



WE'VE TEAMED UP TOGETHER TO OFFER FOOD YOU CAN FEEL GOOD ABOUT AT 35,000 FEET.

AVAILABLE FOR BREAKFAST

Served with a gluten-free whole grain lemon coconut loaf and organic green Earl Grey tea



BREAKFAST COBB WRAP
380 CALORIES

Cage-free eggs, turkey bacon, romaine lettuce, cheddar cheese and red pepper hummus wrapped in a flaxseed spinach whole grain tortilla. Served with a side of red pepper hummus, fresh grapes and strawberries.



GREEK YOGURT BOWL WITH GRANOLA & BERRIES
180 CALORIES

Greek yogurt with agave topped with blueberries and strawberries. Served with a side of granola.

AVAILABLE FOR LUNCH/DINNER

Served with a multi-seed coconut chocolate chip cookie



GREEN GARBANZO FALAFEL WRAP
320 CALORIES

Green garbanzo falafel, sweet and spicy red peppers, tomatoes, mixed greens, red pepper hummus, and tzatziki wrapped in a green onion and sesame seed whole grain tortilla. Served with a side of tzatziki, carrots, and celery.



ASIAN CHICKEN SALAD
230 CALORIES

Grilled Asian-spiced chicken breast served with an edamame and mushroom whole grain salad mix with romaine lettuce, frisée, tomatoes and sesame seeds. Served with a toasted sesame-ginger dressing.

Calorie counts apply to individual salads, wraps and breakfast bowls.

SHARE YOUR EXPERIENCE #LUVVOINFLIGHT FOR A CHANCE TO WIN A ONE MONTH'S SUPPLY

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CHICKEN SAUSAGE HASH WRAP
360 CALORIES

Chicken apple sausage, cage-free eggs, sweet and spicy red peppers, mixed greens, red pepper hummus and a sweet potato-mango hash wrapped in a pinto bean and chia seed whole grain tortilla. Served with a side of red pepper hummus, fresh grapes and strawberries.



BREAKFAST QUINOA BOWL
200 CALORIES

Greek yogurt with agave, red quinoa, dried currants, and green apples. Served with strawberries and blueberries.

AVAILABLE FOR LUNCH/DINNER

Served with a multi-seed coconut chocolate chip cookie



BÁNH MÌ-STYLE WRAP
350 CALORIES

Chicken with ginger miso dressing, red pepper hummus, Boston lettuce, cucumbers, carrots, mint and cilantro in a green onion and sesame seed whole grain tortilla. Served with a side of red pepper hummus, carrots and celery.



MOROCCAN-STYLE CHICKEN SALAD
370 CALORIES

Grilled Moroccan-spiced chicken served with a chickpea and raisin whole grain salad with romaine lettuce, frisée, tomatoes, and toasted almonds. Served with a raspberry vinaigrette.

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**SOUTHWEST BREAKFAST WRAP
430 CALORIES**

Turkey bacon and cage-free eggs with a southwest corn and black bean whole grain salad tossed in a cilantro Greek yogurt dressing wrapped with mixed greens, red pepper hummus and Monterey Jack cheese in a pinto bean and chia seed whole grain tortilla. Served with a side of red pepper hummus, fresh grapes and strawberries.



**GREEK YOGURT BOWL
WITH GRANOLA & BERRIES
180 CALORIES**

Greek yogurt with agave topped with blueberries and strawberries. Served with a side of granola.

AVAILABLE FOR LUNCH/DINNER

Served with a multi-seed coconut chocolate chip cookie



**CHICKEN CHORIZO
CHILI WRAP
320 CALORIES**

Chicken chorizo chili, sautéed kale, brown rice, red onion, mixed peppers, cilantro, and cheddar cheese wrapped in a pinto bean and chia seed whole grain tortilla. Served with a side of red pepper hummus, carrots, and celery.



**QUINOA CRUNCH SALAD
200 CALORIES**

Quinoa, black rice, blanched broccolini, cucumbers, edamame hummus, avocados and sliced red onion, topped with tomatoes.

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**EGG & QUINOA
BREAKFAST WRAP
480 CALORIES**

Cage-free eggs, quinoa and black rice salad, Monterey Jack cheese, arugula, and red pepper hummus in a flaxseed spinach whole grain tortilla. Served with a side of red pepper hummus, fresh grapes and strawberries.



**GREEK YOGURT BOWL
WITH GRANOLA & BERRIES
180 CALORIES**

Greek yogurt with agave topped with blueberries and strawberries. Served with a side of granola.

AVAILABLE FOR LUNCH/DINNER

Served with a multi-seed coconut chocolate chip cookie



**HOT SMOKED SALMON WRAP
230 CALORIES**

Wild hot smoked salmon, tomatoes, red onion, capers, mixed greens, and tzatziki wrapped in a green onion and sesame seed whole grain tortilla. Served with a side of tzatziki, carrots, and celery.



**PANZANELLA SALAD
270 CALORIES**

Whole-wheat Italian bread pieces tossed with green garbanzos, zucchini, and roasted tomato whole grain salad with romaine lettuce, cherry tomatoes, and frisée. Served with a balsamic vinaigrette.

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BREAKFAST SMOKED SALMON & CREAM CHEESE WRAP
220 CALORIES

Wild cold smoked salmon, caper cream cheese, red onions, tomatoes, and mixed greens wrapped in a whole grain lavash. Served with a side of tzatziki, fresh grapes and strawberries.



BREAKFAST QUINOA BOWL
200 CALORIES

Greek yogurt with agave, red quinoa, dried currants, and green apples. Served with strawberries and blueberries.

AVAILABLE FOR LUNCH/DINNER

Served with a multi-seed coconut chocolate chip cookie



SMOKED TURKEY LAVASH
380 CALORIES

Boar's Head® all-natural smoked turkey with a chickpea and raisin whole grain salad in a citrus dressing, sweet potato mash, mixed greens, and diced green apple in a whole grain lavash. Served with a side of red pepper hummus, carrots, and celery.



GRILLED VEGETABLES & FARRO SALAD WITH MOZZARELLA
260 CALORIES

Farro with grilled zucchini, roasted red peppers, chives and Italian parsley topped with mozzarella and a balsamic glaze.

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BLTE BREAKFAST WRAP
350 CALORIES

Turkey bacon, cage-free eggs, tomatoes, romaine lettuce, and red pepper hummus in a spinach and flaxseed spinach whole grain tortilla. Served with red pepper hummus, fresh grapes and strawberries.



GREEK YOGURT BOWL WITH GRANOLA & BERRIES
180 CALORIES

Greek yogurt with agave topped with blueberries and strawberries. Served with a side of granola.

AVAILABLE FOR LUNCH/DINNER

Served with a multi-seed coconut chocolate chip cookie



MOROCCAN-STYLE CHICKEN WRAP
490 CALORIES

Grilled Moroccan-spiced chicken with a chickpea and raisin whole grain salad in a citrus dressing, red pepper hummus and mixed greens wrapped in a green onion and sesame seed whole grain tortilla. Served with a side of red pepper hummus, carrots, and celery.



SOUTHWEST CHICKEN SALAD
220 CALORIES

Grilled rosemary chicken served with a southwest corn and black bean whole grain salad with romaine lettuce, frisée, and tomatoes. Served with a chipotle ranch dressing.

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