



MEALS → UP

PRIVATE AIRCRAFT CATERING

267 . 225 . MEAL (6325)

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Upscale • Distinctive • Refined



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A message from the Meals-Up

Thank you for considering Meals-Up! We take pride in the quality of our products & 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 aircraft & their clientele. We value our relationships & are proud to offer an attention to detail that is unsurpassed in the industry. If there is something you want - just ask. Our rule: If you want it... & we can get it, our experienced chefs and staff are happy to help. Some item availability is seasonal - & as such, rare substitutions may occur; but we will do our best to inform you before we do. We look forward to serving you. From all of us at Meals-Up,

~ Thank You & Bon Appetit

A Note to Flight Attendants, Flight Techs, & Schedulers

At Meals-Up, we are aware of many of the challenges faced by the food handlers & we are sensitive to what may arise. Whether that be the tight spaces, last minute changes, or unexpected troubles that go hand-in-hand with short flights, fast turn-arounds, or discerning & demanding passengers. This menu is built with you in mind; & includes notes meant to offer guidance which we've collected from our own experiences and the valuable feedback from our customers.

Look for  &  to see our notes!

Who We Are

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Breakfast

Omelettes

Three cage-free eggs w. fresh filling options: Plain, Spinach & Mushroom, Cheese, Sweet Sausage & Pepper, Western, Vegetarian, or build your own!

Consider our famous frittatas instead! Easy to handle, re-heat, and a great plate presentation!

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Tomato-Parmigiana Frittata

Sandwiches

Choose from a freshly-baked croissant, English muffin, buttered & grilled brioche, bagel, burrito, or a long roll; then add eggs, cheese, meat & veggies

Try our new Spicy Chicken Biscuit - grilled chicken breast on a homemade biscuit w. pickles & Sriracha

Chef's
Suggestion

Famous Frittata

Baked with your choice of toppings & garnished w. homemade compote & herbs

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Works great in Oven or Microwave. Try our chef's recommendation: Caramelized Onion & Bacon w. Tomato, Plum, & Fennel Compote

Want To Make It A Box?

Say:

- “Make it Complete” ♦ Add homefries, & meat
- “Box it” ♦ Add fruit cocktail, yogurt, & a muffin

Breakfast Meats: Bacon, Turkey Bacon, Italian Sausage Links, Sausage Patties, Chicken Sausage, Turkey Sausage, Ham, Canadian Bacon, & Pork Roll

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Quiche

Tender puff pastry quiche - buttery and delightful - right in the oven tin, and served sliced or unsliced. Pick a classic favorite such as Lorraine: onions, swiss, & bacon - or create your own!

Oatmeal

Made with milk, cinnamon, & brown sugar & served with blueberries

Yogurt (6oz, 8oz, or pc)

Creamy low-fat vanilla Greek yogurt or our homemade fruit flavors; served with granola & fresh fruit on the side.

Parfait (6, 8, or 16oz)

Two layers of low-fat vanilla Greek yogurt or our homemade fruit flavors topped with fresh fruit & served with granola on the side.



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A flight-attendant favorite - no fuss! 6oz plastic disposable, or 8 & 16oz glass masons

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Breakfast

Breakfast Trays & Continentals

(for one or many)

Smoked Salmon

Smoked lox, Philadelphia cream cheese, tomato, onion, cucumber, cornichons, hard-boiled egg, lemon, & capers



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Consider adding bagels for lox: NY Style medley of plain, sesame, poppy, marble, egg, everything, & pumpernickel

Bagels

New York style water bagels (fresh daily from New York's famous Rockland Bakery): plain, sesame, cinnamon raisin, cheddar, whole wheat, whole grain, poppy, pumpernickel, everything, egg, marble, & more - Served with cream cheese, butter, & jam

Homemade Muffins, Breads, Danish, & Pastry

Choose a freshly baked muffin tray, breakfast bread tray (banana, coffee cake, carrot, pumpkin, etc.), or a danish & pastry tray. Mix & match your favorites or get our Wake-Up tray; a combo of all of the above (with your choice to add bagels, too)



Fruit Trays or Bowls

- ◆ An assortment of sliced fresh seasonal fruit artfully arranged on a tray
Or
- ◆ Freshly cut fruit cocktail bowls

Continental Boxes

- ◆ Basso: A muffin with butter & jam, orange juice, fruit cup, yogurt, & granola
- ◆ Mezzano: A bagel with cream cheese, muffin with butter & jam, orange juice, sliced fruit plate, yogurt, & granola
- ◆ Prima: A breakfast sandwich with meat & condiments, muffin with butter & jam, orange juice, sliced fruit plate, yogurt, & granola

Chef's
Suggestion

Don't forget our cheese trays - they make a wonderful breakfast snack to add to your spread!

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Breakfast

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Sandwiches

BYO Sandwiches & Wraps

◆ Build your own sandwiches & choose from the following meats, cheeses, & breads;

turkey	ahi tuna	Swiss	white	
ham	salmon	cheddar	wheat	pumpnickel
chicken salad	grilled chicken	American	multigrain	sundried tomato
egg salad	homemade roast beef	gruyere	rye	assorted wraps
tuna salad	homemade corned beef (ex.	brie	ciabatta	& more!
shrimp & crab salad	plain, apple-ginger, &	provolone		
filet	adobo)			

CHEF'S SEASONAL SANDWICHES

REUBEN

Choose one of our homemade corned beef styles (plain, adobo, or apple-ginger) - topped w. sauerkraut, swiss, & Russian Dressing

MEDITERRANEO

Grilled chicken, sautéed spinach, thinly sliced red onion & tomato, sliced black olives, & sliced feta on a butter toasted ciabatta

PHILLY LOBSTER ROLL

Fresh butter-poached Maine lobster salad, in a grilled Philly roll. Served spicy or mild



Trays

Artfully arranged sandwich & wrap trays with appropriate condiments - Sandwich condiment trays come with tomato, onion, pickles, mayo & mustard. Wrap condiments are pickles, olives, & marinated vegetables.

- ◆ = *Finger-Style*: 1/4-cut and small rolls w. any from above
- ◆ = *Pinwheels*: Tightly wrapped deli-style wraps w. only meats & cheeses
- ◆ = *English Tea*: Crustless and petite w. lighter fare ingredients
- ◆ = *Wraps and/or Sandwiches*: Assorted from above w. lettuce & tomato, & sauces where appropriate

Boxes

Choose a sandwich from above with a fruit cup, savory salad, chips, & dessert
(Crew desserts are typically cookie/brownie - while pax are mini petite-fours, etc...)

Tell us if it's crew or pax; lunch or dinner! Crew packaging is generally more compact and less fancy. If it's dinner, we'll update the sides to something more dinner appropriate: quinoa hash, cold noodle salad, chili-lime succotash, personal cheese plate, crudités, etc.

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* Ask about our current special flavors

salads

Consider adding grilled chicken, shrimp, salmon, filet, beef medallions, ahi tuna, fried prosciutto, or crispy applewood-smoked bacon to any salad!

Chef's
Suggestion

Caesar

Crisp romaine lettuce, shaved Parmigiana Reggiano, homemade creamy Caesar dressing, parmesan tuille, & homemade croutons

Classico

Our seasonal mixed greens blend (arugula, kale, baby spinach, frisée, & radicchio), cherry tomatoes, julienne carrots, & fresh cucumber - served with balsamic vinaigrette or your choice of homemade dressings

Chef's Salad

Romaine, hard boiled egg, red onions, tomatoes, cucumbers, julienne peppers & carrot topped with rolled turkey, roast beef, ham, provolone, & cheddar

Greek Salad

Romaine, red onion, Kalamata olives, peppers, cucumbers, tomatoes, & crumbled feta with a fresh blended balsamic dressing

The Piatto

Mixed greens, dried cranberries, candied nuts, & brie with your choice: tea & honey-poached pears, or grilled peaches

Cobb

Romaine lettuce topped with egg, avocado, tomato, grilled chicken, red onion, bacon, & blue cheese crumbles. Your choice of blue cheese or ranch dressing

Cali

Spinach, hard boiled eggs, avocado, quinoa, radish, apples, tomatoes, fried chickpeas, sunflower seeds, & stilton wedges - served with ranch dressing

Southern Chop

Fresh chickpeas, diced tomatoes & cucumbers, chopped parsley, Kalamata olives, & crumbled feta with a lemon-poppy vinaigrette

Asian

Mixed greens, mandarin oranges, toasted almonds, sesame seeds, chopped tomatoes, lo mein noodles, & julienne peppers & cucumbers - with fat free toasted sesame dressing

Boxed

Choose a salad from above with a fruit cup, roll & butter, savory salad, & dessert
(Crew desserts are typically cookie/brownie - while pax are mini petite-fours, etc...)

Tell us if it's crew or pax! Crew packaging is generally more compact and less fancy.

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Starters & Trays

Crudités

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

Make it a "Prima" to add grilled hearts of palm, pickled daikon, seared artichokes, and more!

Chef's
Suggestion

Antipasti Mediterraneo

Assorted Italian meats & cheeses with classic items like roasted peppers, tomatoes, mozzarella, or olive medley

Antipasti

Assorted Italian meats, with imported & domestic cheeses

Prima Cheese

Hand-selected assortment of imported & domestic artisan cheeses, with mixed crackers, homemade crostini, & spreads

Prefer a more simplistic approach for your pax? Try our standard cheese tray; an assortment of domestic and local cheeses.

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Trio

A Mediterranean trio of stuffed grape leaves, hummus & feta, & a fire-roasted pepper medley

Fruit Trays

An assortment of sliced fresh seasonal fruit artfully arranged on a tray



Sushi

An assortment of fresh sushi & sashimi with wasabi & pickled ginger. Please allow lead time or call to discuss

Shrimp Cocktail

Fresh jumbo white tiger shrimp & homemade cocktail



Want an interesting option instead of shrimp cocktail? Try our Mexican Cocteles - a shooter of mildly-spiced shrimp gazpacho - each with a grilled shrimp garnish

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Tuna Tartare

Tender cubes of Ahi tuna, diced cornichons, egg yolk, capers, & scallion served w/ toasted pita chips



Copioso

A seafood medley of butter-poached & grilled lobster, sweet Thai chili grilled shrimp, mini crab cakes, & rosemary diver scallops - served w. an assortment of remoulades

~CHEF'S CHOICE~

Fire Shrimp

Gently cooked shrimp served over a bed of shredded carrot & Napa slaw, julienne peppers, & sesame seeds - with a sriracha aioli for dipping

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Appetizers

Lunch & Dinner Specialties

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~CHEF'S CHOICE~

Adobo Steak

Chili marinated ribeye with a black bean, corn, & kale salsa - topped with a maple bourbon butter

Margherita Lime Lamb Chops

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

Tuscan Chicken (lite)

Tender chicken breast enrobed in herbs in a light white wine sauce



Salmon Almondine

Baked salmon - encrusted w/ almonds in an almond veloute

~CHEF'S CHOICE~

Honey Skirt

Honey & soy-glazed skirt steak topped with caramelized onions & peppers & glazed with teriyaki



Sea Bass Venezia

Pan seared or grilled Chilean sea bass with sundried tomatoes, grilled artichokes, roasted red peppers, & fresh herbs in a white wine butter sauce

All of our steaks are cooked to medium rare unless otherwise specified

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Chicken Rose-Marie

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

~CHEF'S CHOICE~

Moustarta

Braised center-cut pork filet with a caramelized mustard & candied fruit compote

Looking for a juicy alternative to filet? Try our delicious Duroc pork filet

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Horseradish Encrusted Tuna

Sushi-grade Ahi tuna enrobed in horseradish with a crispy potato crust - served with a sharp mustard crema

Filet Au Poivre

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

~CHEF'S CHOICE~

Short Rib Pasta

Tender pulled beef short rib with braised wild mushroom medley in a light marsala cream sauce - over your choice of pasta

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Entrees

Lunch & Dinner Entrées

Chicken & Veal

Marsala

sautéed wild mushrooms, marsala wine demi-glaze

Venezia

sundried tomatoes, grilled artichokes, roasted red peppers, herbs, wine butter

Piccata
capers, lemon, white wine, butter, & garlic



Florentine
spinach, tomatoes, onions, lemon butter cream sauce

Tuscano

herb-encrusted, light white wine sauce (lighter fare)

Steaks & Chops

Ribeye, Petite Tenderloin, NY Strip, Skirt, Duroc Pork Filet, Flank, Filet Mignon, NZ Lamb Chops, Sirloin

In addition to the below sauces, many of our meats & fish can be prepared in the following manner:

Pan seared, Grilled, Baked, Blackened, Herb-Encrusted, Adobo Rubbed, Parmesan Encrusted, Almondine, Tequila-Lime, Lemon-Pepper, & Poached

~CHEF'S SUGGESTIONS~

Steak Sauces

demi-glaze, red wine demi, peppercorn demi, mustard demi, marsala, gorgonzola cream, hollandaise, béarnaise, teriyaki, mignonette, port balsamic, mushroom cream, & more!



~CHEF'S SUGGESTIONS~

Seafood Sauces

almondine, florentine, à la meunière, lemon cream, tomato nage, lemon butter, chimichurri, white wine & herb, sauce sharon, mango or strawberry & basil salsas, & more!

Seafood

Salmon, Ahi Tuna, Chilean Sea Bass, Tiger Shrimp, Diver Scallops, Tilapia, & Flounder

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Please contact us to find out what other seasonal options our chefs are preparing!



Pastas

Penne, Ziti, Cavatappi, Rotini, Fusilli, Orecchiette, Farfalle, Tortellini, Radiatore, Spaghetti, Linguini, Capellini, Fettuciini, Tagliatelle

Chef's
Suggestion

Pastas can be served with any of our proteins or veggies!

Pasta Sauces:

Marinara, Alfredo, Fra Diavolo, Pomodoro, Pesto, Carbonara, Primavera, Puttanesca

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Entrées

Vegetarian

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Chef's Suggestion

Piatto Lasagna

Try our famous Piatto lasagna - layers of Okinawa potatoes, Yukon golds, caramelized onions, sautéed peppers, tomatoes, squash, & a medley of cheeses!

Grilled Portobello

Balsamic & rosemary marinated portobello mushrooms stuffed with an apricot quinoa stuffing



Polenta Ragu

Grilled polenta with a tender mushroom ragu & topped with garlic pomodoro.



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Please contact us for more vegetarian options! We also have gluten free & vegan too!

Sides

Although too numerous to mention, some of our most popular sides are below:

Starch: Mashed Potatoes, Roasted Potatoes, Potatoes Au Gratin, Wild Rice, Rice Pilaf, Spanish Rice, Quinoa, & More

Veggies (Grilled, Steamed, or Sautéed): Veg Medley, Asparagus, Roasted Tomatoes, Curried Cauliflower, Candied Carrots, Haricot Verts Almondine, Crispy Eggplant, & Sautéed Broccoli

Desserts

Homemade Chocolate Chip Cannoli

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



Cookies, Brownies & Biscotti

Chocolate chip, oatmeal raisin, sugar, red velvet, peanut butter, & other seasonal cookies - almond or chocolate dipped fresh biscotti

Cakes & Pies

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

Vegetables | Desserts | Sides



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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.

Helpful Reminders:

Do I need beverages?

Do I need food for the crew?

Are there special allergies or health concerns to consider?

Are there any packaging requirements for this plane/order?

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

Are there specific time constraints with this order?

Do I need dry ice/ice packs?

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

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

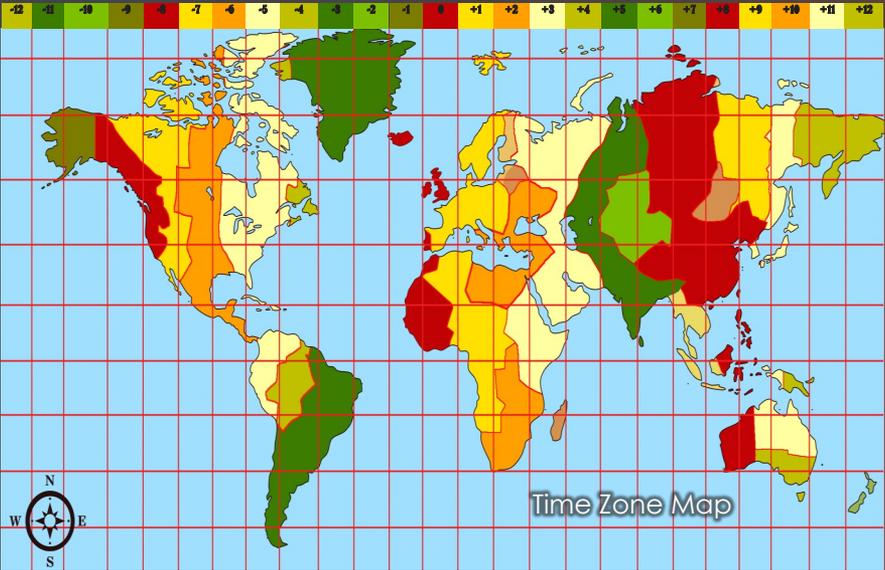
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NOTES: