempura-battered colossal tiger shrimp served with a side of our famous strawberry habanero dipping sauce



Shrimp Cocktail

Fresh white tiger shrimp & homemade cocktail sauce: Colossal or Jumbo shrimp!

Diver Scallops

Jumbo diver scallops perfectly seared - placed atop toast rounds and smothered in Cajun cream sauce



Far East Tray

Salmon skewers, steamed edamame w/ Mediterranean sea salt, and vegetable spring rolls - served w/ a teriyaki glaze

King's Crown

Seared lamb chops - marinated in lime & tequila & braised to medium - served alongside mint jelly

2014 Menu

HORS D'OEUVRES & APPETIZERS (CONT.)

Seafood Delight

A seafood trio of jumbo butterfly buffalo shrimp, crab cakes & rosemary skewered diver scallops with dipping

Bruschetta

Diced Roma tomatoes, red onions, cilantro & garlic - on sesame toast points



Seasonal Mixed Fruit

An assortment of fresh fruit - artfully arranged & served plain, with a side of chocolate mousse, or with a side of non-fat vanilla yogurt

Salmon Mousse

Delicately poached salmon mousse - with buttered rye croustade

Mezzano Canapé

A daily selection of assorted canapés like: seared Ahi tuna on English cucumber w/ a cucumber & wasabi aioli, lemon butter shrimp, & assorted vol-au-vent

Prima Canapé

A tray of canapés similar to above, with the addition of sushi & filet tips on butter grilled rye

CASUAL APPETIZERS

Chicken Tenders

Chicken breast tenders, lightly breaded & served with your choice of BBQ sauce, honey mustard, ketchup, or blue cheese

Buffalo Wings

Jumbo chicken wings - tossed in hot or mild sauce & served with celery & blue cheese

Hors D'Oeuvres & Appetizers

2014 Menu

ENTREES (ITALIANO)

Marsala

Chicken breast or pounded veal medallions w/ sautéed wild mushrooms in a mushroom demi-glaze

Florence

Sautéed spinach, tomatoes, and onions in a lemon butter cream sauce - Your choice of chicken breast or tender veal medallions

Tuscano

Herb-encrusted salmon, chicken, or veal w/ a white wine & butter sauce

Venezia

Chicken or veal w/ roasted red peppers & artichokes

Picatta

*Fire-roasted artichokes & sautéed caperberries in a light wine & lemon butter sauce:
Veal or chicken*

Saltimbocca

Delicately layered chicken or veal medallions w/ fresh sage & prosciutto

AMERICANO

Chicken Rose-Marie

Chicken breast layered w/ apple wood smoked bacon & mozzarella cheese - topped w/ our homemade BBQ-Honey Mustard sauce

Filet Mignon

Center-Cut Prime filet mignon prepared one of three ways:

Topped w/ blue cheese and our famous strawberry habanero sauce

Stuffed w/ sautéed garlic spinach in a bacon demi-glaze

Pan-seared & served w/ a rich red wine demi

Duroc Pork Loin Terrine

Tender & juicy Duroc pork loin medallions stacked between layers of roasted red peppers, sautéed garlic spinach, and buffalo mozzarella

Entrees

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SEAFOOD

Tilapia Florentine

Tender & flaky tilapia filet topped w/ shrimp in our signature lemon-Alfredo

Salmon Almondine

Salmon encrusted w/ almonds & baked

Shrimp Scampi

Sautéed tiger shrimp w/ lemon, butter, garlic, white wine, and a touch of red pepper flake

Copioso

Sautéed diver scallops, colossal tiger shrimp & calamari in a spicy fra diavolo sauce

Shrimp Parmigiana

A medley of colossal and white tiger shrimp smothered in homemade marinara and topped w/ mozzarella cheese

Shrimp Scampi

Sautéed tiger shrimp w/ lemon, butter, garlic, white wine, and a touch of red pepper flake

Diver Scallop Crustade

Jumbo diver scallops perfectly seared - placed atop toast rounds and smothered in Cajun cream sauce

SPECIALTIES

Mushroom Ravioli

Homemade tender pasta made with a chicken mousseline & sautéed wild mushrooms in a shitake cream sauce

Pork Osso Buco

Generously sized & fall off the bone slow roasted pork shank in a light red sauce - served w/ homemade candied apples

Margherita Lime - Lamb Chops

Grilled Australian lamb chops - rubbed with tequila and lime w/ a rich lamb demi-glaze

Entrees

2014 Menu

KIDS' CHOICES

Kid's Pasta w/ Sauce

Kid's size version of our al dente pasta w/ choice of sauce - add meatballs, chicken or shrimp

Kid's Tuscano

Herb-encrusted chicken breast or salmon filet - sliced and served over Tuscan pasta (with tomatoes, onions & roasted red peppers)

Kid's Mac

Tender pasta in our homemade cheese sauce

Kid's Chef Salad

Fresh mixed greens, and diced cold cuts: sliced turkey, roast beef, ham, provolone, onions, tomatoes, cucumbers, & carrot

Kid's Scampi

Sautéed shrimp or chicken, w. white wine, butter, garlic, and lemon - Served over pasta

BEVERAGES

Hand-Select Teas

Cold or hot, hand selected premium loose-leaf teas from MajaTei - several different flavors and types.

Cold Drinks

Pepsi & Coke products, Freshly brewed iced tea, Pellegrino, Fresh daily selection of juices, Milk, & Chocolate Milk

Hot Drinks

Coffee, Teas (from above) & Hot Chocolate

Specialty Drinks

Special requests available... Just ask!

2014 Menu

DESSERTS FOR 1



Molten Lava Cake

Tender chocolate cake filled with warm chocolate ganache & drizzled with more chocolate!

Peanut Butter Mousse Cake

Peanut butter mousse & layers of chocolate cake, topped with chocolate brownies, and peanut butter morsels

Homemade Chocolate Chip Cannoli

Made with ricotta, mascarpone, chocolate chips & Ferrara cannoli shells

Cookies, Brownies & Biscotti

Chocolate chip, oatmeal raisin & peanut butter cookies - almond or chocolate dipped fresh biscotti

Cakes & Pies

Ask for our daily selection of cakes & pies like: Oreo Cookie Cake, Carrot, Apple, Tiramisu, Chocolate, Cheese Cake, Red Velvet, Pecan Squares & more!

Stuffed Cookie

Thick chocolate chip cookie, stuffed w/ creamy chocolate



Desserts for Many

Dessert & cookie trays for any size group are available upon request

Desserts

2014 Menu

Meals-Up is committed to your happiness, and as such, we will make anything you want if you provide us enough time to do it.



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Contact Us

2014 Menu

Helpful Reminders:

Do I need beverages?

Do I need food for the staff?

Are there special allergies or health concerns to consider?

Are there any packaging requirements for this plane / order?

Are any items to be delivered hot or frozen?

If reheated, is the food to be oven-heated or microwaved?

Are there specific time constraints with this order?

Do I need ice / ice packs?

Do I need specialty items, like coloring books or toys for kids?

Reminders

**Our menus are
frequently updated and
changed; please call or
visit our website for our
current offerings**



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