



IN-FLIGHT MENU VEGAN



This is our
Metro Green menu,
for healthy vegan meal
options.

*We take you
virtually anywhere*





BREAKFAST

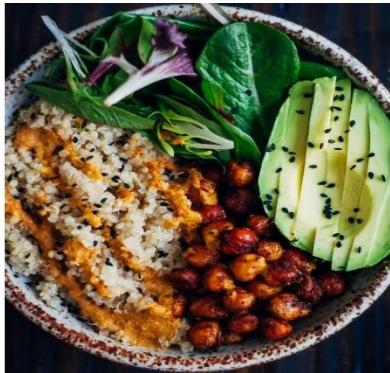
Chia pudding

A pudding made with chia seeds and oat milk. Layered together with a strawberry compote.

LUNCH

Quinoa salad

A fresh salad with spinach, avocado, roasted chickpeas and quinoa garnished with cilantro and red pepper sauce.



DINNER

Roasted red pepper pasta

Gluten-free spaghetti in a luscious sauce of roasted red bell peppers, garlic, turmeric, nutritional yeast and soy milk.



DESSERT

Gluten-free sugar cookies with icing

