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C ontinental B reakfast

Pastry Tray

Your choice of danish, choice of muffin and a flakey croissant served with butter and a variety of jams.

Cold Breakfast

Your choice of cold cereal or granola, yogurt, milk and a flakey croissant served with butter and a variety of jams.

Bagel Tray

Choose from a variety of bagels served with butter, cream cheese* and a variety of jams.

Breakfast bread Tray

Your choice of danish, choice of muffin and a bagel served with butter.

Smoked Salmon and Bagel Tray

Thin sliced smoked salmon and fresh bagel accompanied by diced onions, tomatoes, capers and cream cheese*.

Fresh Fruit Tray

A seasonal selection of fruits including, but not limited to, honeydew, cantaloupe, pineapple, grapes, blueberries and strawberries. (Sweet yogurt fruit dip available upon request.)

Assorted Cold Cereals

Individual or large boxes of cold cereal or granola served with milk.

Fresh Fruit Basket

An arrangement of seasonal whole fruit.

*A variety of herbed, flavored or low-fat cream cheeses are available upon request

Hot Breakfast

Hot Breakfast Sandwich

Fluffy scrambled eggs* with your choice of ham, bacon or sausage topped with American, cheddar, pepperjack or swiss cheese on white or wheat toast or croissant served with your choice of seasoned home style potatoes, fresh fruit salad or cottage cheese.

Executive Breakfast

Three eggs*, cooked to your preference, served with your choice of bacon or sausage patties, home style potatoes, fresh fruit and your choice of white or wheat toast or a flakey croissant.

French Toast or Pancake Breakfast

Your choice of fluffy French toast or a short stack of golden pancakes served with maple syrup. Butter and a variety of other flavored syrups or sauces available upon request.

Power Wrap

Scrambled egg whites, feta cheese, diced onions and tomatoes all wrapped up in a warm flour tortilla served with salsa on the side and a cup of fresh fruit.

Steak and Eggs*

Grilled New York Style sirloin steak with three scrambled eggs* served with home style potatoes, your choice of wheat, white, rye or texas toast or a flakey croissant.

Quaker Breakfast

Hot creamy cinnamon oatmeal served with diced apples and raisins and a fresh fruit cup.

3-Egg Omelet*

Served with home style potatoes, your choice of wheat, white, rye or texas toast or a flakey croissant. Choose from the following.

GREEN PEPPERS	MUSHROOMS	AMERICAN	BLEU CHEESE	GRILLED CHICKEN
TOMATOES	JALAPENOS	CHEDDAR	CREAM CHEESE	SAUSAGE
SPINACH	PEPPERJACK	FETA	TURKEY	BACON
ONIONS	SWISS	PROVEL	HAM	

Additional Sides

Home Fries, fruit salad, cottage cheese, yogurt, granola, whole fruit

*Egg whites or egg beaters® available upon request

Box Lunches

Traditional Box Lunch.	Sandwich and choice of one side item
Corporate Box Lunch.	Sandwich and choice of two side items
Professional Box Lunch.	Sandwich, choice of two side items, choice of cookie or brownie
Executive Box Lunch.	Sandwich, choice of two side items, cookie and brownie

All box lunches served with your choice of side item. All sauces and condiments packaged individually and served on the side unless otherwise specified. All condiments, utensils and napkins are included.

Classic Box Lunch

Served on your choice of white, wheat, marble rye, texas toast, toasted kaiser or hoagie roll, or a flakey croissant with lettuce, pickle, tomato and onion served on the side. Build your sandwich from the following ingredients.

TURKEY	AMERICAN CHEESE	GREEN PEPPERS	KANSAS CITY BBQ
HAM	CHEDDAR CHEESE	MUSHROOMS	GOLDEN BBQ SAUCE
ROAST BEEF	PEPPERJACK CHEESE	GREEN OLIVES	CHUNKY SALSA
CORNED BEEF	SWISS CHEESE	JALAPENOS	CRUSHED HORSERADISH
GRILLED CHICKEN	FETA CHEESE	SAUERKRAUT	GUACAMOLE SPREAD
TUNA SALAD	SHREDDED PROVOL	RANCH OR LIGHT RANCH	HONEY MUSTARD
CHICKEN SALAD	GRATED PARMESAN	1000 ISLAND DRESSING	HORSERADISH SAUCE
EGG SALAD	BLEU CHEESE CRUMBLES	BALSAMIC VINAIGRETTE	CREAM CHEESE
BACON	BLEU CHEESE DRESSING		

Side Items

Fresh Fruit Salad	Side Salad	Apple and Pear Slices
Homestyle Chips	Cottage Cheese	Mustard Potato Salad
Cole Slaw	Steamed Broccoli	Pasta Salad
Whole Fruit	Brown Rice	

Twice Baked Potato Salad

Roasted diced potatoes tossed in creamy salad dressing with a blend of shredded cheese, bacon bits, chives with a hint of sour cream.

Roasted Mixed Vegetables

Roasted seasonal vegetables marinated in a chilled homemade vinaigrette dressing. Including, but not limited to broccoli, asparagus, red and yellow peppers, sliced portabella mushrooms and green olives.

Box Lunches (continued)

Turkey Club Wrap

Thinly sliced turkey wrapped with a three-cheese blend, crisp bacon, romaine lettuce, and ranch dressing.

Chicken Caesar Wrap

Grilled chicken with romaine lettuce, parmesan cheese and Caesar dressing.

Grilled Chicken Sandwich

Grilled or Cajun seasoned chicken breast on a toasted Kaiser roll.

Ribeye Sandwich

An 8oz. Ribeye, seasoned and grilled to your preference on a toasted hoagie roll.

Philly Dip

Thin roast beef topped with grilled onions, green peppers and swiss cheese served with a side of au jus.

Herb Marinated Pork Tenderloin

A generous pork loin filet grilled to perfection and served on a toasted Kaiser roll.

Traditional Gyro

Grilled gyro meat, diced tomatoes and onions, feta cheese and traditional greek tzatziki sauce surrounded in grilled fluffy pita bread.

Burger

Our half-pound, hand-crafted burger, seasoned and grilled to your preference, served on a Kaiser roll

Buffalo Chicken Sandwich

Breaded fried chicken breast dipped in our house-made hot sauce served on a Kaiser roll with your choice of ranch or bleu cheese dressing.

Battered Cod

A whole filet of battered Cod fried and served on a toasted hoagie roll. Tartar sauce is available upon request.

Veggie Wrap

Thick sliced tomatoes, lettuce, pickle, onion, green peppers and mushrooms with sundried tomato mayonnaise. Add diced marinated artichoke hearts or our shredded three cheese blend at no extra charge.

Cajun Shrimp Poor Boy

Grilled Cajun seasoned shrimp topped with diced grilled onions, green peppers and mushrooms served on a toasted hoagie roll with a cajun remoulade sauce.

Slow Smoked Pulled Pork or Pulled Chicken

Tender pulled pork or pulled chicken on a toasted Kaiser roll served with your choice of BBQ sauce.

Salads

All dressings served on the side unless otherwise specified. Choices include: ranch, light ranch, italian, fat free italian, honey mustard, French, thousand island, bleu cheese, balsamic vinaigrette, vidalia vinaigrette, balsamic vinaigrette or caesar.

Dinner Salad

Crisp iceberg lettuce, carrots, cabbage, tomatoes, shredded three-cheese blend and croutons. Available in small or large.

Caesar Salad

Crisp chopped romaine lettuce tossed in traditional caesar dressing with grated parmesan cheese and seasoned croutons. Available in small or large. Served with your choice of grilled chicken or steak.

Cobb Salad

Grilled chicken breast, romaine lettuce, tomatoes, bacon, mushrooms, shredded three-cheese blend and hard-boiled egg topped with crumbled bleu cheese.

Chef Salad

Crisp iceberg lettuce, carrots, cabbage, tomatoes, shredded three-cheese blend and croutons topped with tender slices of turkey and ham.

Buffalo Chicken Salad

Herb breaded fried chicken strips tossed in our house-made buffalo sauce top a salad of iceberg lettuce, carrots, cabbage, tomatoes, shredded three-cheese blend, mushrooms, fresh bacon bits and croutons.

Spinach Salad

Leafy baby spinach topped with fresh bacon bits, diced tomatoes, mushrooms and onions. Served with Vidalia vinaigrette dressing on the side and accompanied by your choice of grilled chicken or steak.

Soups & Chili

We carry a wide variety of soups to satisfy a variety of tastes. Soups are available in cups or bowls and are accompanied by oyster crackers. Made fresh daily, and too numerous to mention, we will create you any classic soup you wish.

***A* ppetizers**

Fruit Platter

Seasonal fresh sliced fruit including, but not limited to: strawberries, blueberries, cantaloupe, honeydew and pineapple.

Cheese Platter

A Chef's selection of cheeses, including, but not limited to: cheddar, swiss and pepperjack, gouda, soft boursin cheese and a variety of crackers. Pita chips available upon request.

Veggie Platter

Including, but not limited to: sliced carrots, celery, broccoli, cauliflower, green peppers and cherry tomatoes served with homemade ranch vegetable dip.

Spinach Dip

Home-made creamy artichoke spinach dip served with rye toasts and an assortment of crackers. Pita chips available upon request.

Assorted Gourmet Dips

Choose from three of the following: spinach and artichoke dip, crab dip, cucumber dill dip, guacamole or salsa served with tortilla chips, rye toast points, assorted crackers, carrots, celery and green pepper sticks.

Bruschetta

Lightly toasted baguette slices topped with a mixture of diced tomatoes, onions and a dash of grated parmesan cheese in homemade herb-infused vinaigrette.

Smoked Shrimp

Your choice of blackened or lemon pepper seasoned jumbo grilled shrimp served with a side of Cajun remoulade on the side.

Shrimp Cocktail

Ready to eat chilled shrimp served with homemade cocktail sauce. Crab leg bites available upon request.

Seafood Platter

Ready to eat shrimp and crab legs, cocktail sauce, crab dip and shrimp dip, served with an assortment of crackers, and smoked salmon slices with rye toast points, capers, sliced onions and dill cream cheese.

Consumer Advisory: Consuming uncooked or raw fish, seafood, or shellfish may increase your risk of food-borne illness, especially if you are pregnant or have certain medical conditions.

Entrees

Mixed Grill

Smoked tenderloin, grilled shrimp and herb marinated grilled chicken breast Accompanied by bacon wrapped asparagus and rosemary potatoes. Served with chef's selection of sauces.

Surf and Turf

Filet Mignon grilled to your preference and topped with bleu cheese crumble accompanied by a generous lobster tail. Served with a baked potato and seasonal grilled vegetable medley.

Teriyaki Chicken

Grilled chicken breast glazed with teriyaki and topped with sesame seeds and green onions accompanied by a stir-fried vegetable medley.

New York Strip

12 ounce New York strip steak grilled to your preference and served with asparagus and loaded baked potato.

Lobster Tail

Sweet tender lobster tail served with clarified butter and a lemon wedge. Accompanied by garlic roasted new potatoes and a side of fettucini in a creamy white wine sauce tossed with broccoli and mushrooms.

Smothered Chicken

Grilled seasoned chicken breast smothered with grilled onions, mushrooms and melted swiss cheese served with a steamed seasonal vegetable medley.

Grouper Filet

Large 10 oz. Grouper filet, grilled and served blackened or with lemon pepper seasoning served with crisp green beans.

Marinated Pork Tenderloin

A generous pork loin filet grilled to perfection and topped with grilled pineapple and cherries served with loaded mashed potatoes.

Smoked Pulled Pork

Tender slow smoked pulled pork served with a baked potato, baked beans and jalapeno cornbread.

Sides

Bacon Wrapped Asparagus
Baked Beans
Baked Potato
Cole Slaw
Corn Bread
Corn on the Cob
Cottage Cheese
Fettucini

French Fries
Fruit Salad
Green Beans
Homestyle Chips
Loaded Mashed Potatoes
Maple Glazed Carrots
Mostaccoli
Mustard Potato Salad

Pasta Salad
Roasted Garlic Mashed Potatoes
Roasted New Potatoes
Seasonal Grilled Vegetables
Steamed Asparagus
Steamed Broccoli
Twice Baked Potato Salad
Twice Baked Potatoes

Deserts

Classic New York Cheesecake

Classic creamy New York cheesecake topped with our house made bourbon-pineapple and strawberry sauce and fresh strawberry slices.

Chocolate Decadence Cake

Layers upon layers of rich chocolate cake, chocolate mousse filling, smooth chocolate icing and dark chocolate shavings.

Bread Pudding

Traditional bread pudding drizzled with a homemade sweet bourbon sauce.

Homemade Strawberry Shortcake

Layers of light sponge cake, homemade sweet strawberry filling topped with homemade whipped cream and fresh slices of strawberry.

Homemade Cookies

Warm, chewy, made from scratch chocolate chip, sugar or oatmeal raisin cookies. Vanilla ice cream available upon request.

Classic Fudge Brownie

Dense, rich fudge brownies.

Made from Scratch Pies

Choose from apple, cherry or blackberry

Ted Drewes Ice Cream

St. Louis' famous Ted Drewes Ice Cream. Available in vanilla, chocolate or strawberry.

Bento Sushi Bar

Appetizers

Seaweed Salad

Squid Salad

Inari

Edamame Beans

Rolls

California Roll (12 pieces) Imitation crab, cucumber, avocado, sesame seeds

California Roll (12 pieces) Snow crab, cucumber, avocado, smelt eggs

Rainbow Roll (12 pieces) California Roll topped with (sushi chef's choice): tuna, fresh salmon, smoked salmon, yellowtail, tilapia, cooked shrimp, mackerel, surf clam, octopus

Dragon Roll (12 pieces) Freshwater eel, cucumber, topped with thin slices of avocado and eel sauce

Bento Roll (12 pieces) Snow crab inside, topped with fresh salmon, tuna, avocado, spicy mayonnaise, smelt eggs

Eel Roll (12 pieces) Freshwater eel, cucumber, eel sauce, sesame seeds

Spicy Roll (12 pieces) Choose 1 from: tuna, smoked salmon, cooked shrimp, fresh salmon, cucumber, avocado, sesame seeds

Veggie Roll (12 pieces) Carrot, cucumber, avocado, sesame seeds

Philly Roll (12 pieces) Smoked salmon, cream cheese, asparagus, avocado, sesame seeds

St. Louis Roll (8 pieces) Tuna, smelt eggs, cucumber, avocado

Dynamite Roll (8 pieces) Tuna, hot pepper paste, cucumber, avocado

Tempura Roll (8 pieces) Deep fried battered shrimp, smelt eggs, cucumber, avocado, mayonnaise

Japanese Bagel (8 pieces) Fresh salmon, cream cheese, asparagus, avocado

Crazy Roll (8 pieces) Five ingredients inside, choose from: Tuna, fresh salmon, yellowtail, tilapia, smoked salmon, egg omelet, smelt eggs, salmon roe, squid, octopus, avocado, wasabi

Party Trays

Available upon request.

Select Rolls can be made with brown rice upon request. Please order all sushi 24 hours in advance, no exceptions.

Beverages

Individually packaged orange, apple, cranberry, pineapple, grapefruit or tomato juices, V8, skim, 2% or whole milk, coffee, iced tea, hot tea, flavored teas, all major soft drinks, bottled water, assorted Gatorade, Powerade and Vitamin Water flavors.

Specialty Items & Services

Please provide appropriate advance notice for our specialty items and services.

Fresh Flowers and Arrangements

Gift Baskets

Wine, Champagne and Spirits

Imported and Domestic Beers

Cigars

Newspapers and Magazines

Selected Personal Shopping

Videos

Pet Supplies

In-Flight Service Supplies

Restaurant Pick-Up

Packaging

Executive Approach provides the very best in transportation catering with packaging specifically designed for storing and finishing in even the simplest galley. As the size of storage/warming/cooling compartments vary depending on the make and model of the plane, we carry a wide variety of packaging to fit your in flight needs. We carry various sizes, microwaveable as well as decorative platter styles. Please specify what type of packaging you may require when ordering. Unless otherwise specified, your order will be packaged in a tray with a domed lid designed not to interfere with the enclosed product.

Executive Approach is available to meet any of your in-flight needs 24 hours a day, seven days a week. To ensure freshness and the best quality product, some menu items require ordering in advance. We are always happy to work with you should you require any catering or specialty services on short notice, however, in order to meet your specific needs and desires, please place your order 24 hours prior to the scheduled departure time.

To Our Valued Guest,

Our Goal at Executive Approach is to continuously exceed our clients' expectations by providing all the amenities required or desired for their journey. We enjoy working with our clients to design creative and personalized menus for themselves and their guests. We are providing a basic menu to serve as a guide to building a relationship with our company; however, please keep in mind we are capable of providing our customers with much more than you see here. Thank you for the opportunity to serve all of your in-flight catering and concierge needs. We look forward to becoming an integral part of your travel experience.

Sincerely,

Jonathan Harris

Proprietor, Executive Approach Catering

