



VistaJet Nutritionist Menu by Laroot World

Platters

Phakali

Georgian spinach dip with seeded gluten free crostini and seasonal vegetable crudites
333 kcal | 9.6g protein | 32.9g carbohydrates | 21.8g fat

Starters

Cabbage Rolls

Savoy cabbage, brown rice, and fire-roasted tomato
350 kcal | 28g protein | 42g carbohydrates | 9g fat

Americana Salad

Bloomsdale spinach, marinated beets, carrot, cherry tomato, brussel sprouts and pumpkin seeds
190 kcal | 22g protein | 15g carbohydrates | 6g fat

Shopska Salad

romaine lettuce, dill, scallion, feta cheese and Aleppo pepper
210 kcal | 7g protein | 16g carbohydrates | 15g fat

Mains

Buddha Bowl

ancient grains, roasted parsnips, roasted tomato, and baby kale with a cilantro-ginger vinaigrette
650 kcal | 13g protein | 72g carbohydrates | 6.5g fat

Kari Malay

graffiti eggplant, parsnips, snap peas and sweet peppers
440 kcal | 30g protein | 32.9g carbohydrates | 13.4g fat

Oaxacan Chicken

with braised heirloom black bean, pineapple salsa and salsa macha
481 kcal | 56.4g protein | 32.9 carbohydrates | 13.4g fat

Salmon Escabeche

with pickled vegetables and patatas bravas
360 kcal | 42g protein | 30g carbohydrates | 7g fat

Korean Steak with Kimchi

aged ribeye, kelp noodle stir fry and kimchi
459 kcal | 41.8g protein | 7.2g carbohydrates | 33.8g fat

Smoked Trout Americana Salad

wild caught smoked trout, Bloomsdale spinach, marinated beets, carrot, cherry tomato, brussel sprouts and pumpkin seeds
610 kcal | 49g protein | 15g carbohydrates | 32g fat

Chicken Shopska Salad

Ox hollow farm roasted chicken, romaine lettuce, dill, scallion, feta cheese and Aleppo pepper
580 kcal | 63g protein | 16g carbohydrates | 15g fat

Sides

French Lentils

112 kcal | 5.2g protein | 14.9g carbohydrates | 4.1g fat

Patatas Bravas

167 kcal | 3g protein | 22.7g carbohydrates | 7.8g fat

Turmeric Cabbage

64 kcal | 1.5g protein | 7.2g carbohydrates | 3.9g fat

Ancient Grains with Roasted Mushroom

124 kcal | 4.3g protein | 17.7g carbohydrates | 4.3g fat

Broths

Shiitake Mushroom

15 kcal | 1g protein | 2g carbohydrates | 0g fat

Beef Bone

30 kcal | 0g protein | 0g carbohydrates | 1g fat

Roasted Chicken

15 kcal | 2g protein | 0g carbohydrates | 0.5g fat

Dessert

Filled Dates

miso medjool dates, walnut, goji berry, candied ginger
160 kcal | 3g protein | 20g carbohydrates | 8g fat

Assorted Gluten Free Cookies

459 kcal | 12.5g protein | 20g carbohydrates | 8g fat

Farmers Organic Fruit Platter

assorted seasonal fruit from the Hudson Valley
78 kcal | 1g protein | 20g carbohydrates | 0.4g fat

Breakfast

Ayurvedic Breakfast

gold bar yellow squash puree, sauteed zucchini and spinach and spiced pink lady apple
132 kcal | 3.8g protein | 36.7g carbohydrates | 0.5g fat

Kate Meshi

sushi rice, wood ear mushroom, beech mushroom, carrot and seaweed salad
172 kcal | 6.8g protein | 36.7g carbohydrates | 0.5g fat

Turkish Eggs

soft boiled eggs, tomato sauce, toasted gluten free seeded bread and herbed labneh
286 kcal | 16g protein | 30.2 carbohydrates | 15.8g fat

Swedish Salmon

Blue Hill Bay wild caught smoked salmon, beet and apple salad, gluten free sourdough bread, dill crème, Meyer lemon

390 kcal | 25g protein | 38.7g carbohydrates | 15.8g fat

Yoghurt Parfait

probiotic Greek yoghurt, turmeric granola and blueberry

288 kcal | 15.4g protein | 36.6g carbohydrates | 10.6g fat

Chia Seed Pudding

turmeric chia seed, Cocojune yoghurt, raw almond and strawberry

273 kcal | 6.1g protein | 17.2g carbohydrates | 20.2g fat

Beverages

Ayurvedic

fresh ginger, fresh turmeric and basil leaf

2 kcal | 0g protein | 0.5g carbohydrates | 0g fat

TCM

goji berry, fresh ginger, green tea

2 kcal | 0g protein | 1g carbohydrates | 0g fat

Hibiscus Lemonade

hibiscus tisane with lemon juice, sweetened with agave

5 kcal | 0g protein | 1g carbohydrates | 0g fat

****The entire menu is organic and gluten free***